

Lesson 3: To follow a recipe and produce a healthy bake









Below is a list of skills you will need to achieve today's LO.

Carefully follow your chosen recipe and complete the tasks below.

Task 1

Tick off each skill as you complete it.

How confident did you feel for each one? 1= not very confident 10 = Very confident

	Done?	1-10
Prepare your workspace. Is it clean and tidy? Have you washed your hands? 		
Read through your recipe. 		
Select the correct equipment/ ingredients needed. 		
Weigh / measure your ingredients. 		
Carefully follow each step of your recipe. 		
Calculate the time your bake needs to cook. 		
Help to clean and tidy up your equipment. 		
Sample your healthy bake! 		

Task 2

Evaluation

1) What was your favourite part of producing your healthy bake? Why?

2) Were there any bits that you found challenging?

How did you overcome this challenge?

3) How would you describe your finished bake?

4) Would you make the bake again?

5) Are there any aspects of your bake you would change?
