

WELCOME TO FOOD TECHNOLOGY!

Snack Task

Your job is to plan and make a snack that you could eat during school break time!

Checklist

- Find a recipe for a *snack* that you could make at home and bring into school for breaktime- You can make it as simple or as complex as you like
- Write up the ingredients, equipment and method (**how to make**) for your chosen snack. **See an example on the next slide!**
- Make your snack (if possible) with an adult supervising at all times
- Write down any health and safety rules you have followed during this practical
- Take a photograph of your finished product
- Ask a member of your household to try your product and provide feedback
- Email a photograph of your finished product to art&design@appletonacademy.co.uk.



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EXAMPLE

Snack : Fruit salad with fresh yoghurt

Ingredients:

Banana
Strawberries
Apple
Grapes

Method:

Peel the banana, cut off the top of the strawberries, peel and core the apple and wash the grapes.
Slice the banana into even slices.
Slice the strawberries in half.
Cut the apple into good sized chunks.
Slice the grapes in half.
Pour the yoghurt over the top and serve.

EXAMPLE

Snack : Pancakes with syrup

Ingredients:

50 g Flour
3 Eggs
30ml Milk
Butter (for frying)
2 tbs syrup

Method:

Sift the flour into a mixing bowl.
Add 3 eggs and whisk, gradually add the milk for the mixture to become a liquid.
Add butter to a frying pan and wait for it to get hot.
Pour the mixture into the pan until it reaches the edges, cook on one side for 2 or 3 minutes then flip when it is golden.
Serve the pancake and pour syrup over the top.