

Year 6 transition

Food and Nutrition Summer work

Get baking during the summer holiday and have a go at making some fruit muffins.

Use the Food and Nutrition lesson on the website and the step by step method to help.

If you haven't cooked or baked before, ask an adult to help when using the oven.

ingredients

You will need:

- 200g of self-raising flour
- 100g of sugar
- 1 egg
- 150ml of milk
- 100ml of vegetable oil

Fruit of your choice e.g. a banana, 50g of blueberries, 1 apple grated, handful of chopped strawberries.

equipment

You will need:

- 12 muffin cases
- Mixing bowl
- Wooden spoon
- Measuring jug
- Muffin tray
- Fork
- Tablespoon
- Table knife

method



Step (1)

Preheat the oven to Gas mark 5 / 190°C. Place the muffin cases in a muffin tray ready for later.

Step (2)

Place the flour, sugar and any other dry ingredients such as spices and herbs into a mixing bowl and stir well.

Step (3)

Measure the oil and milk in a measuring jug and add the egg. Whisk with a fork.

Step (4)

Add the wet ingredients in the measuring jug to the dry ingredients in the mixing bowl. Add the fruit and stir well.

Step (5)

Carefully place the mixture into the muffin cases so they are $\frac{3}{4}$ full.

Step (6)

Bake in the oven for 20-25 minutes until well risen, golden and firm to the touch.



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Name:	
Tutor group:	

Evaluation

When you **evaluate**, you judge or assess something.

Evaluation is really important in Design and Technology and Food and Nutrition, as it helps you to identify what was successful about your product and what could be improved. This will help you to make an even better product next time.

After tasting your fruit muffins, evaluate them.

Use the keywords and sentence starters, along with the example to help.

Hand your completed evaluation in to Miss Masterman when you start back at school.

Soft	Golden	Fluffy
Zesty	Fresh	Crisp
Soggy	Dry	Fruity
Gooey	Crunchy	Smooth
Spongy	Moist	Risen

Example

I am really pleased with *the texture of my muffins. They are fluffy and spongy. I am also happy with the golden colour and fruity flavour.*

I am really pleased with: _____

Next time, I need to: _____

