

Fairy Cakes



Preparation time: 30 minutes

Number of servings: 25 cakes

INGREDIENTS

6oz Butter
6oz Caster Sugar
3 Eggs
6oz Self Raising Flour
Paper cases

EQUIPMENT

1 Mixing bowl
1 wooden spoon
1 jug
1 sieve
2 Baking trays
2 Tea spoons

INSTRUCTIONS

Beat the sugar and butter together. Then whisk the eggs and add a little at a time. Then sieve the flour and add the flour to the mixture and mix well letting the air get to it, to make the cakes rise. Then put into paper cases and bake in the oven for about 20 minutes.

✓ planning

Time Plan

Time	Action	Special Points
2.55	Get equipment out	<i>overtemp.</i>
300	Beat butter and sugar together.	
305	Crack egg in a jug and whisk, add egg a little at a time.	
310	Add flour mix well, put mixture into paper cases.	
315	put in oven and when cooked take out leave them to cool and put icing on top.	cook for 20-30 minutes.

✓ time plan.

Fairy Cakes

This is my tasting and testing chart for fairy cakes.

Taste	Texture	Smell	Appearance	Rate
I thought the fairy were very plain they need a flavour to them.	They were just right.	They smelt sweet.	They were all one colour.	I would give them 3/5.



Testing and Tasting

I asked two people if they would taste my fairy cakes and then fill the table in below.

Taste	Texture	Smell	Appearance	Rate
They tasted Sweet	They were light	it smelt like freshly cooked cakes	They looked very appetizing	$\frac{4}{5}$

Tasting And Testing

Taste	Texture	Smell	Appearance	Rate
They were Very plain	they were very soft and light	They smelt Sweet	they were very plain	3 5

Nutritional Value For Fairy Cakes

Food	Energy (kcal)	Energy (kj)	Protein (g)	Fat (g)	Carb (g)	Water(g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Flour	340	1420	9	1.2	77.5	13	350	350	2.5
Butter	750	3140	0.5	82	0	15.487	15	0.2	1000
Caster sugar	390	1630	0	0	100	0	0	0	0
Eggs	150	630	12.3	10.9	0	74.8	140	50	2

These results show fairy cakes are not healthy. But they have a lot of fat so children could eat them as a pudding so they would have a well balanced diet.

moderate amount of fat.

Evaluation

Fairy cakes

How the Practical Went

I thought I did okay on this practical but the cakes took a long time to cook.

● **Strengths And Weaknesses**

My weaknesses were I should of put my cakes in the oven sooner. I should of also worked faster and the cakes needed a filling like raisins. ✓

My strengths were I worked safely and I Put any rubbish in the bin. ✓

● **What I found out**

I found that this product hasn't got any vitamin c in it at all but if I add fruit it will have all the nutrition a child needs. ✓

Evaluation

Cost

Self raising flour 80p

Butter 95p

Sugar 72p

Eggs for 6 49p

Conclusion

All children like cakes because they are sweet.

They are very easy to cook but not very healthy.

Spaghetti Bolognese



Preparation time: 30 Minutes

Number of servings: 4 people

INGREDIENTS

1 packet of mince (Beef)
1 jar of uncle Ben sauce
2 Tomatoes
5 mushrooms
1 packet of pasta

Equipment

1 Wok
2 Wooden spoons
2 Sharp knives
1 Sauce Pan

planning

INSTRUCTIONS

First put mince into a wok and cook until brown brown, drain the fat off the mince then add the tomatoes and mushrooms. when mushrooms are cooked add sauce and mix round leave to simmer while you are cooking the pasta.

Empty one packet of pasta shapes into a saucepan of boiling water and leave to cook stirring occasionally when done pasta will be soft. Then serve.

Time Plan

Time	Action	Special Points
500	Get Equipment ready.	Use the right equipment and chop up the mushrooms and tomatoes.
510	Cook mince in a wok.	
5.15	Add the mushrooms and tomatoes.	Before doing this drain fat.
5.25	Add sauce and let simmer while cooking pasta.	
530	Put pasta into boiling water.	
5.45	Drain pasta and serve	Arrange food so it looks attractive.

✓
planning





✓ comparing
home made
with bought

99p

SOMERFIELD

Spaghetti Bolognese



 SUITABLE FOR HOME FREEZING	KEEP REFRIGERATED	 MICROWAVEABLE
DISPLAY UNTIL	USE BY	
26 NOV	27 NOV	300 g

SERVING SUGGESTION

Tasting And Testing

This is my tasting and testing chart for Spaghetti Bolognese.

Taste	Texture	Smell	Appearance	Rate
I Thought it was very nice you could really taste the tomatoes.	The Texture was just right it wasn't too runny or not too thick.	It smelt of tomatoes	There was only two colours in this dish red and white so it needed more colour.	I would give it 5 out of 5



Tasting And Testing

Frozen Product

Taste	Texture	Smell	Appearance	Rate
The frozen product tasted of tomatoes.	The sauce was runny.	It smelt of tomatoes.	It looked okay but the couler was all the same because it was all mixed together.	I would give it 2 out of 5

Tasting And Testing

I asked two people if they would taste my Spaghetti Bolognese and then fill the chart bellow in.

Taste	Texture	Smell	Appearance	Rate
It tasted OF Tomatoes	it was Just right	it smelt OF tomatoes	well Prezented	5 5



Testing and Tasting

I asked two people if they would taste my fairy cakes and then fill the table in below.

Taste	Texture	Smell	Appearance	Rate
It tasted of tomatoes	It was quite runny	It smelt of tomatoes	Not Very appetising	$\frac{4}{5}$



Nutritional Value For Spaghetti Bolognese

Food	Energy (kcal)	Energy (kJ)	Protein (g)	Fat (g)	Carb (g)	Water(g)	Sodium (mg)	Calcium (mg)	Iron (mg)
Mince Beef	240	1000	0	4	62	27	140	30	1.5
Mushrooms	15	60	2	0.6	0	92	0	0	1
Tomatoe sauce	100	420	2	0	24	65	120	25	1.2
Tomatoes	15	60	1	0	3	93	0	0	0.4
Pasta	120	500	4	0.3	26	72	0	0	0.4

These results show This meal is healthy it has all of the nutrients a child needs for a well balanced diet.

Evaluation

Spaghetti Bolognese

How the practical Went

I thought this practical went very well. I used all the right equipment and kept to my time plan.

Strengths and Weaknesses

My weaknesses were I needed to display the table with packages from frozen products.

My Strengths were I made the product look appealing to children by arranging the pasta around the bolognese. ✓

What I Found Out

I compared the Spaghetti Bolognese that I had made to a frozen spaghetti bolognese and I found out that the frozen product was runny. ✓

Cost

quantities?

1 packet of mince £1.45

1 Jar of uncle Ben sauce £1.45

Tomatoes 69p

Mushrooms 99p

Pasta 95p ✓

Evaluation

Conclusion

I conclude that this dish is ideal for busy mums to cook as it is quick and easy to make. You can also have different flavour sources.



Conclusion

Yes I can produce a range of healthy dishes that busy mums can make for their children's main meal. I found this out by producing four meals and asking adults and children to taste them. All of my practical's have been successful and both children and adults liked them. The mums said these meals are very quick to make and would fit into their busy schedule. ✓

Evaluate the whole of
your task ✓

- See me