



Stage 8 - Making Granola Bars

Learning Objectives



- Produce granola bars to sell in a farm store.
- Prepare ingredients safely.
- Measure ingredients and read scales accurately.
- Use fractions to halve the required ingredients.
- Write instructions.



Get Ready to Cook!

- Tie back long hair.
- Roll up your sleeves.
- Put on an apron.
- Clean the work surfaces.
- Wash your hands before you touch food.



Kitchen Safety

- Look around the room. What possible dangers do you see?
- How can we stay safe in the kitchen?



Testing the Recipe

- We are going to make only half the recipe so we can test it. If we do not like it, we can change the recipe.
- Look at your recipe. How will you work out what you will need to make half the recipe?



Measuring Accurately

- Read the recipe carefully. Pay attention to teaspoon and tablespoon. They are not the same!
- To measure dry ingredients, fill the measuring cup or spoon to the top. Make the ingredient level by scraping the top with a flat edge (a butter knife, the handle of a spoon).



Measuring Accurately

- To measure wet ingredients, place your measuring cup on an even surface.
- Work with a partner and ask them to look at the measuring cup with their eyes level with the line that says how much you need.
- Pour carefully and slowly until your partner tells you to stop



Knife Safety

- You may need to cut ingredients, you will use a knife to cut your granola into bars.
- Keep knife blade facing away from you. If it has a cover, hold the knife by its handle, pinch the cover's tip, and pull gently.
- Do not swing arms. It is dangerous!
- Your knife is now “active.” Keep it in the safety zone (your chopping board). You will put yourself and others in danger if it moves away.



Cutting Food: Bridge Method

- Hold knife firmly with blade down.
- Hold the food with other hand. Keep hand open with fingers together.
- Put fingers and thumb on either side of food. Hold firmly.
- Put knife through the middle of “bridge” to cut the food.
- Watch what you are doing. Be careful that fingers are not where they can be cut.



Cutting Food: Claw Method

- Hold knife firmly with blade down.
- Your other hand will hold the food. Make a claw with fingers curved a little and your thumb behind.
- Keep fingertips close together. Hold food firmly with the tips of fingers.
- Slice in front of your fingertips.
- Watch what you are doing. Be careful that your fingers are not where they can be cut.



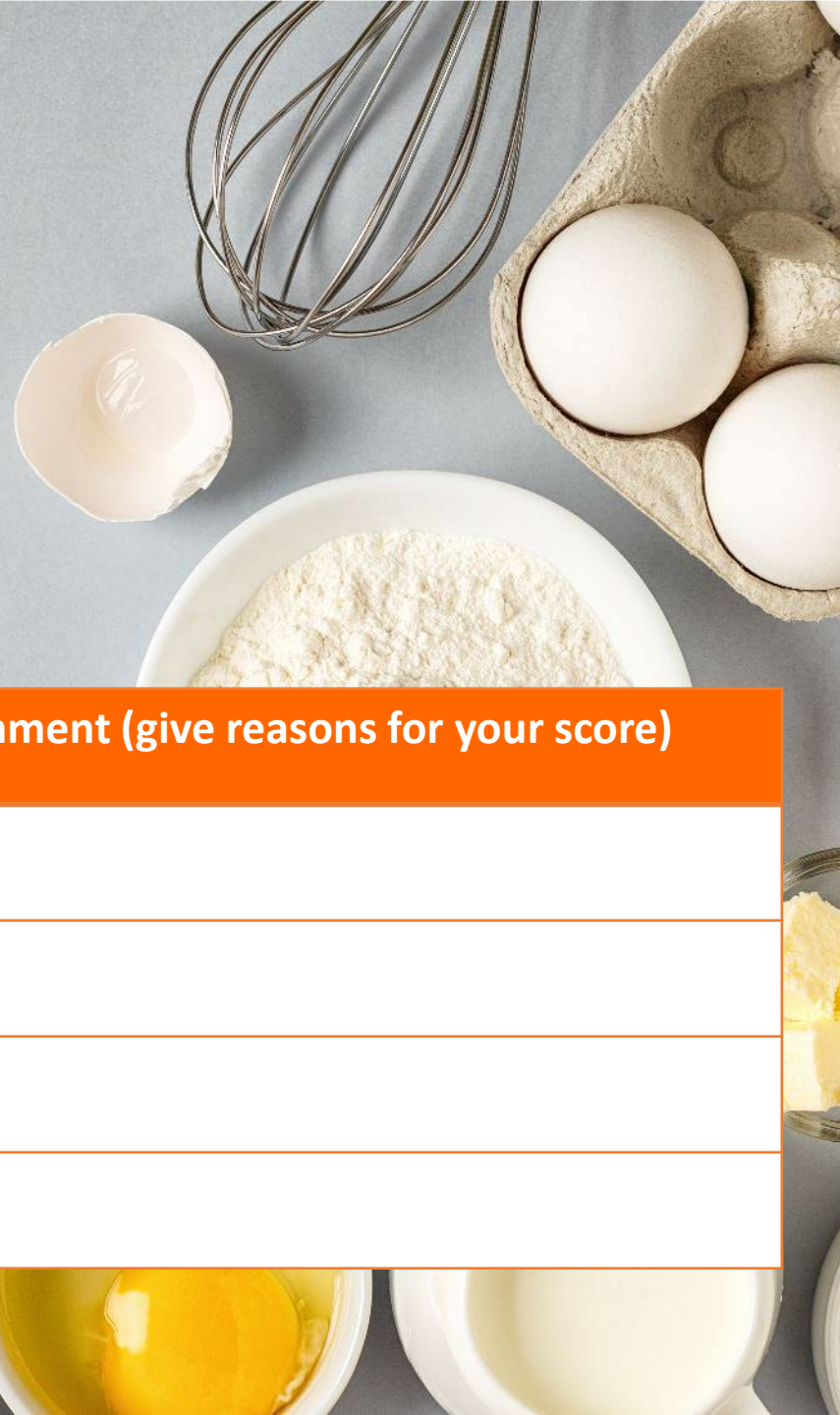
Time to Make Recipes



Evaluation

- What could you do next time to improve your product? As a class, decide on a rubric and scoring system.


Feature	Score	Comment (give reasons for your score)
Presentation		
Texture		
Taste		
Value for Money		





Writing Your Recipes

You may wish to include some or all of these in your recipes:

- Title – the name of your granola bar.
 - Subheading – a second, smaller title.
 - Ingredients/equipment list – the food and tools you need for this recipe.
 - Numbered steps – be sure to get the steps in the right order!
 - The right words – use cups, tablespoons, teaspoons so people making your recipe will get the measurements right.
 - Labelled diagrams – if you use pictures, let people know what is happening in the picture.
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