

# Food Science & Nutrition (WJEC)

## Preparation Work

### Organisation

For September you will need either 1 large folder with dividers or 3 smaller A4 folders for each of the units we will cover along with pens lighters and the usual stationary requirements. We will be cooking once a week throughout the course so you must be prepared for this and be organised with ingredients

### Task

Below you will find instructions for an experiment. Complete the experiment on paper and bring your report into school.

Create batches of scones following these instructions:

- Preheat oven to 230°C (210°C if using a fan oven)
- Control – 115g plain flour, pinch of salt, 5g baking powder, 15g butter, 70ml fresh milk.
- Repeat the above experiment with the following variations:
  - Variation 1 – 115g self-raising flour, pinch of salt, 15g butter, 70ml fresh milk.
  - Variation 2 – 115g plain flour, pinch of salt, 15g butter, 2.5g bicarbonate of soda, 5g cream of tartar, 70ml fresh milk.
  - Variation 3 – 115g plain flour, pinch of salt, 15g butter, 5g bicarbonate of soda, 70ml fresh milk.
- Sift the flour, salt and raising agent/s into the mixing bowl.
- Cut the butter into small pieces, then use your fingertips to rub it into the flour until the mix resembles fine breadcrumbs.
- Add the milk all at once and mix quickly to form a soft dough. Knead gently for a few seconds until the dough becomes smooth, and then roll out onto a lightly floured surface to a 2cm height. Cut into rounds using a scone cutter, making sure that you use the same size cutter for each variation and that each scone is rolled out to the same thickness.

### Results

Complete the table below or design a results table and fill in with your findings. Take pictures and include these as well.

| Comment             | Control | Variable 1 | 2 | 3 |
|---------------------|---------|------------|---|---|
| External appearance |         |            |   |   |
| Internal appearance |         |            |   |   |
| mm of rise          |         |            |   |   |
| Flavour             |         |            |   |   |

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### Conclusions

Summarise your findings here. You should consider the following:

- Rank samples in order of preferred rise.
- Rank samples in order of preferred appearance.
- Rank samples in order of preferred texture.
- Rank samples in order of preferred flavour.

In your opinion, which is the most successful sample? Explain your answer.

Write a paragraph explaining the action of the raising agents when scones are baked

### Wider Reading

Other points to stay on top of and revise/organise notes

- Functions categories and sources of macro nutrients.
- Functions categories and sources of micro nutrients.
- Key processes and understanding-bread making, pastry making and cake making.