

# Fruity Flapjacks

## Learning Objectives :

To be able to follow a 3 step sequence on a visual recipe.

To understand how to control the temperature on the hob.

To be able to weigh the ingredients as specified on the recipe.

To understand what a food allergen is.

## Cooking Skills

Weigh  
Measure  
Chop  
Melt  
Mix  
Stir  
Combine  
Bake

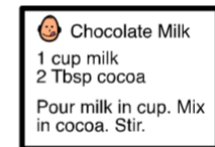
## Key Words



Weigh



Stir



Recipe

# Ingredients:



50g of butter



50g sugar



150g oats

75 g of dried fruit or nuts



cherries

sultanas



cranberries

pecans



30ml of golden syrup

# Equipment:



**Kitchen scales**



**Mixing bowl**



**Saucepan**



**Baking tray**



**Greaseproof paper**



**Wooden spoon**



**Chopping board**



**Knife**

## Step 1



**Preheat the oven to 180°C  
(gas mark 4)**

## Step 2



**Chop the dried fruit or nuts  
into small pieces.**

## Step 3



**Put the butter in the pan  
and turn on the hob.**

## Step 4



**Add the sugar into the pan.**

## Step 6



**Add the golden syrup.**

## Step 7



**Stir the mixture until the butter has melted.**

## Step 8



**Add the oats.**

## Step 9



**Add your dried fruit or  
nuts.**

## Step 10



**Stir all of the ingredients together to combine the mixture.**

## Step 11



**Pour the mixture into a lined baking tray.**



## Step 12



**Place in the oven.**

## Step 13

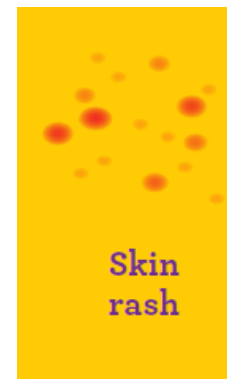
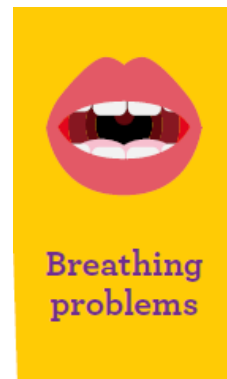


**Bake for 15-20 minutes,  
until golden brown.**

# Activity : Food Allergens

## What is a food allergen?

An **allergen** is a type of food that causes some people to have an **allergic reaction**. It can make them feel very unwell.



These are signs that a person has eaten a food they are allergic to.

# Activity : Food Allergens

It is important that we can identify **allergens** in food so that we can keep ourselves and customers at Cup & Cake safe and healthy.



GLUTEN



PEANUTS



TREE NUTS



CELERY



MUSTARD



MOLLUSCS



SOYA



EGGS



MILK



SESAME



FISH



CRUSTACEANS



SULPHITES



LUPIN

Here is a list of food allergens that can make people feel unwell. Try to remember as many as you can.

# What are the allergens?



GLUTEN



PEANUTS

or



SESAME



FISH

# What are the allergens?



MOLLUSCS



SOYA

or



GLUTEN



EGGS

# What are the allergens?



GLUTEN



PEANUTS

or



CRUSTACEANS



EGGS

# Did you answer correctly?



GLUTEN



PEANUTS



GLUTEN



EGGS



CRUSTACEANS



EGGS

# Next Step : Food Labels

Next time, we will be learning how to identify allergens in food by looking at food labels and packaging.

## INGREDIENTS

Water, Carrots, Onions, Red Lentils (4.5%) Potatoes, Cauliflower, Leeks, Peas, Cornflower, **Wheat**flour, Cream (**milk**), Yeast Extract, Concentrated Tomato Paste, Garlic, Sugar, **Celery** Seed, Sunflower Oil, Herb and Spice, White Pepper, Parsley

## ALLERGY ADVICE

For allergens, see ingredients in **bold**