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## Year 9 Revision for Assessment Week

### Functions of Cake ingredients:

#### **Self raising flour:**

Used to form the structure of the cake and is a raising agent to give a well risen texture.

#### **Butter:**

Adds colour and flavour to the cake and Increases the shelf life of a cake.

#### **Eggs:**

Add colour and flavour to the cake.

#### **Sugar:**

Adds sweetness to the cake and when creamed together with butter it helps to hold air in the cake mixture.

### What are the 4 main cake making methods?

#### **The rubbing in method :**

When fat is rubbed into the flour to give a breadcrumb texture. This adds air to the mixture to help it rise. (e.g—rock cakes and fruit loaf)

#### **The creaming method:**

Sugar is creamed together with the butter to make small air holes that allow the cake to rise in the oven. (e.g—Cupcakes, Victoria sandwich)

#### **The melting method:**

Sugar, syrup and butter are melted into liquid before adding the dry ingredients. (e.g—flapjack, brownies)

#### **The whisking method:**

Eggs and sugar are whisked together to double in volume and add air to the cake mixture. (e.g—Swiss roll, Gateaux)

### **Common faults in cake making**

### **What could have caused this?**

The cake has a cracked top

The oven was too hot  
There was too much mixture in the cake tin  
It was placed too high in the oven

The cake has sunk

Too much sugar was added to the mixture  
There was too much raising agent added to the cake mixture  
The cake was undercooked

The cake has a closed texture

There was too much liquid added to the mixture  
There wasn't enough raising agent added to the mixture

The cake has a open texture

Too much raising agent was added to the cake  
The flour wasn't mixed in properly

The cake was too dry

The cake was overcooked  
There wasn't enough liquid added to the mixture  
Too much raising agent was added to the cake mixture

The fruit has sunk in the cake

There was too much liquid in the cake  
Too much sugar was added to the cake mixture

## Key bacterial temperatures

100\*c—Boiling point . This is the only temperature that bacteria dies.

75\*c—The temperature that food must be cooked to so that it is safe to eat

5-63\*c—The danger zone, this is the temperature range that bacteria multiplies the fastest.

37\*c—The optimum (best) temperature for bacteria to grow.

5\*c—The temperature of the fridge. Bacteria cannot reproduce when in the fridge.

-18\*C - The temperature of the freezer. Bacteria is still when in the freezer.

## Common Symptoms of food poisoning

- Sickness / stomach cramps
- Diarrhoea
- Fever
- Headache

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Dietary needs	What needs to be considered?
Coeliac disease	This is an intolerance to gluten (the protein found in flour). Foods such as bread, biscuits, cake and pasta must be avoided. Gluten free products are available to use and eat instead.
Lactose Intolerance	People with lactose intolerance cannot digest lactose (the sugar in cow's milk). Foods such as cheese, cows milk and yogurt must be avoided but soya milk can be used as a replacement.
Calorie Controlled diet	Some people have to follow a special diet because they may be overweight, have an illness that needs to be controlled. People on a calorie controlled diet need to eat foods that have low calories such as fruit and vegetables to make sure that their fat levels are low.

The eat well guide is a guide used to show us the different foods we should be eating and the correct amounts to make sure that we are eating a balanced diet and that our bodies are getting the correct vitamins and minerals that we need to stay healthy.

**Carbohydrates :** Give the body energy and contain fibre to help the body's digestion. Examples of starchy carbohydrates are bread, cereal, pasta, rice and potatoes. Examples of sugary carbohydrates are sugar, honey and jam.

**Fruit and Vegetables:** Contain vitamins and minerals to keep the body healthy and help fight infections. Examples of fruit and vegetables are oranges, apples, tomatoes, lettuce, cucumber and onions.

**Protein:** Helps the growth and repair of muscles. Examples of protein foods are fish, meat and eggs.

**Dairy:** Contains calcium to help develop stronger bones and teeth. Examples of dairy foods are milk, yogurt and cheese.

**Fats:** A small portion of fat is needed in the body to keep us warm and give us energy. Examples of fatty foods are butter and oils.

## Definitions of key terms:

**Macro nutrients** are the nutrients we need in our bodies in large amounts. Examples of macro nutrients are carbohydrates, protein and fats.

**Micro nutrients** are nutrients we need in our bodies in smaller amounts. Examples of micro nutrients are Vitamins and minerals.

**Starchy carbohydrates** give the body long lasting energy.

**Sugary carbohydrates** give the body short lasting energy.

