

## **Year 7 Food and Nutrition Home Learning**

Due date: week beginning 28 January 2019

- 1) We are making healthy dinner rolls where we are increasing the fibre content to improve the nutritional content.

### **Ingredients:**

300g Strong white flour

½ X 5ml spoon of salt

15g margarine

1 sachet of fast acting yeast (7g)

200ml of warm water

Milk for glazing

Remember that in order to make your target, you need to make the changes as discussed in class, i.e. swap strong white flour for strong wholemeal or granary flour, or to add dried fruit or sesame seeds/poppy seeds/pine nuts/sunflower seeds/pumpkin seeds, etc.

- 2) If you didn't complete your booklet, you needed to complete any missing answers.
- 3) PLEASE remember to bring your booklets in to the practical as they have your recipe and instructions on them.