



Sage Educational Trust

Sage Family Support

Lesson Plan for Baking Fairy Cakes

Learning Point	<p>This session is about using the creaming method to make simple cakes. It provides the opportunity for the children to make this mixture using a wooden spoon. Weighing and measuring are important aspects of this session, as quantities need to be precise in order for the cake to have a good finish. Although the suggested recipe is quite traditional, there is lots of room for children to be creative. Healthy eating, wise food shopping, food safety and hygiene that themes that run through each session.</p>
Activities	<p>2.30 pm - Welcome, register and reminder to wash hands, health and safety. Oven put on preheated by adult. Children sort out their cooking area and put on aprons.</p> <p>2.15 pm - Children given caster sugar and margarine, which they need to weigh on scales provided. They then put sugar and margarine in their mixing bowl and beat them together with their wooden spoons until mixture is pale and fluffy-looking. Keep scraping the sides of the bowl to make sure everything is mixed together.</p> <p>2.25 pm - The children are given two eggs to crack into a mixing jug and beat with a fork. The eggs are then added to the mixing bowl bit by bit, beating well between.</p> <p>2.35 pm - The children are then given flour to weigh and sieve onto a plate.</p> <p>2.45 pm - The Children then add flour to their mixing bowl, half at a time, folding into the mixture with a metal spoon.</p> <p>3.00 pm - When all flour has been added, the mixture will be divide between 12 paper cases in a bun tray, placed into the oven by member of staff and cooked for 12-15 minutes until well-risen and golden brown. Children who have completed their task will wash up and tidy up.</p> <p>3.10 pm - The children will measure 3oz of icing sugar and 2oz of butter. Sieve the icing sugar into a bowl with the margarine and beat.</p> <p>3.22 pm - Cakes placed on cooling tray, each child to take their individual cakes. Using a small spatula, top their cakes with the butter icing and add some sprinkles.</p> <p>3.30 pm - Children put their cakes in their boxes ready to leave.</p>
Props /equipment	<ul style="list-style-type: none"> • Children to work in a team of 5 on a table each child to complete a task • Printed-out copy recipe for each child • Mixing jugs • 1 Plastic table clothes on each • 2 Jay clothes to clean tables • 2 Cleaning agent • 4 Spare containers

	<ul style="list-style-type: none"> • Aprons for each child • Mixing bowls for each table • Wooden spoons for each child • Two Scales one on each table • 2 Knives one on each table • 2 forks one for each table • 2 Metal spoons one on each table • 2 Plates one on each table • 2 Sieves one on each table • 6 oz margarine, softened for each table • 4 oz caster sugar for each table • 4 oz self-raising flour for each table • 2 large eggs for each child • 3oz icing sugar • 2 small bowls each table for egg shells
Plenary	<p>Today the children have learnt a recap of last week.</p> <p>A recipe is a set of instructions for preparing/cooking a food dish, in this case how to bake a cake.</p> <p>To ensure that a recipe works, it is important to weigh and measure ingredients accurately to make sure that your cakes turn out correctly. It is important to select and use the most appropriate ingredients and equipment to plan and cook a range of dishes.</p> <p>Many recipes can be modified to produce exciting and original alternatives.</p>