

Y5 Autumn DT Project

Culture and seasonality in food

Shortbread and Biscuits

November 2022

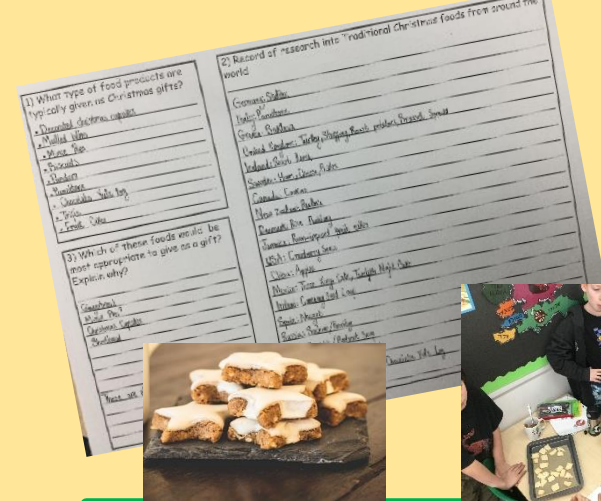
Once we had baked the biscuits and they were cool, we used flavoured icing and sprinkles to decorate them. We packaged them and included an ingredients label and they were ready to be given as a Christmas gift!

We began by thinking about what type of food products are typically given at Christmas and researching traditional foods from around the world. We created mood boards to help us make our final decision about what we would make to give as a Christmas gift. As a class, we decided that we would make shortbread and biscuits with flavoured icing.

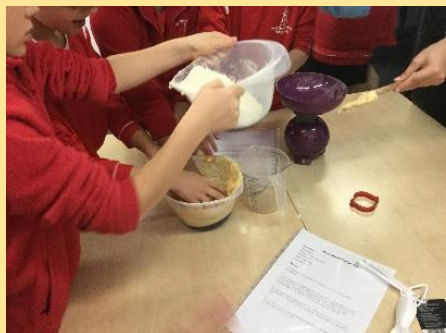
Once we had made our decision, we researched different recipes in pairs. We then worked with our partner to cost our recipes. We had to work out how much of each ingredient we would need so that there was enough for each child to make five shortbread or biscuits with icing.

Having researched and costed several options, we decided to batch test six recipes. We wanted to evaluate whether the recipes were simple to follow, how much time was needed to make and cook the biscuits and which recipe tasted the best. We created a consumer panel and asked for their feedback before making a final decision about which recipe we would follow.

Finally, we evaluated our project and thought about what we would do differently next time and why.



Once our batch test and consumer research were complete, we worked in groups to make the dough for our biscuits. We then divided the dough into two pieces before rolling it out and using cutters to make our biscuit shapes.



Ingredients	Cost in Supermarket
350g Plain Flour	1.5kg = 80 pence
1 tsp Bicarbonate of Soda	200g = £1.40
2 tsp Ground Cinnamon	40g = 95 pence
125g Butter	250g = £1.49
175g Brown Sugar	500g = £1.60
1 Egg	1 = 90 pence
4 tsp Golden Syrup	325g = £1.30
2 tsp Ground Ginger	85g = 65 pence

Reflection

- less time in oven
- lightly flour surface
- 1cm thick (thumb)
- EVENLY rolled out

