

# Savoury Scones

## Social Distancing Plan

### Cookery Objectives:

- 1c, d, e, i
- 2a, b, c, e, f, g, h, j
- 3a, b, c

### Nutrition Objectives:

- To become aware of the hidden extras (sugar etc) that can be hiding in our food.

### Ingredients Required (Included in boxes) :

1kg plain wholemeal flour - Baking Powder - 5 courgettes -  
15 spring onions - Rosemary - 500g feta cheese - 6 eggs -  
400ml milk

**Equipment (per child):** Chopping board (Each or 1 between 2) - sharp knife  
- grater (shared) - digital scales (shared) - take home tub

**Adult:** Chopping Board - Sharp Knife - Colander - digital scales -  
mixing bowl

### Pre-Lesson

- Wipe down areas ready to cook, use table cloths if required. Set up the equipment for social distancing (See Social Distancing Guide if unsure).
- Wash vegetable ingredients and distribute evenly. If pupils cannot bake in a group and make ingredients in a shared bowl, it may be worth measuring out the flour evenly or when at that stage, add 3 tablespoons of flour to their take home tubs and mix.

### Main Lesson

- Start the video - **Year 5, Lesson 5 - Savoury Scones.**
- Children to wash hands, put on aprons and stand behind their places.
- Play Video, pausing at the end of each step to allow the children to cook-along. Teachers to circulate and assist. If all working individually, have pupils take it in turns with shared tools like the graters and was between uses. Pupils should add ingredients to their take home tubs and mix as they work through.
- When adding the flour, spoon in 3 tablespoons to all take home tubs - pupils can mix with their ingredients.**
- When adding the eggs, mix all eggs and milk in a jug, circulate the classroom and pour little bits into their tubs as they mix until scone mix comes together.**
- Pupils can form mixture into a scone and take home to bake for 15 minutes at 190C.



### Nutritional Learning Presentation (Before or After Lesson) and Follow On:

- Teacher to work through **Year 5 - Lesson 5** Nutrition Presentation (This could be done before the cooking or after).
- Follow on activity can be used as evidence of learning.

# Savoury Scones

## Standard Plan (Groups)

### Cookery Objectives:

- 1c, d, e, i
- 2a, b, c, e, f, g, h, j
- 3a, b, c

### Nutrition Objectives:

- To become aware of the hidden extras (sugar etc) that can be hiding in our food.

### Ingredients Required (Included in boxes) :

1kg plain wholemeal flour - Baking Powder - 5 courgettes -  
15 spring onions - Rosemary - 500g feta cheese - 6 eggs -  
400ml milk - baking paper

**Equipment (per child):** Chopping board - sharp knife - grater - digital scales - mixing bowl - wooden spoon - tablespoon

**Adult:** Chopping Board - Sharp Knife - Colander - 4 baking trays

### Pre-Lesson

- Wipe down areas ready to cook, use table cloths if required.
- Set up the equipment for 4 groups of 7.
- Wash vegetable ingredients and share baking ingredients between groups.

### Main Lesson

- Start the video - **Year 5, Lesson 5 - Savoury Scones.**
- Children to wash hands, put on aprons and stand behind their places.
- Play Video, pausing at the end of each step to allow the children to cook-along. Teachers to circulate and assist.
- Pupils can add ingredients to their mixing bowls.
- When adding the eggs, crack into a bowl or jug first to avoid shell in the mixture.**
- Line baking trays with baking paper before the pupils add the scone mixture.**
- Add the scones to the oven and bake for 15-20 minutes at 190C.
- Serve and enjoy warm.



### Nutritional Learning Presentation (Before or After Lesson) and Follow On:

- Teacher to work through **Year 5 - Lesson 5** Nutrition Presentation (This could be done before the cooking or after).
- Follow on activity can be used as evidence of learning.

# Savoury Scones

## Video Transcript/Alternative Delivery Method

Should you not wish to use the Play/Pause Video method (or if there's a technical fault), this is a basic overview of the steps to making Savoury Scones.

### Introduction:

- Introduce that today we are making Savoury Scones. Discuss the difference between sweet and savoury. Savoury is usually plain or salty in taste etc.

### Main (following instructions for a standard plan - use the social distancing one above for adjustments):

- Start by handing out the courgettes. Groups should grate the courgettes and add to their mixing bowls. If any courgettes are particularly large...don't add it all at once and possibly add more later.
- Next, pupils can use their claw methods to cut the spring onions and add to their mixing bowls.
- Show the class how to set up their digital scales and set to grams,
- Groups can weigh in 175g plain flour, add 3 teaspoons of baking powder and a teaspoon of rosemary (if fresh, a few sprigs).
- Mix the ingredients.
- Next, get the pupils to crack an egg into a jug or bowl, gently whisk with a fork and add 2 tablespoons of milk.
- Pupils to pour in their egg mix to their mixing bowls and stir ingredients to form a dough. Extra milk can be added if necessary to bring the ingredients together.
- Line baking trays with baking paper and share between groups.
- Pupils to form scones with hands and add to their baking tray. Bigger scones bake better so the mix should make 4-6 large scones. When baked, they can be shared!

Bridge Method - Cutting foods in half...



Claw Method - Slicing foods...

