**Lesson Plan #3**  Submitted by: Melanie Chow

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| **Grade** | 11/12 |
| **Topic** | Banana Dumpling – Pressure Test |
| **Time** | 80 minutes |

**PLOs:**

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| **A5** | Devise plans and implement effective strategies for task sequencing and time management in co-operation with partners and groups |
| **B2** | Choose and demonstrate appropriate cooking methods for particular products |

**Objectives:**

* Recreate a recipe without written instructions based on the given ingredients and plated example, applying knowledge of how to make pastry dough gained in previous labs.

**Motivator:**

* Finished banana dumpling, self-assessment

**Body:**

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| **List of consumable supplies needed** | | | **List of all equipment needed** | | | |
| 1500 mL flour  12 mL salt  36 mL baking powder  480 mL shortening  60 mL milk powder  6 large bananas  1860 mL sugar  24 mL cinnamon  Nutmeg  360 mL margarine  Extra margarine for greasing | | | Ingredient slips (ingredients and mounts, bake temp/time, yield) x 12  Sieve  Medium bowl  Rolling pin  Paring knife  Small bowl  Small pot  Large loaf pan  Cookie sheet | | | |
| **Preplanning and preparation steps to be done** | | | | | **When** | **Done** |
| Create ingredient slips; photocopy x6  Make Banana Dumpling for example  Place following ingredients on supply table: shortening, margarine, milk (60mL milk powder with 360 mL water), bananas, cinnamon, nutmeg, shortening, 12 large loaf pans | | | | | 1 week before  1 day before  1 period before |  |
| **Time** | **Outline of steps in the class** | | | **Points to be discussed** | | |
| 10:14 am  12:20 pm | Introduction   * Uncover plated banana dumplings used for example * Introduce pressure test concept * 🡪 Recreate given product. Ingredients and amounts are given. Students have to figure out steps to reach the end product. No help is given. End product check must be plated like example. Tests ability to work in a group and time management skills. * Product left at front of the room as example | | | So today we’re going to be making banana dumplings, but we’re going to change it up a little bit today. Who has watched Masterchef? If you haven’t watched Masterchef, it’s a competition where they take home cooks from around the country and they compete to win a prize. In the show, they do what they call a Pressure Test. Basically, those who are up for elimination are tasked with recreating a certain food that is shown to them. That’s what we’re going to be doing today. This is a recipe for every pair or 3 people. Like they do on the show, I’m going to give you the ingredients and the needed amount. I’m also going to give you the baking temperature and time, and the yield. However, I will not be providing any directions and I won’t be answering any questions asking for directions. I want you and your partner to figure out how to get to this end product. You should be able to do this especially if you were here the last 2 classes. This is really going to test your ability to work in a group, and your time management skills. I will be **calling out time cues** as to when you should have things done, so keep your ears open for those. This example will be left at the front for you to look at if you’re not sure how things should be done. Keep in mind that your dumpling also needs to be plated like the example when I check your product. Get started, you’ve got a lot to do. | | |
| 20 minutes **(9:00; 10:35; 12:40)**  30 minutes  **(9:10; 10:45; 12:50)**  40 minutes  **(9:20; 10:55; 1:00)** | Lab time   * Do not assist students with technique.   **Time cues**: (cues indicate latest time the step should be completed)  Dough is made and cut  Dumplings are being filled  Dumplings are in the oven  Check finished product   * Does it look like the example? (product, plating)   Remind to leave loaf pans in unit to be checked before putting them away  Set up for next period | | | Dough made and cut   * Your dough should be made, cut and ready to go by now. If you’re not there yet, you have to pick up the pace   Dumplings being filled   * Your dumplings should be filled and sealed at this point.   Dumplings are in the oven   * At this point your dumplings are in the oven. If they’re not, get them in in the next 5 minutes, otherwise you may not get out of here on time. | | |
| 5 minutes | Closure   * How did it go? | | | There’s about 5 minutes left until the end of class. Don’t forget to fill out your self-assessment and hand that in. Make sure your sinks and counters are nice and clean; I’ll be coming around to check them. Next day we’ll be making refrigerator cookies. | | |
| 80 minutes | **Total time** |

**Closure/Summary:**

There’s about 5 minutes left until the end of class. Don’t forget to fill out your self-assessment and hand that in. Make sure your sinks and counters are nice and clean. Next day we’ll be making refrigerator cookies.

**Evaluation (How did it go? What to do differently next time?):**

**Prior knowledge and supporting materials:**