



ICA Food Technology: Primary Tasks

1. Make a Fruit Kebab
2. Bake a fruit muffin
3. Design a birthday cake
4. Create a menu of your favourite foods





Always wash your
hands before
handling food



1. Make a Fruit Kebab



Ingredients

- Kiwi fruit
- Banana
- Apple
- Strawberry
- Lemon
- Fruit Juice
- Kebab Sticks

Equipment

- Kebab sticks
- Bowl
- Knife
- Chopping board

Method

- SAFETY! Remember to use the Claw hold and Bridge hold when cutting the fruit
- Add a splash of fruit juice (water can be used) and a squeeze of lemon juice into a bowl
- Important! Once you have chopped the fruit put it straight into the juice, this will stop it from turning brown.
- Peel banana and chop into bite sized chunks.
- Quarter the apple. Remove the core and the stalk and chop into bite sized chunks .
- Remove the green stem from the strawberries and chop in half. Using a sharp knife, cut the kiwi in half, then place it flat side down. Using the Claw hold remove the skin from the kiwi. Then cut into chunks.
- Add the fruit to the skewers. Be careful they can be sharp.
- Serve



2. Bake a fruit muffin



Method

- Preheat oven to 200 Celsius or gas mark 6.
- Rub Margarine into flour and baking powder, stir on sugar .
- Stir in the milk and a beaten egg, to give a wet consistency.
- Fold in the Fruit.
- Spoon the mixture into 8 muffin cases or 12 bun cases.
- Bake for 15-20 minutes or until golden.
- Cool on a wire rack and dust with icing sugar.
- Equipment

Ingredients

- 150g Self Raising Flour
- 1 Teaspoon Baking Powder
- 75g Caster Sugar
- 50g Margarine
- 100ml Milk
- 1 Egg
- 50g of Fruit

Equipment

- Bowl
- Fork
- Tablespoon
- Wooden Spoon
- Measuring Jug
- Muffin Tray
- Muffin Cases
- Cutting Board
- Sharp Knife



3. Design a birthday cake



You need to pick the following:

- Flavour
- Ingredients
- Colour
- Decorations
 - Size
 - Shape
- You then need to:
 - Draw it
 - Label it



4. Create a menu of your favourite foods



You need to pick the following:

- Favourite starter
- Favourite main course
- Favourite Side dish
- Favourite Dessert
- Favourite Drink

You then need to:

- Draw it
- Label it



CAFE FOOTBALL

KIDS' MENU

MATCH TEA

Includes apprentice main course, soft drink or kid's shake and a visit to the sweet shop

£8.00

CHICKEN NUGGETS
Chips

SAUSAGE
Mash and gravy

CF BURGER
Bag of fries

MARGHERITA PIZZA
Choose your favourite topping,
choice of sausage, ham, mushroom,
pepperoni or sweetcorn

FISH FINGERS
Thin chips and peas

SPAGHETTI & MEATBALLS
Tomato sauce topped
with cheese

ICE CREAM

CHOOSE A SCOOP AT
THE SWEET SHOP

OR

SWEET SHOP

BACK OF THE NET, CHECK OUT
THE JARS AND FILL UP
Quarter of a pound of sweets

SOFT DRINKS

LEMONADE
TIZER
COKE
FIZZY VIMTO
ORANGE OR APPLE JUICE

OR

KID'S SHAKES

VANILLA
STRAWBERRY
CHOCOLATE
BUBBLEGUM
CHOCOLATE AND PEANUT BUTTER

*If you suffer from any allergies, please tell our staff. Halal food, gluten free pasta and burger buns are available on request.



#ICAFoodathon



- Join in the Foodathon Challenge
- Simply make a dish of your choice, take a picture of you with it and share it
- Always have an adult around when using equipment!
- Make sure to tag ICA on Social Media
- Make sure to use the Hashtag #ICAFoodathon

