



**DT: Cooking**  
**Afternoon Tea**  
**Year 7**

Name:

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Tutor Group::

Subject Teacher:

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Given out:

Monday 21 October

Hand in:

Monday 4 November

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Parent/Carer Comment

Staff Comment

Target

## Extended reading task – read the following text and then answer the questions.

**Afternoon tea** is a light meal typically eaten between 3.30 pm and 5 pm. Observance of the custom originated amongst the wealthy social classes in England in the 1840s, as the time of dinner moved later. Anna Maria, Duchess of Bedford, is widely credited as inventing afternoon tea in England as a late-afternoon meal whilst visiting Belvoir Castle in Leicestershire. By the end of the nineteenth century, afternoon tea developed to its current form and was observed by both the upper and middle classes. It had become ubiquitous, even in the isolated village in the fictionalised memoir *Lark Rise to Candleford*, where a cottager lays out what she calls a "visitor's tea" for their landlady: "the table was laid... there were the best tea things with a fat pink rose on the side of each cup; hearts of lettuce, thin bread and butter, and the crisp little cakes that had been baked in readiness that morning."



Afternoon tea at the Royal Crescent Hotel in Bath

For the more privileged, afternoon tea was accompanied by thinly-sliced bread and butter, delicate sandwiches (customarily cucumber sandwiches or egg and cress sandwiches) and usually cakes and pastries (such as Battenberg cake, shortbread petticoat tails, or Victoria sponge). Scones (with clotted cream and jam) may also be served (as they are for cream tea). The sandwiches are usually crustless, cut into small segments, either as triangles or fingers, and pressed thin. Biscuits are not usually served.

Nowadays, a formal afternoon tea is more of a special occasion, taken as a treat in a hotel, often by tourists to the UK. The food is often served on a tiered stand; there may be no sandwiches, but bread or scones with butter and jam, or toast, muffins or crumpets. Afternoon tea as a treat may be supplemented with a glass of Champagne or a similar alcoholic drink. This is a more recent innovation.

What time do people usually have afternoon tea?

When did afternoon tea first originate?

Who is widely credited as having invented afternoon tea?

Name three items usually found in an afternoon tea.

Name 2 places that you can get an afternoon tea that are local to us in Somerset.

Name 2 big hotels in London where you can get an Afternoon tea.

## The 4C's for Food Safety or Good Food Hygiene

**Keywords:** hygiene, food poisoning, cross-contamination, temperature, (use the word *bacteria* rather than *germs*.)



**Food hygiene** is about preventing **food poisoning**. **Food safety** is any of the precautions that can be taken to keep food safe from contamination by **food poisoning bacteria**. Food poisoning bacteria can grow very quickly in food if it is not handled properly, cooked properly or stored properly. There are laws that control how food manufacturers and caterers can prepare and sell food to prevent the public being poisoned. Environmental Health Officers police these laws and have the power to close down businesses and prosecute people who do not abide by them.

### The 4C's

1. **C** \_\_\_\_\_

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2. **C** \_\_\_\_\_

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3. **C** \_\_\_\_\_

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4. **C** \_\_\_\_\_

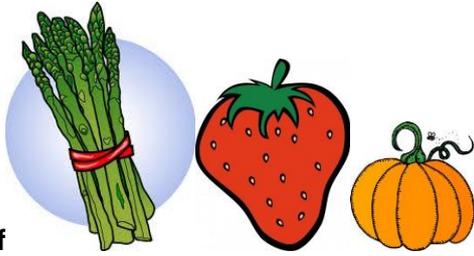
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**What happens to the bacteria in food when we chill it?**

**What happens to the bacteria when we freeze food?**

**What happens when we cook food properly?**



### Design Brief

Design and make a colourful chart that illustrates the fruits and vegetables that are in season at the different times of year in the UK.

### Activity

Buying fruit and vegetables in season is an economical way of shopping. For example, strawberries are cheaper in the summer than in the winter. Buying fruit in season is also better for the environment because it means that the food has not been flown in by aeroplane and it hasn't been grown in hot houses.

Make a chart below to illustrate what fruits and vegetables are in season ie ripe and ready to eat and when in the UK. Use colour and draw the fruit and vegetables if you can. If you search on the internet for 'illustration of an apple' you can get some easy to draw pictures of apples etc to copy.

Summer	Autumn
Winter	Spring

## Nutrients - What a body needs

**Keywords:** research, information source, nutrients.

1. Complete the table by listing healthy foods where each nutrient is found.
2. Draw a line to match the nutrient/food source to the function of the nutrient on the body. The first one has been done for you.



Nutrient	Breakfast foods where the nutrient is found
Protein	<i>Eggs, ham, sausages, bacon, milk, cheese, baked beans.</i>
Carbohydrate Starchy and wholegrain foods are the best.	
Fats	
Vitamin A	
Vitamin B1	
Vitamin B2	
Vitamin C	
Vitamin D	
Minerals - calcium	
Minerals - iron	
Fibre	

### Function (job) in the body

Healthy gums and skin.

Heals wounds and stops infection.

For healthy sight and skin.

Healthy blood, helps to form red blood cells, which carry the oxygen.

Build strong bones and teeth

A good source of energy.

Helps digestion.

Prevents constipation.

Build and repair muscle tissue, hair, skin and nails.

For growth and health of eyes and mouth.

Helps the body use food for energy. Helps nerves.

Protects body organs.  
Concentrated form of energy.

Forms strong bones and teeth.

