

What baked goods do you think these different ingredients make?

butter  
sugar  
eggs flour

flour butter  
syrup  
pastry  
cornflakes

butter  
strawberries  
double cream  
soft cheese  
digestive biscuits

butter sugar  
eggs natural yogurt  
vanilla extract milk  
flour bicarbonate of  
baking powder soda

WALT explore the changes on materials (cooking)



Do you think you can turn the end product back into the ingredients?

~~irreversible~~

# Cooking = irreversible

## Today's recipe investigations...

1. Making Jelly (what temperature?)
2. Cooking eggs (what method?)
3. Making bread rolls (to sugar or not to sugar?)
4. Making egg-less cakes (to vinegar or not to vinegar?)

Can we turn these into enquiry questions?

Cooking = irreversible

Yeast + sugar!



<https://sciencebob.com/blow-up-a-balloon-with-yeast/>

What would happen without the sugar?

What if we added baking powder or vinegar?

What new product is made?



The sugarless rolls still rose- why?

Yeast can convert the starch in flour into sugars - it can take a bit longer, but yeast will still ferment even without sugar as an ingredient because it gets sugars from other ingredients!

# Why do we cook food?

- food tastes better
- more digestible

Many foods would also make us ill if eaten raw - why?



Bacteria are killed when  
things are cooked.  
(meat and vegetables)

This is why we  
should always  
wash raw veg as it  
can carry e-coli!

