

SAIL XTEND 45 MIN COOKING CLASSES

VENUE: KITCHEN

DATE: SATURDAY 15 MARCH 2003

TIME: 12:30 - 1:15

NUMBER OF STUDENTS: 6-10

LESSON 1: PIZZA

Ingredients: 1 large pizza base, tomato paste, mozzarella, 1 onion, mild salami, green and red capsicum, mushrooms

Utensils: 2 chopping boards, 2 knives, bowls or plates, grater, colander, baking tray, tea towels, butter knife, spoon, oven gloves, matches, aluminium foil (to take home pizza)

Basic kitchen rules: handout

Method:

Demonstrate and talk through the actions. Each student to have a task.

Teacher to preheat oven at 230 degrees C

1. Grate mozzarella
2. Peel and slice onions
3. Wash and tear basil
4. Wash and slice capsicum
5. Spread tomato paste onto the pizza base
6. Sprinkle the grated mozzarella
7. Cover pizza with basil and the sliced mild salami, green capsicum, and onion.
8. Place in oven for 20- 30 mins.

Wash dishes and clean up kitchen

Tasting

Ask each student what s/he did; to name ingredients/utensils; and describe actions
Ask them to teach me how to make a pizza

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Worksheet #1: Pizza

1. List the ingredients you used to make pizza.

2. What is another word for green or red pepper?

3. What is mozzarella?

4. Fill in the gaps with the correct verb (a word that describes an action).

We _____ the mozzarella with the grater.

We _____ the skin and then _____ the onion into fine rings.

Before slicing the capsicums, we _____ them with water.

The tomato paste was _____ onto the pizza base with a spoon.

We _____ the pizza with mozzarella, green pepper, mushrooms and salami.

peeled

sliced

grated

covered

spread

washed