**FOOD STUDIES 9/10**  NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thomas Haney Secondary TA\_\_\_\_ Set block \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Learning Guide 3

Breakfast: Designing Lazy Sunday Waffles

Lazy, weekend mornings are a perfect time for a special breakfast or brunch with the family. By using special toppings such as fresh fruit, ice cream, fruit sauces, nuts and/or whipping cream, Belgian Waffles become an extra special treat.

Learning Outcomes:

On completion of this learning guide you will be able to:

* Demonstrate techniques used to make a meringue.
* Identify and explain the functions of carbohydrates and proteins.
* Apply cooking principles to prepare a pour batter: waffles
* Describe factors that influence food choices while planning for a breakfast meal.

What you need to do:

1. Attend the demonstration and complete in-class activities. (bring planner!)
2. Lab: Make Belgian Waffles with a partner. (60%- must be completed by October 30)
3. Work: Design a Belgain Waffle Breakfast - plan and explain how you would serve it. Make sure that your meal is balanced, according to the Canada Food Guide.
( food-guide.canada.ca/en/food-guide-snapshot/ )

### *Progress and Pacing*

All learning guide / interview marks should be recorded in your planner. Each student is responsible for recording personal marks and reporting errors within two weeks of receipt of the marked assignment. Students are semi- self-paced in this course: learning guides must be completed within 2 weeks of the due date. (2 guides per calendar month)

**Belgian Waffles Breakfast Meal Design**

Before designing your meal, identify some favorite foods that compliment waffles and their dietary role. Are they a source of Protein? Carbs? Your vitamins and minerals?
**Make sure the meal follows the guideline of portions in the food guide as well as food types.**food-guide.canada.ca/en/food-guide-snapshot/

1. My grain foods: Waffles . B.) My protein foods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. My Fruits & Vegetables \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Drawing of my Designed Waffle Meal**

Draw in **Toppings**(e.g. fruits), **sides** (e.g. scrambled eggs), **drinks** (e.g. milk) and other foods to make this a complete meal.



LG 3 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_TA\_\_\_\_Sec’n\_\_\_

Belgian Waffles Yield: 3 waffles

 Gluten Free Options Vegan Options

250ml all-purpose flour blended flour-see teacher

1ml baking soda

3ml baking powder

7ml sugar

2ml salt

1 egg yolk egg replacer or see below

45ml melted margarine (Earth Balance Margarine)

210ml buttermilk (or homemade sour milk\*) almond milk or water

\*to make sour milk: mix 250ml milk + 15ml vinegar \*\*Vegan: egg replacer/125ml applesauce, or 1 banana

1. Heat waffle iron.
2. Combine all dry ingredients, set aside.
3. Separate yolk and white of the egg, **put egg whites into a large glass measuring cup**, and mix with an electric mixer.
4. Place yolk into a large bowl and add melted margarine and buttermilk. Add dry ingredients to milk, margarine and egg yolk. Fold in the egg white. Place approx. 175ml of batter in waffle iron. Serve with fruit sauce, syrup or ice-cream.

## Lab Preparation Self-Evaluation

**Food Preparation Skills**: correct methods of cookery techniques/utensils/equipment /4

**Time Management**: cooperation/division of work/done by end of class /4

**Safety and Sanitation**: waste correctly disposed (garbage/compost/recycle/hair/hands washed/apron/safety rules followed/hot water for cleaning/safe use of equipment /4

**Quality of Food:** attractive/cooked properly/no waste/faults identified /4

**Cleanup:** done by bell/sinks dry, no food/wipe behind taps/dishes in correct location /4 total:\_/20