

Pasta Making

Subject: Food Technology

Topic: Taste, Nutrition, Fun

Duration: 2 hours

Age Group: 11-plus

Number of Students: 6

Special Educational Needs: 1 student

Additional Support or Differentiation: One-to-one

Behavioral Issues: None

Learning Styles: Incorporate all learning styles

Teaching Assistant: 1 present

Classroom Arrangement: Pairs

Additional Space: Outside the classroom

Objective

- To explore the concept of taste and nutrition while having fun making homemade pasta.
- no prior knowledge of pasta making required.

Resources

- Mixing bowls
- Measuring cups and spoons
- Rolling pins
- Pasta machines (if available)
- Cutting boards
- Knives
- Ingredients (flour, eggs, salt, water)
- Aprons
- Recipe handouts

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Introduction (15 minutes)

1. Start the lesson by engaging the participants in a discussion about different types of pasta and their love for pasta.
2. Show images of various pasta shapes and discuss their differences in taste, texture, and appearance.
3. Highlight the importance of nutrition and balanced diets, pasta would be the carbohydrate element to the meal and

Activity 1: Pasta Dough Preparation (30 minutes):

1. Divide the class into pairs, ensuring that the student with special educational needs is paired with the teaching assistant.
2. Provide each pair with a mixing bowl, measuring cups and spoons, and the necessary ingredients.
3. Guide the students through the process of measuring and combining the flour, eggs, salt, and water to create a pasta dough.
4. Encourage students to use their hands to mix and knead the dough until it becomes smooth and elastic.

Activity 2: Pasta Shaping and Cooking (60 minutes):

1. Provide each pair with a rolling pin, cutting board, and a portion of the pasta dough.
2. Instruct the students to roll out the dough and shape it into their desired pasta form (e.g., spaghetti, fettuccine, or ravioli).
3. If available, demonstrate how to use a pasta machine to thin and shape the dough.
4. Assist the special educational needs student, providing them with the necessary support and guidance throughout the process.
5. Boil a pot of water and cook the shaped pasta according to the instructions on the recipe handout.
6. While the pasta is cooking, discuss the importance of cooking times and how it can affect taste and texture.

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Activity 3: Tasting and Evaluation (15 minutes):

1. Once the pasta is cooked, drain it and place it in serving bowls.
2. Allow the students to select various toppings, sauces, and seasonings to personalize their pasta.
3. Instruct the students to taste and evaluate their creations, discussing the flavors, textures, and overall enjoyment.
4. Facilitate a class discussion, encouraging students to share their experiences and preferences.

Conclusion (15 minutes):

1. Summarize the key points discussed throughout the lesson, emphasizing the importance of taste and nutrition.
2. Discuss ways in which homemade pasta can be incorporated into a balanced diet.
3. Thank the students for their participation and efforts in making homemade pasta.

Extension Activity (if time permits):

- Challenge the students to create a unique pasta shape or to experiment with different ingredients to enhance the taste and nutrition of their pasta.

Note: Ensure that appropriate hygiene and safety measures are followed throughout the lesson, such as washing hands before and after handling food, using clean equipment, and properly supervising the use of knives. Please ensure that safety guidelines are followed, especially when using kitchen equipment. It is important to consider any allergies or dietary restrictions of the students involved and adjust the lesson accordingly. Ensure that all food handling and preparation adheres to proper food safety guidelines.

Provide appropriate support to any participant with special educational needs to ensure their active participation and inclusion throughout the lesson.