

## **Lesson 6**

### **Application of Culinary Skills – Preparation of drinks**

#### **Introduction**

As teenagers, you are very active and need to stay hydrated. Instead of soft drinks and energy drinks which are high in sugar and calories, it is best to opt for healthier drinks such as milk, fresh fruit juices and infusions which will support your rapid growth and development.




In this lesson, you will learn some basic culinary skills which will help you to prepare and serve healthy drinks during the practical classes.

**Activity 1: Class discussion on drinks that are good for the health.**

**Study the pictures below and tick (✓) the drinks that are good for the health.**



**The culinary skills to use during drinks preparation.**

Culinary Skill	Description	Equipment	Ingredients
<b>Squeeze</b> 	Extract the juice with a squeezer using pressure	 Squeezer	Orange Lemon Bigarade orange
<b>Zest</b> 	Scrape off the skin of a citrus fruit (orange or lemon) using a zester to remove the zest.	 Zester	Lemon Orange
<b>Infuse</b> Infusing tea  Infusing orange rind 	Immerse an ingredient (tea bag) in hot water until the flavour has been extracted.	 Saucepan  Measuring jug 	Orange rind Lemon rind Tea leaves

		Tea pot and cups	
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## Activity 2- Practical

### Orange and Barley Drink Recipe

**No of servings: 2**

Ingredients	Quantity
Barley	2 rounded tablespoons
Water	500 ml
Caster Sugar	50 g (to taste)
Orange	1



**Decoration: 2 Orange slices**

**Equipment needed:**

#### Equipment needed for the practical class:



1 small bowl



1 saucepan



1 tablespoon



1 electronic scale



1 chopping board



1 knife



1 plate



1 measuring jug



1 teaspoon



1 squeezer



1 water jug



2 serving glasses

### Materials needed for the practical class:

**apron**



**hair net**



**dish towel**



**hand towel**



**Optional:  
gloves**



### Step-by-step instructions:

1. Wash the barley in a small bowl. Allow to soak for 30 minutes.








2. In a saucepan, add water together with the barley. Bring to the boil.



3. Lower the heat and simmer for 15 minutes until the barley becomes soft.



<p>4. Remove from the heat.</p>	
<p>5. Add sugar and stir well. Allow the barley water to cool.</p>	
<p>6. Cut the orange in half. Cut 2 orange slice from one half of the orange.</p>	
<p>7. Squeeze the juice from the remaining orange.</p>	
<p>8. In a jug, add barley water and orange juice. Chill the drink in the refrigerator.</p>	

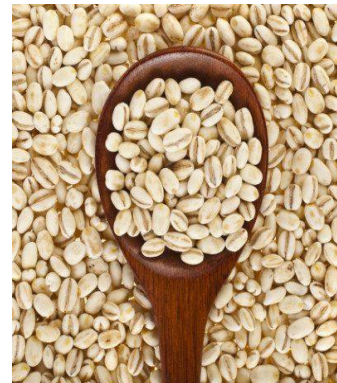
9. Pour into serving glasses decorated with orange slices and enjoy!



### DID YOU KNOW?

Barley seeds are commonly known as *l'orge*. They are oval off-white seeds. Barley seeds have much health benefits; some are listed below:

- They are high in dietary fibre, minerals and vitamins.
- They help in digestion.
- They aid in lowering blood cholesterol and blood glucose level.
- They also help in weight management.



### Activity 3

**Now that you have prepared your orange and barley drink, you can attempt the following questions:**

1. Which fruit was used in the recipe?

.....

2. Name the kitchen equipment used for measuring water.

.....

3. State one importance of using barley seeds.

.....

## Activity 4- Practical

### Lemonade Recipe

**No of servings: 2**

Ingredients	Quantity
Water	500ml
Sugar	50 g (to taste)
Lemon	1
Ice cubes	4-5



***Decoration: 1 lemon slice***

**Equipment needed:**

#### Equipment needed for the practical class:



1 chopping board



1 tablespoon



1 electronic scale



1 teaspoon



1 knife



1 plate



1 measuring jug



1 peeler



1 kettle



1 squeezer



1 water jug



2 serving glasses

### Materials needed for the practical class:

**apron**



**hair net**



**dish towel**



**hand towel**



### Step-by-step instructions

1. Put water to boil.



2. Peel the lemon rind thinly (avoid using the white part).



3. Put the peel, sugar and boiling water in a jug, cover and allow to infuse.



4. Halve the lemon. Keep a slice for decoration.	
5. Squeeze the lemon to extract juice.	
6. Strain into jug.	
7. Decorate and serve with or without ice cubes. You can also use mint leaves and frosted sugar as decoration.	

## Activity 5

Now that you have prepared your lemonade, you can attempt the following questions:

- a. Which kitchen equipment will you use to weigh sugar?

.....

- b. Write down the kitchen equipment used to extract lemon juice.

.....

- c. Name another decoration which can be used to serve the lemonade.

.....

## Activity 6- Practical

### Tea Recipe

**No of servings: 2**

Ingredients	Quantity
Tea bags	2
Hot water	
Sugar	1-2 Tbsp
Liquid milk	100 ml



**Equipment needed:**

#### Equipment needed for the practical class:



1 tablespoon



1 teaspoon



1 kettle



Tea pot



Tea cup with saucer



Milk pot



Sugar pot

**Materials needed for the practical class:**

**apron**



**hair net**











**dish towel**



**hand towel**



Step-by-step instructions	
1. Put water to boil.	
2. Place a teabag in each teacup. Pour hot water over the tea bag in the teacup.	
3. Allow the tea bag to infuse in boiling water for 2-3 minutes in a teacup.	
4. Remove the tea bag with the help of a teaspoon.	
5. Add milk according to taste to the infused tea.	

<p>6. Add sugar according to your taste.</p> <p><i>For a healthier option it is advisable to omit the sugar. The tea is then served without sugar.</i></p>	
<p>7. Stir well with a teaspoon.</p>	
<p>8. The tea is now ready! Serve hot.</p>	

### Variations:

- For lemon tea, omit the milk. Instead, serve the tea with 2 slices of lemon.
- To enjoy the health benefits and taste of spices, small pieces of either cinnamon, cardamon or clove can be added to the tea when infusing.
- For ginger tea, add a small piece of crushed ginger to the infusion.



### Activity 7

**Now that you have prepared your tea, you can attempt the following questions:**

- a. Which kitchen appliance was used to boil water?

.....

- b. How long should you allow the tea bag to be infused?

.....

- c. Which tea is suitable for a person who cannot consume milk?

.....

