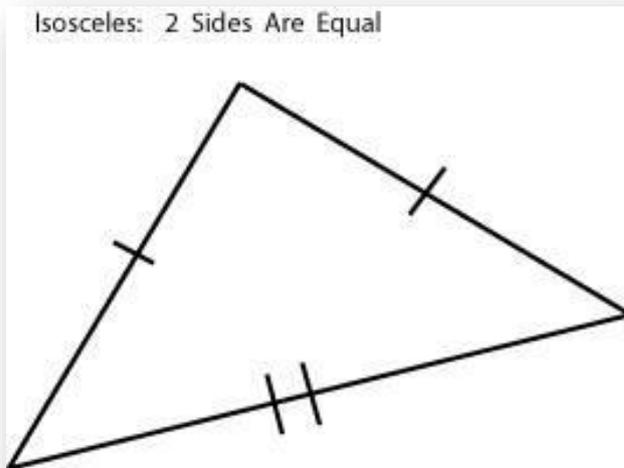


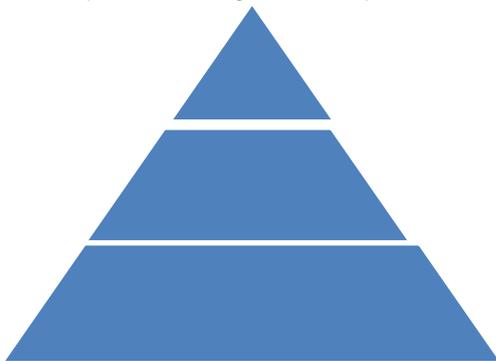
Lesson: Title: Entertaining Mathematics!

The main aim of this lesson is to showcase 'mathematics in action' and how mathematical concepts are used in everyday living. We will do this by making cheese and spinach triangles from The Food Book. In this production you will learn the concept of measuring ingredients and folding pastry into triangle from a rectangle. But not just any triangle – an *isosceles* triangle!

Information and Knowledge

<http://math.about.com/od/geometry/ig/Angles-and-Triangles/Isosceles-Triangle.htm>

What type of triangle would you use to describe The Healthy Eating Pyramid?

**Skills:**

Aims of lesson :

- make informed decisions to plan, prepare and cook quick healthy meals and snacks instead of buying take away dishes or convenient pre-prepared food products
- encourage and provide opportunities for young people to practise food skills at home (party and snack food)
- extend, enrich and endorse the skill-based healthy eating programs in schools
- accurately weigh and measure ingredients for those recipes requiring accuracy of ingredient amounts

Production**Spinach and Cheese Triangles (makes 12)****Prep time:** 30 minutes**Cook time:** 20 minutes**Equipment:** baking tray, pastry, grater, baking paper, pastry brush**Nutrition:** good source of CHO and protein and calcium**Skills:** slicing, dicing, folding, making isosceles triangles!!

Top Tip: Filo pastry becomes brittle if it is allowed to dry out. Prepare the filling beforehand before you start to assemble the triangles, cover the unused pastry with baking paper or a clean dry tea-towel.

Ingredients

12 sheets filo pastry

1 Tb (20ml) olive oil

1 Tb (12g) sesame seeds

65g parmesan, grated

1 egg

4 spring onions, *cleaned and trimmed*150g feta cheese, *diced* finely1x 250g spinach or frozen spinach, *thawed and well drained*

Pinch grated nutmeg

Method

1. *Preheat* oven to 180 °C. *Line* baking tray with baking paper.
2. If using fresh spinach: *wash* spinach to remove grit. *Remove* stalks and *finely chop* leaves. If using packet spinach, *squeeze out* moisture.
3. *Slice* spring onion into small rings.
4. Lightly *whisk* egg with nutmeg.
5. *Combine* spinach, spring onions, feta, egg, nutmeg and parmesan in a large bowl.
6. *Place* a sheet of filo pastry on the bench and using a pastry brush, *brush lightly* with olive oil.
7. *Fold* pastry sheet in half lengthways.
8. *Place* 1 Tb filling at the bottom corner of strip and *fold* pastry diagonally to form an isosceles triangle.
9. Continue *folding* to end of pastry, retaining isosceles triangle shape.
10. *Repeat* steps 6-9 with remaining pastry and filling.
11. *Brush* pastry isosceles triangles with olive oil and *sprinkle* with sesame seeds.
12. *Bake* for 15-20 minutes, or until golden brown.
13. *Serve* hot.

Reference: Compton L et al The Food Book OUP 2010 p. 173

