

COOKERY NC II

INTEGRATION OF LOCAL HERITAGE THEME: SILAY LOCAL FOOD & PRODUCTS



Learner's Material



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SILAY LOCAL FOOD AND PRODUCTS PUSO SANG SAGING (Learner’s Material)

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CONTEXTUALIZED LEARNER'S MATERIAL

Integration of Local Heritage Theme: Silay Local Food and Products

Puso Sang Saging

Cookery NC II

School:	
Name of Student:	
Learning Area:	TECHNOLOGY AND LIVELIHOOD EDUCATION/HOME ECONOMICS/COOKERY
Grade and Section:	
Quarter:	
Date & Time:	
I. OBJECTIVES:	
A. Content Standard	1. The learners demonstrate an understanding on how to prepare sandwiches.
B. Performance Standard	1. The learner independently prepares sandwiches.
C. Learning Competencies CONTEXTUALIZATION	LO1. Prepare and present a variety of sandwiches. 1. Select local ingredients for filling of hot sandwiches. 2. Prepare suitable filling of hot sandwiches. 3. Follow the recipe of <i>puso</i> burger patties.
Competency Code	TLE_HECK 9-12SW-IIIb-g-12
II. CONTENT	Preparation of PUSO PATTIES for Hot Sandwich
Integration Across Learning Area:	Ratio and Proportion / Measurements Mathematics II
III. ACTIVITY/TASK	Activity Proper 1. Setting of standards A. The class will be divided into 2 groups. B. Group 1 will be given an information sheet and a task card to demonstrate the preparation of <i>puso</i> burger patties. C. Group II will be the observer, will answer guide questions and do the reporting. D. Both groups will have 40 minutes to perform their designated tasks. E. Each group will be graded by their teacher based on the activity performance rubric.

Learner Observation Sheet

Criteria for Evaluation:	20	40	60	80	100	Total
1. Use of Personal Protective Equipment (PPE)						
2. Work Habits						
3. Preparation and Presentation						
4. Housekeeping						
Score						

Guide Questions:

1. What is the recipe to be prepared today?
2. What are the ingredients needed in *puso* burger patties for sandwich filling?
3. Are these ingredients available in our locality?
4. How will you prepare the *puso* burger?

RECIPE OF PUSO PATTIES for Hot Sandwich

Ingredients:

2 cups banana blossoms (Puso sang Saging)	1 teaspoon salt
2 pieces eggs	½ cup flour
4 cloves garlic (minced)	½ tsp. Black pepper
1 medium white onion (minced)	1 cup cooking oil for frying

Procedure:

1. Perform *mise en place*.
2. Remove the mature layers of the banana blossom.
3. Slice into quarters.
4. Cook them in 1 liter of boiling water until soft and tender.
5. Chop into small pieces. Drain and remove excess water.
6. Combine the banana blossoms together with the rest of the ingredients, mix well until desired consistency.
7. Mold into patties and fry in heated oil until cooked and golden brown.
8. Ready to fill your sandwiches.

E. Analysis

- a. What makes *puso* burger patties nutritious, affordable and easy to prepare?
- b. How will you prepare a sandwich that is locally available and nutritious?

F. Abstraction

Why should we use banana blossom or *puso sang saging* as

	substitute for meat in sandwich fillings?
G. Finding practical applications of concepts and skills in daily living	a. How will you produce locally available fillings for sandwiches? b. How can this learned skill be of help to your family?