PLEASE NOTE:

This PDF document contains:

- Food technology unit plan
- Dumpling cooking instructions
- How to make dumpling fillings
- How to make dumpling skins

Go to www.asianz.org.nz/education/dumpling-making for:

- Individual word files of the above
- Chinese New Year PowerPoint
- Dumplings PowerPoint
- Safety planning
## FOOD TECHNOLOGY UNIT PLAN

**UNIT TITLE:** Dumpling Making  
**YEAR GROUP:** 7 – 10  
**DURATION:** 5 lessons

<table>
<thead>
<tr>
<th>DESCRIPTION OF CONTEXT:</th>
<th>KEY TECHNOLOGICAL FOCUS</th>
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</thead>
</table>
| Students will: Learn about Chinese New Year and dumpling making. Students will then take that knowledge and design and develop their own dumpling product. | - Food Technology focus  
- Levels 3-5 of the Technology Curriculum  
  - Technological Modelling  
  - Outcome Development and Evaluation |

<table>
<thead>
<tr>
<th>RESOURCES REQUIRED:</th>
<th>KEY SKILLS FOCUS:</th>
</tr>
</thead>
</table>
| Internet, data projector with speakers, Food Technology room, ingredients for practical work | - dumpling making  
- conceptual development  
- |

<table>
<thead>
<tr>
<th>VOCAB (TECHNOLOGICAL TERMS):</th>
<th>CROSS CURRICULUM LINKS:</th>
</tr>
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<tbody>
<tr>
<td>Sensory evaluation, conceptual designs, trial, evaluation</td>
<td>Languages, Social Sciences, Maths</td>
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<thead>
<tr>
<th>VOCAB (SUBJECT SPECIFIC TERMS):</th>
<th>VALUES:</th>
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</thead>
</table>
| Dumpling, steaming, frying, Chinese New Year | Involvedment / Connection / Integrity  
- Showing involvement by getting among activities and actively participating in group discussions  
- Showing connection by learning about a different cultural celebration which is important to many in our school and wider community  
- Showing integrity by being respectful of other people's culture at all times and demonstrating pride in our work |
<table>
<thead>
<tr>
<th>LEARNING INTENTIONS</th>
<th>AO</th>
<th>KEY COMPETENCIES</th>
<th>HOW IT IS SHOWN IN THIS UNIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students will learn about the importance of Chinese New Year</td>
<td></td>
<td>Using language symbols and texts</td>
<td>•  Learning new words associated to Chinese New Year and dumpling making</td>
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<td></td>
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<td></td>
<td>•  Following recipes to successfully make dumplings</td>
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<td></td>
<td></td>
<td></td>
<td>•  Using subject specific vocab when completing design development tasks</td>
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<tr>
<td>Students will learn how to make Chinese dumplings</td>
<td></td>
<td>Managing self</td>
<td>•  Working in a pair to complete the tasks successfully and within the time frame</td>
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<td></td>
<td></td>
<td></td>
<td>•  Keeping on task and safe during lessons, especially practical lessons</td>
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<tr>
<td>Students will design and develop their own Chinese dumpling product</td>
<td>Technological modelling, Outcome development and evaluation</td>
<td>Participating and contributing</td>
<td>•  Participating in class discussions</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>•  Working well in a pair contributing equally to the set work</td>
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<tr>
<td></td>
<td></td>
<td>Relating to others</td>
<td>•  Respecting others in the class</td>
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<td></td>
<td></td>
<td></td>
<td>•  Listening during class discussions</td>
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<td></td>
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<td></td>
<td>•  Working well with others safely during practical sessions</td>
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<td></td>
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<td></td>
<td>•  Being respectful to others when learning about different cultures</td>
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<td></td>
<td></td>
<td>Thinking</td>
<td>•  Designing suitable conceptual designs for dumpling products</td>
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<td>•  Problem solving during designing and practical work</td>
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<td></td>
<td>•  Making sure that tasks are finished on time especially during practical work - time management</td>
</tr>
</tbody>
</table>
# Lesson Sequence

<table>
<thead>
<tr>
<th>Topic</th>
<th>Activities</th>
<th>Key Competencies Shown</th>
<th>Linked to Achievement Objective</th>
<th>Resources Needed</th>
</tr>
</thead>
</table>
| Lesson One: What is Chinese New Year? | Ask students if they know when is New Year? Is Chinese New Year is the same date as our new year in NZ?  
  Play the you tube clip: [https://www.youtube.com/watch?v=_u-R-alq3_E](https://www.youtube.com/watch?v=_u-R-alq3_E)  
  Discuss the story with the students: ask them to quickly draw their own imaginary ‘nian’.  
  Ask students to guess what Chinese people eat during Chinese New Year?  
  Introduce ‘jiao zi’ dumplings to students, Show students the photos of different styles of dumplings  
  Discuss the possible meanings of different shapes of dumplings [https://www.youtube.com/watch?v=HK3iG2LyWnY](https://www.youtube.com/watch?v=HK3iG2LyWnY) (how to make different shapes) | Thinking  
  Participating and contributing  
  Relating to others |                                                | Computer, data projector, speakers, internet Dumpling ppt |
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<thead>
<tr>
<th>Lesson Two: Dumpling Research</th>
<th>Sensory evaluation of different types of dumplings - split class up into groups with different types of dumplings. Students follow instructions on how to cook and cook the frozen dumplings. Once all groups are cooked students move around groups tasting and filling out sensory evaluation sheet. Student work in group research on what kind of filling you can have for dumplings.</th>
<th>Using language, symbols and text Thinking Participating and contributing Relating to others Managing Self</th>
<th>Internet, data projector and speaker Different samples of dumplings (frozen dumplings) Food Technology classroom Sensory evaluation Sheet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lesson Three: Making dumplings</td>
<td>Students will make their own dumplings so they can learn the basic techniques and how to make dumplings. Making sure that the teacher discusses how important to seal the dumpling skin tightly (otherwise the fillings will come out while you are cooking).</td>
<td>Using language, symbols and text Thinking Relating to others Managing Self</td>
<td>Technological Modelling Dumpling recipe Dumpling ingredients Food Technology room</td>
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</tbody>
</table>
| Lesson Four: Trial of dumpling product | Students make a trial recipe of their dumpling idea (with different fillings)  
They then trial the recipe ensuring that they photograph the finished products and get people to taste and give written feedback about.  
Students need to make sure that their feedback is recorded either via digital or written. | Using language, symbols and text  
Thinking  
Participating and contributing  
Relating to others  
Managing Self | Technological Modelling  
Outcome Development and Evaluation | Internet & Camera  
Recipe samples  
Trial recipe template  
Food Technology room  
Ingredients on recipe templates  
Students completed trial recipes |
| Lesson Five: Evaluation of dumpling | Students evaluate their dumpling product on  
- How easy it was to make - what went well, what didn’t?  
- If it turned out like the final design  
- What stakeholders thought of the product  
- If it represented Chinese New Year  
- If the dumplings were sealed properly  
- Was the size appropriate?  
- If you were to make it again what changes you would make? | Using language, symbols and text  
Thinking  
Participating and contributing  
Relating to others  
Managing Self | Outcome Development and Evaluation  
Technological Modelling | Photograph of students dumplings  
Computers & internet |

Cooking Instructions

You can steam, or pan-fry your dumplings but boiling seems to be the most popular method, and the one I prefer. Dumplings, however feather light your pastry, are satisfyingly heavy things, and to fry them seems overkill. The plainness of a boiled dumpling makes for a more interesting contrast with the flavours of the filling, and the dipping sauces.

Boiling Fresh Dumplings

The technique is very similar to cooking fresh pasta with a few unique twists. For example, you want to use a lot of water when cooking both pasta and dumplings. Start by bringing a big pot of water to boil, add your dumplings, and then immediately stir them so they don’t stick together.

Bring the water back to a boil and as soon as the dumplings start to float to the top, add 1/2 cup of cold water. The reason for this has to do with the filling inside. Most likely inside is still raw so you add the cold water to slow down the cooking process of the dough so it doesn’t break apart while allowing the filler to finish cooking. Continue to cook until those wonderful dumplings start floating again. Now it’s time to taste one to see if they are done. They should be done at this point but if not, just add another 1/2 cup of cold water and wait till they float again.

When done, remove them from the pot with a Chinese strainer or a slotted spoon. Be careful not to place them on top of each other or they will stick and break apart.
Pan-Frying Dumplings

If you pan-fry a dumpling, they are called Pot Stickers. Why? Because when frying, the bottom sticks to the bottom of the pan making them crisp and delicious. Also, when pan-frying dumplings, you don’t want to cook frozen ones. You want to be sure to defrost them or they will burn.

In a large non-stick pan, add a tablespoon of corn or vegetable oil and heat it up. Add as many dumplings as you can that will fit into the pan in a single layer without a lot of touch feely going on. Now for the interesting part.

Add 1/2 cup of cold water to the pan over the dumplings, cover and cook on low heat for 10 minutes. Don’t even think about flipping them or checking them out. Let them cook until all the water is cooked off and the dumplings are golden and crisp on the bottom.

If they are not golden and crisp on the bottom, continue to cook until they are. When done, remove and serve or start another batch.

Ideas and photos retrieved from https://nz.pinterest.com/pin/559572322431713727
How to make the dumpling fillings

1. Place 1 cup of ground pork and 2 cups of ground beef into a big bowl.

2. Add 1 teaspoon of salt, 1 tablespoon of sesame oil, ½ teaspoon of ground pepper and mix it by hand and push the mixture of meat on the side of the bowl.

3. Wash some Asian chives or any other vegetables (carrots, cabbage,) and dry well with a paper towel or cotton cloth. Chop them into 2 cups’ worth of vegetables, or more if you like vegetables. Add 1 tablespoon of oil and mix it up. Place it in the big bowl next to the ground meat.
   tip: the oil coats the vegetables so they retain their moisture

4. Chop half an onion. Put them into a small bowl.

5. Add 1 teaspoon of soy sauce, 1 teaspoon of sugar, and 2 teaspoon of sesame oil to the small bowl. Mix by hand and transfer it to the big bowl.

6. If you don’t like meat then you can use tofu, eggs and mushrooms instead. Squeeze a half package of tofu with a cotton cloth or paper towel and put it into a small bowl. Add a pinch of salt and 1 teaspoon of sesame oil. Mix it by hand and then put it next to chopped chives.

7. In the big bowl, add 3 cloves of minced garlic and mix all ingredients by hand. This is your dumpling filling.

Ideas and photo retrieved from https://nz.pinterest.com/pin/559572322431713727
How to make dumpling skins

Ingredients

Makes 16 large wrappers, each one 5½ to 6 inches in diameter

- 2 cups all-purpose flour plus ¼ cup extra for dusting
- ½ teaspoon salt
- ¾ cup water

Directions

1. Combine 2 cups of flour, salt, and water in a large mixing bowl. Mix with a wooden spoon until it turns into a lump. Then knead it by hand for a few minutes until the dough gets a little softer. Put it in a plastic bag to keep it from the air and let it sit for 10 to 30 minutes on the kitchen counter.

2. Take the dough out of the plastic bag. It will be a little softer and moist and easier to handle. Knead it for 5 to 7 minutes, until it’s smooth and elastic.
3. Place the dough on a cutting board dusted with a bit of flour and divide it into 2 equal pieces. Put one half into the plastic bag to keep it from getting dried out as your work on the other half.

4. Cut the piece of dough into 8 equal sized pieces. Roll each piece out with a rolling pin into 5½ to 6 inch round circle disks. They should be a little thinner on the edges than in the middle, because we’ll eventually be pinching the edges together when we make dumplings, so you don’t want them too thick and doughy.

5. Take the second half out of the bag and make 度 out of it using the same method.

6. Use them right away to make dumplings.

Ideas and photos retrieved from https://nz.pinterest.com/pin/559572322431713727