1. Watch the video and note down everything you understand about carrot cake and its history.

1. “I really want to try this recipe below but I am in France with French cooking utensils! Can you please help me and so, calculate the quantities of ingredients using the International System of Units. I also need to know the cooking temperature in Celsius degrees and the cake tin’s diameter in cm. Please, round off the number in a relevant way.”

Whatever the occasion, this carrot cake is sure to impress. With warming cinnamon, crunchy walnuts and velvety cream cheese frosting, it's a real winner. Enjoy with an afternoon cuppa, and refrigerate the rest for later.

* Serves 10
* 30 mins to prepare and 1 hr 15 mins to cook, 10 mins to cool
* 736 calories / serving

**Ingredients**

**For the cake**

* 12oz raw carrots, peeled and finely grated
* 8fl oz sunflower or corn oil
* 9oz plain flour
* 1tsp bicarbonate of soda
* 1½tsp baking powder
* 1½tsp ground cinnamon
* 4 large eggs
* 10oz granulated sugar
* 2tsp vanilla extract
* 3½oz walnuts, chopped

## Method

1. Preheat the oven to Gas 4, 356°F, fan 320°F. Grease and line the base of a 8in round cake tins. Mix the carrots and oil together in a bowl and set aside.
2. In a separate bowl sift together the flour, bicarbonate of soda, baking powder and ground cinnamon. Set aside.
3. Using an electric mixer beat the eggs until frothy. Gradually whisk in the sugar and beat for 3-4 minutes until the batter is thick and creamy. Add the vanilla extract and the flour mixture and beat until just incorporated. Fold in the carrot and oil mixture and walnuts using a rubber spatula or large spoon. Place the batter into the cake tin and bake on the centre oven shelf for 60-75 minutes or until a toothpick inserted in the centre comes out clean. After around 45 minutes you may wish to place a sheet on tin foil over the cake to prevent it from browning on top too much.
4. Remove from oven and let cool on a wire rack for 10 minutes. Turn the cake onto the wire rack, remove the tin and lining paper. Cool completely before icing.
5. To make the icing, beat the cream cheese and butter with an electric mixer until smooth. Gradually add the icing sugar, mixing on low speed. Beat in the vanilla extract and lemon zest.
6. Spread the top of the carrot cake with the icing. Cover and refrigerate any leftovers.

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**For the icing**

* 3½oz soft cheese, room temperature
* 1oz unsalted butter, room temperature
* 10oz icing sugar, sifted
* 1tsp vanilla extract
* zest of 1 lemon, finely grated

I prepared the following information to help you in your work:

# The Rule of Three in Mathematics

The Rule of Three is a Mathematical Rule that allows you to solve problems based on proportions.

Direct rule of 3: **in the case of direct proportions**.

If a change in a quantity causes a change in an unknown quantity, in the same proportion, the amounts are in direct proportion.

By having three numbers: a, b, c, such that, (a / b = c / x), (i.e., a: b :: c: x ) you can calculate the unknown number.

$$\left.\genfrac{}{}{0pt}{}{a⟶b}{c⟶x}\right\}⟶x=\frac{b×c}{a}$$

# **in**

The **inch** (symbol: **in** or **″**) is a unit of length in the British imperial and the United States customary systems of measurement. It is equal to 1/36 yard or 1/12 of a foot. Derived from the Roman uncia ("twelfth"), the word *inch* is also sometimes used to translate similar units in other measurement systems, usually understood as deriving from the width of the human thumb.

Standards for the exact length of an inch have varied in the past, but since the adoption of the international yard during the 1950s and 1960s the inch has been based on the metric system and defined as **exactly 25.4 mm**.

# **oz**

### Etymology: from Italian oz, abbreviation of onza (obsolete form of oncia).

Abbreviation of ounce: any of various units of weight and volume.

* + ***1 oz av = 28.349 523 125 g (exactly)*** (av=avoirdupois)
	+ *1 oz t = 31.103 4768 g (exactly)* (t=troy)
	+ *1 fl oz (US) = 29.573 529 5625 mL (exactly)*
	+ ***1 fl oz = 28.413 0625 mL (exactly)***

d **°F** = 9/5 × d **°** **C** + 32

1. “Are Celsius degrees and Fahrenheit degrees proportional? Explain your answer.”