**Year:**  – Spring Term 1 (12 Weeks – 6 lessons)

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**Unit:** Healthy Picnics

**Overview**: An introduction to some key practical skills to begin KS3 curriculum in Food & Nutrition. Students will learn rubbing-in and creating a dough successfully.

Students will have a brief introduction to healthy eating and creating a balanced diet.

Students will have one assessment task within the term. Students will be assessed on their ability to adapt a basic recipe to create a healthy but innovate picnic item.

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| **Outline scheme** | **Timeframe** | **Learning Aims** | **Assessment / marking milestone** | **Skills Development including Literacy, Numeracy DCF** | **Independent learning tasks (including investigations, homework etc)** | **Links to resources** |
| In this project pupils will learn –   * Importance of 5 a day * The Eatwell guide * The 8 tips of healthy eating * How to correctly form a dough * Rubbing-in technique * Safe use of the grill | 6 lessons | **CHALLENGING:**  Understand what ‘5 a day’ is and how it should fit into day-to-day diet.  Be able to safely use grill to toast bread.  Be confident in rubbing-in and incorporating air into the mixture.  Be confident in rolling out correctly without dough sticking to rolling pin or worktop, and roll to correct thickness.  Correctly categorise food items according to their section on the eatwell guide.  **MORE CHALLENGING:**  Know how much 1 portion of fruit/vegetable is (in grams).  Understand that some composite dishes/food items can fit within more than one section of eatwell guide.  Understand significance of creating a diet that is 1/3 fruit & veg and 1/3 starchy carbohydrates.  **MOST CHALLENGING:**  Understand the importance of eating a range of fruits and vegetables.  Know the reason behind limiting the amount of fruit juice, and canned fruits in syrup.  Be independent and safe whilst using the grill, watching food at all times.  Be able to judge by eye, when dough is ready when adding liquid.  Be able to create a meal (or lunchbox) that incorporates all sections of eatwell guide.  Demonstrate knowledge and understanding of why to keep fat content low in protein and dairy sections and keeping fibre content high in starch section of eatwell guide. | Scones – creating a form successfully and adapting a recipe to create their own innovative product. | **Literacy**   * Spelling & pronouncing key vocabulary * Reading & following step-by-step recipes   **Numeracy**   * Key temperatures * Weighing & measuring * Purchasing ingredients   **Digital Competency**  Adobe Creative Cloud Express | * Evaluation of Cous cous salad from last term * Practical: Welsh rarebit * Practical: Pizza Pinwheel * Scone Milestone task * Evaluation of scones & poster for 8 tips to eat healthy | Food A Fact of Life |