



**Year 7**

**Pathway 2/3/4**

**Food Technology - Summer Term**

**Learning Intention: Design and Making a Healthy Packed Lunch**

Students will have the opportunity to learn and extend their understanding of the different food groups and their importance in our diets. By using this knowledge they will go on to designing and make a healthy packed lunch where they will explore the different healthy options, as well gain understanding of how to build their own balanced meal.

**Key knowledge that should be learned during this SoW**

**All (Pathway 2)**

**Most (Pathway 3)**

**Some (Pathway 4)**

**Concept:**

How to build a balanced healthy packed lunch by exploring the different food groups. To then go on and make the chosen packed lunch. Students will then have the opportunity to evaluate their meal.

**Knowledge:**

To be recognise healthy food options to make a packed lunch

To understand the importance of a well balanced meal

To gain understanding of the different food groups and they nutritional value

**Key Skills:**

- Design a healthy packed Lunch
- Build on culinary skills like: Spreading/Cutting etc
- Students evaluate what they have made - self assessment

- To gain some understanding of the importance of each food group
- Limited support when taking part in practical task

- To gain understanding of the importance of each food group and their nutritional value
- Little/no support when taking part in practical task

<b>Language and/or communication skills:</b>	<ul style="list-style-type: none"> <li>● Healthy</li> <li>● Lunch</li> <li>● Balanced</li> <li>● Food Groups (Umbrella/House/Sun)</li> </ul>	<ul style="list-style-type: none"> <li>● Umbrella - Protect</li> <li>● House - Build</li> <li>● Sun - Energy</li> </ul>	<ul style="list-style-type: none"> <li>● Nutrition</li> <li>● Vitamins/Minerals</li> <li>● Carbohydrates</li> <li>● Protein</li> </ul>
<b>Curricular Links</b>	Links to other learning within the subject are: Science/Resistant Materials/ PSHCE/PE		