



Year 8

Pathway 2/3/4

Food Technology - Summer Term

Learning Intention: Design and Making a Stir Fry Meal

Students will have the opportunity to learn and extend their understanding of the different food groups and their importance in our diets. They will be focusing mainly on Fruit and Vegetables. They will be looking further into how they are grown, the structure of plants and what is the difference between fruit and vegetables. By using this knowledge they will go on to designing and make a Stir Fry Meal 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

Most

Some

Concept:

How to build a balanced healthy Stir Fry Meal by exploring the different fruit and vegetables. To then go on and make the chosen Stir Fry Meal. Students will then have the opportunity to evaluate their meal.

Knowledge:

To be able to design a healthy Stir Fry meal by selecting a range of vegetables

To understand the importance of fruit and vegetables in our diets, as well as gaining knowledge of the structure of a plant

To gain understanding of fruit and vegetables and their nutritional value and to gaining knowledge of the structure of a plant and what they needs to grow

Key Skills:

- Design a healthy Stir Fry Meal
- Build on culinary skills like: Stir Frying /Cutting etc
- Students evaluate what they have made - self assessment

- To gain some understanding of the importance of fruit and vegetables
- To gain some understanding of the structure of a plant and what they need to grow

- To gain understanding of the importance of fruit and vegetables and their nutritional value
- To gain understanding of the structure of a plant and what

		<ul style="list-style-type: none"> Limited support when taking part in practical task 	<p>they need to grow</p> <ul style="list-style-type: none"> Little/no support when taking part in practical task
Language and/or communication skills:	<ul style="list-style-type: none"> Stir Fry Meal Balanced Fruit Vegetable 	<ul style="list-style-type: none"> Plant Stem Root Leaf Flower 	<ul style="list-style-type: none"> Nutrition Vitamins/Minerals
Curricular Links	Links to other learning within the subject are: Science/Resistant Materials/ PSHCE/PE		
<p>Career Paths Food/Hospitality Industry Lesson Link: Food Technology</p>	<p>Key Stage 3</p> <p><u>Lesson Focus:</u></p> <ul style="list-style-type: none"> Health and Safety Culinary Skills Design and Making <p><u>Taking Points:</u> Why is it important to learn about Health and Safety? What types of jobs would H&S be used/followed in?</p> <p><u>Career Links:</u> <i>Hospitality/Catering Industry:</i> Restaurants/Cafes/Shops/Hotels/Bars Jobs:</p> <ul style="list-style-type: none"> Kitchen staff (chef/kitchen porter) Serving and preparing food Cleaner Waiter <p><u>Resources used in lessons:</u> https://www.youthemployment.org.uk/dev/wp-content/themes/yeuk/files/catering-work-experience-guide-ks3.pdf</p>		

