



**Oakwood Academy**  
A Visual Arts, Technology & Sports College

# Food Studies Home Learning - 7B

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By Mrs J Kerns - Food Studies teacher

# Basic learning in Food Studies

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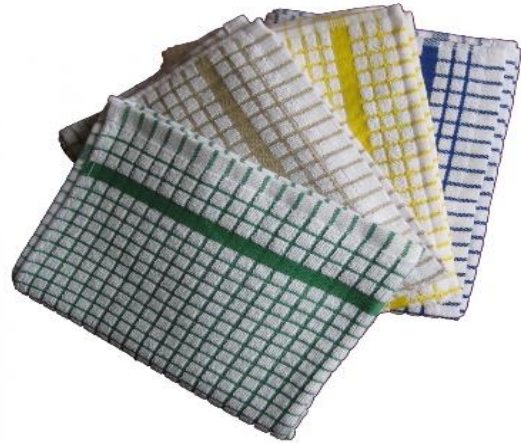
In Design and Technology we aim for all pupils to develop understanding and practical expertise through;

- Practical hands on experience with the aim of promoting independence.
- To follow Health and safety rules in practical lessons
- Become familiar with names of equipment and there uses.
- Encourage pupils thinking and allow them to interact and ask questions, tap into their background knowledge, and build new skills.

# Learning Task 1 - Food Studies

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- Find out the difference between a dishcloth and a tea towel and give examples of when they are used.



# Learning Task 2 - Food Studies

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- Help with the washing up and cleaning the kitchen work surfaces after meals.



# Learning Task 3 - Food Studies

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- With adult supervision help prepare a sandwich.
- Think about how you can present it attractively



# Prompts

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- Please encourage your child/dependant to help as much as possible during the preparation of meals. (with supervision)
- Talk about different ingredients and the dishes they could be used in.
- Ask your child/dependant to help wash up and wipe the worktops down after cooking/eating. (most households have dishwashers so children are not used to seeing washing up being done but it is still an important life skill to have.
- Include them in the weekly food shopping and discuss how much ingredients cost (budgeting). How much is the weekly shop, could you have saved any money on this bill.