



Oakwood Academy
A Visual Arts, Technology & Sports College

Food Studies Home Learning - 7C

By Mrs J Kerns - Food Studies teacher

Basic learning in Food Studies

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

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



Learning Task 2 - Food Studies

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



Learning Task 3 - Food Studies

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



Prompts

- 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.