



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

# Food Studies

## Home Learning - 8C

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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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Make a list of foods you could serve at a child's birthday party.  
Make sure you have included sweet and savoury foods.

Success criteria:

Have you included sweet and savoury.

Do they appeal to children.

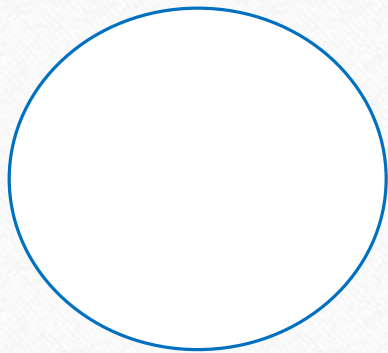
Can the be eaten without cutlery.



# Learning Task 2 - Food Studies

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Draw a circle and use this to design the top of a child's birthday cake.





# Learning Task 3 - Food Studies

- With **adult supervision** help prepare some meals, this could include peeling vegetables.

- Skills could include

- Peeling
- Grating
- Washing up
- Spreading
- Knife skills
- Stirring



# 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.