



Oakwood Academy

A Visual Arts, Technology & Sports College

Food Studies

Home Learning - 9A

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;

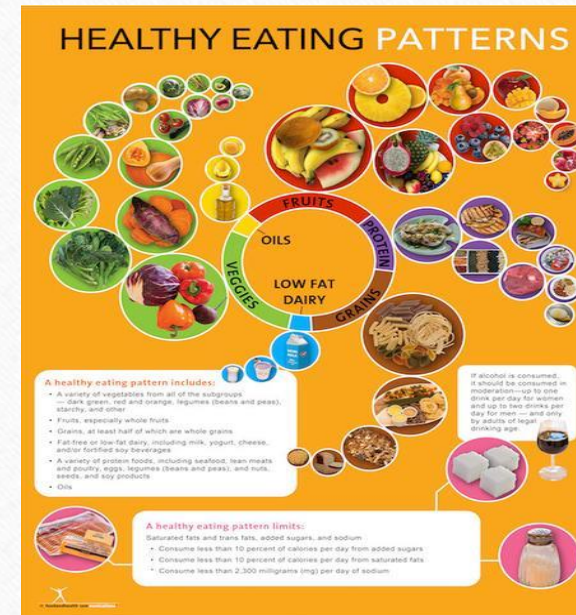
- Practical hands on experience with the aim of promoting independence.
- Follow Health and safety rules in practical lessons
- Become familiar with names of equipment and there uses.
- Encourage pupils thinking and allow them to interact and ask questions, tap into their background knowledge, and build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

1. Learning Task 1 - Food Studies

- Design a poster explaining the importance of a healthy diet that could be displayed in a doctor's surgery.



More detail needed



1. Learning Task 2 - Food Studies

- Make a list of a variety of foods and split the list into healthy and unhealthy

Healthy foods	Unhealthy foods



Learning Task 3 - Food Studies

- With the help of an adult help prepare the evening meal and clean up afterwards. This could involve preparing the vegetables.



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.