



**Oakwood Academy**

A Visual Arts, Technology & Sports College

# Food Studies

## Home Learning - 10A

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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;

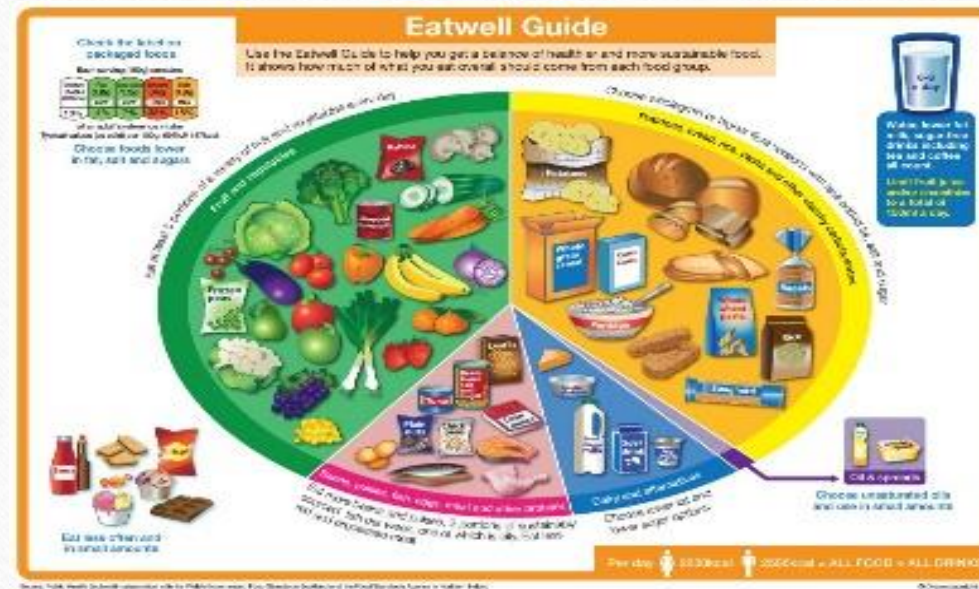
- Practical hands on experience with the aim of promoting independence.
- Follow Health and safety rules in practical lessons
- Become familiar with names of equipment and there uses.
- Encourage pupils thinking and allow them to interact and ask questions, tap into their background knowledge, and build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

# Learning Task 1 - Food Studies

- Plan a healthy three course meal. Make sure you include food from each section of the Eatwell Guide.

## Success criteria

- I have included a starter main meal and a pudding.
- I have included foods from each section of the Eatwell Guide.
- I have included a variety of colours to make the food look appealing



# Learning Task 2 - Food Studies

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- Research sweet and savoury recipes that would be suitable for vegetarians

## Success criteria

- I know what vegetarians can and cannot eat.
- Recipes included foods from each section of the Eatwell Guide.
- Recipes are appealing and include a variety of textures.
- I have researched sweet and savoury foods.



# Learning Task 3 - Food Studies

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With the help of an adult help prepare the evening meal and clean up afterwards as often as possible.



# WJEC Pathways Entry Level 2

## Food Preparation, Cooking and serving

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- Pupils completing as much practical work at home will help towards the learning objectives of the WJEC qualification and give the pupils confidence to work more independently.
- L.O. 1 Be able to use basic food preparation skills:
  - Use basic food preparation skills when cooking.
  - Weigh and measure food.
- L.O. 2 Be able to select suitable equipment to complete set tasks:
  - Select the correct equipment with guidance.
  - Use equipment safely and hygienically.
- L.O. 3 Be able to cook and serve a selection of dishes.