


| Learning Plan | | Subject: Hospitality | Year: 7 | | |
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| <p><i>Knowledge focus/What matters:</i></p> <p>Developing physical health and well-being has lifelong benefits.</p> | | <p>4 Purposes: <i>Ambitious Capable Learners, Enterprising Creative, Contributors, Ethical Informed Citizens, Healthy Confident Individuals</i></p> <p>Our Vision: <i>At Prestatyn High School, we are creating learners who:</i></p> <p>ASPIRE to great things; Have a desire to CREATE and be enterprising; Are inspired to LEARN new and interesting things; THINK for themselves and make good choices; Are encouraged to GROW in confidence, health and understanding; ACHIEVE goals which will set them up for their whole lives; ENJOY learning, now and through the rest of their lives.</p> | |  <p>Ysgol Uwchradd Prestatyn High School</p> | |
| Learning Objective/Big Question | Learning activities | I can... | Skills (Integral, Literacy, Numeracy, Digital Competency) | | |
| <p>Week 1&2</p> <p>What is cous cous? Where does it sit on Eatwell Guide? What can be added to a cous cous salad?</p> | <ul style="list-style-type: none"> • Introduction to Hospitality in Year 7. • To plan and prepare a cous cous salad. • To be introduced to the Eatwell Guide. | <p>I can follow personal and kitchen hygiene and safety</p> <p>I can plan and prepare food for myself and others that is healthy, quick and cost effective.</p> <p>I can use a kettle safely as a way of cooking an ingredient.</p> | <p>Integral: Critical thinking, creativity and innovation</p> <p>Literacy: Following the recipe</p> <p>Numeracy: Portion control and sharing</p> | | |
| <p>Week 3&4</p> <p>What is the classification of fruits? What causes an apple to go brown and how do we stop it? How can we reach the recommended 5 a day?</p> | <ul style="list-style-type: none"> • To plan and prepare a fruit salad. • To consider the 5 a day recommendation • To use organoleptic skills to plan the dish. | <p>I can follow personal and kitchen hygiene and safety</p> <p>I can plan and prepare food for myself and others that is healthy, quick and cost effective.</p> <p>I can chop ingredients safely using a knife to prepare the dish.</p> <p>I can use organoleptic skills to create an appetising, healthy dish.</p> | <p>Integral: Critical thinking, creativity and innovation</p> <p>Literacy: Following the recipe</p> <p>Numeracy: Portion control and sharing</p> | | |

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| <p>Week 5&6 How to use hob to simmer? Where do vegetables fit on the Eatwell Guide? How can we reach the recommended 5 a day?</p> | <ul style="list-style-type: none"> To plan and prepare a vegetable soup. To consider the 5 a day recommendation To use organoleptic skills to plan the dish. | <p>I can follow personal and kitchen hygiene and safety I can plan and prepare food for myself and others that is healthy, quick and cost effective. I can chop ingredients safely using a knife to prepare the dish. I can use the hob safely to simmer and cook the dish.</p> | <p>Integral: Critical thinking, creativity and innovation Literacy: Following the recipe Numeracy: Timing</p> | <p>Complete questions on Nutrition through Teams</p> |
| <p>Week 7&8: How to use the oven to bake? What is an all-in-one method? What makes a cake rise? How to accurately measure ingredients?</p> | <ul style="list-style-type: none"> To plan and prepare mini fruit cakes To understand how to use the oven. To know about raising agents. | <p>I can follow personal and kitchen hygiene and safety I can plan and prepare food for myself and others that is healthy, quick and cost effective. I can accurately measure ingredients using weighing scales I can safely use the oven to bake a dish</p> | <p>Integral: Critical thinking, creativity and innovation Literacy: Following the recipe Numeracy: Weighing ingredients using scales</p> | |
| <p>Week 9&10: What is the function of eggs in cooking? What is the nutrition of an egg? How can eggs be cooked?</p> | <ul style="list-style-type: none"> To plan and prepare an oven omelette To be able to crack and egg To successfully use the whisking method | <p>I can follow personal and kitchen hygiene and safety I can plan and prepare food for myself and others that is healthy, quick and cost effective. I can successfully cook with an egg I can use the oven and use a knife safety with the time constraints of a lesson.</p> | <p>Integral: Critical thinking, creativity and innovation Literacy: Following the recipe Numeracy: Timing to complete in lesson</p> | |
| <p>Week 11&12: Why are oats good for us? How could we adapt this recipe at home? How to accurately measure ingredients?</p> | <ul style="list-style-type: none"> To plan and prepare flapjacks To accurately measure ingredients using weighing scales | <p>I can follow personal and kitchen hygiene and safety I can plan and prepare food for myself and others that is healthy, quick and cost effective. I can use weighing scales and the oven accurately</p> | <p>Integral: Critical thinking, creativity and innovation Literacy: Following the recipe Numeracy: Use of weighing scales</p> | <p>Cook a dish/ meal at home and send your teacher a picture over Teams.</p> |

Mid-term Formative Feedback point

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| <p>Week 13&14: What foods can be eaten on the go? When could this be useful for me and others? How does this fit with Eatwell Guide?</p> | <ul style="list-style-type: none"> • To plan and prepare moreish muffins • To accurately measure ingredients using weighing scales and measuring spoons • To think about food for others and when it could be eaten | <p>I can follow personal and kitchen hygiene and safety I can plan and prepare food for myself and others that is healthy, quick and cost effective. I can use weighing scales and the oven accurately</p> | <p>Integral: Critical thinking, creativity and innovation Literacy: Following the recipe Numeracy: Use of measuring spoon and weighing scales</p> | |
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End of unit assessment