

Licence to Cook - The Right Combination - Developing a Food Product Range

PROJECT NAME:

Healthier Lunch Box (FOOD)

YEAR:

8

Beginning September 2008

<p><b>KEY ELEMENTS:</b>  <i>Practical Production/Selecting Materials</i>  <i>Understanding and exploring materials.</i>  <i>Applying understanding of the physical and chemical properties of food and judging if they are appropriate for design brief.</i>  <i>and simple flow charts.</i>  <i>Develop nutritional awareness.</i>                  Healthy Eating Guidelines for Packed Lunch.</p>	<p><b>WORKSHEETS:</b>  <i>Active Kids Get Cooking</i>  <i>Food Hygiene</i>  <i>Flowchart</i>  <i>Nutrition</i>  <i>Lunch Box Ideas</i>  <i>Organising your workplace</i>  <i>Hygiene Rules</i>  <i>Recipe Sheets</i>  <i>Take away Salads</i>  <i>Packaging</i>  <i>Fair Trade</i>                  Video BAD FOOD LIVE</p>	<p><b>H/W:</b>  <i>Lunch Box Booklet</i>  <i>Healthy Eating Poster</i>  <i>Flowchart</i>  <i>Practical Evaluation</i>  <i>Hygiene and Food Safety</i>  <i>Quiz</i>  <i>Quiz Sheet</i>  <i>Focus Task Preparation</i>  <i>Labelling for Pasta Salad</i>                  Box</p>
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**WEEKLY BREAKDOWN:**

<p><b>1. Active Kids Get Cooking</b>                  Introduction - revision hygiene and safety.                  Food hygiene video - work booklet - food hygiene and safety theory. Nutrition revision. What is a healthy packed lunch? Award (Silver) Healthier Lunch Box Pack. Mind mapping of design brief and specification, initial ideas using Active Kids Get Cooking pack - flapjack flowchart.  <b>Homework:</b> Quiz Sheet - Hygiene/Focused Practical Task next week. Production of flapjack.                  Healthy Choices - for sweet products.</p>	<p><b>2. Production of flapjack.</b>                  Health eating work booklet and health eating poster. 5-a-day.  <b>Homework:</b> Evaluation Sheet. Focus Practical Task/Pizza using bread dough base next week, or cookie or shortbread.</p>
<p><b>3. Pizza production-Calzone or use of yeast base (homemade).</b>                  Toppings.                  Flow Chart.  <b>Homework:</b> Evaluation Sheet next week.</p>	<p><b>4. Sandwich Production/hot and cold.</b>                  Video of Industrial Sandwich - question sheet on video.                  Production of sandwich. Worksheet - sampling existing sandwiches on sale.  <b>Homework:</b> Focus Practical Task - preparation biscuit/cookie recipe/shortbread for next week.                  Evaluation Sheet.</p>