

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

PROJECT NAME:

Healthier Lunch Box (FOOD)

YEAR:

8

Beginning September 2008

<p>KEY ELEMENTS: <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>WORKSHEETS: <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>H/W: <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>1. Active Kids Get Cooking 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. Homework: Quiz Sheet - Hygiene/Focused Practical Task next week. Production of flapjack. Healthy Choices - for sweet products.</p>	<p>2. Production of flapjack. Health eating work booklet and health eating poster. 5-a-day. Homework: Evaluation Sheet. Focus Practical Task/Pizza using bread dough base next week, or cookie or shortbread.</p>
<p>3. Pizza production-Calzone or use of yeast base (homemade). Toppings. Flow Chart. Homework: Evaluation Sheet next week.</p>	<p>4. Sandwich Production/hot and cold. Video of Industrial Sandwich - question sheet on video. Production of sandwich. Worksheet - sampling existing sandwiches on sale. Homework: Focus Practical Task - preparation biscuit/cookie recipe/shortbread for next week. Evaluation Sheet.</p>