

YEAR 7 DESIGN AND TECHNOLOGY FOOD INDEPENDENT LEARNING TASK

You have two weeks to complete these tasks.

AIM OF TASKS: When you have completed this Independent Learning Task booklet that you have been set, you should all have learnt why BREAKFAST is an important part of our day. You will also have been able to suggest fresh or alternative breakfasts when developing your own ideas. Most of you will be able to show an understanding of the alternatives for breakfast. Some of you will be able to compare your breakfast to that of other countries, showing knowledge of the nutrients we eat.

Please complete all the work neatly on paper (you can use a computer) and hand it in presented neatly in a folder with your name and Technology group on the front.

Return this booklet to your teacher at the time of handing in your work.

Please bring in your ILT to your Technology lessons so that we can check how you are doing and you can ask for help if you need it.

Have fun, be creative and see what you can find out.

Assessment criteria

To gain a good level 3

Developing Ideas

You will have collected some information to help your understanding of the meal.

You will have used your research to help you design your top tips.

Communicating Ideas

You will be able to criticise your own ideas.

You know the types of equipment and processes you should use to make a healthy breakfast.

Planning

You can write your top tips for a healthy breakfast.

Evaluation

You can explain the plus points, minus points and improvements you would make to your breakfast.

To gain a good Level 4;

Developing Ideas

You will have collected some information to help your designing of the meal.

You will have asked the type of people their opinions.

You will have used your research to help you design a healthy breakfast.

Communicating Ideas

You will be able to criticise your own and other peoples' breakfast ideas.

You should be able to think about plus points, minus points and improvements you could make to your ideas for a healthy breakfast.

Planning

You know the types of equipment and processes you should use to make a healthy breakfast.

You can describe why breakfast is so important at the beginning of the day.

Evaluation

You can explain the plus points, minus points and improvements you would make to your breakfast.