

Clyde Waterfront Education curriculum resources

Lesson/project idea

'Health'

<p>Title</p> <p>Family masterchef</p>	<p>Curricular area</p> <p>Health and Wellbeing</p>	<p>Age group</p> <p>Lower Secondary Upper Secondary</p> <p>Time allocation</p> <p>8 -10 Periods</p>
<p>Lesson/project focus</p> <p>Lesson: Practical cookery</p> <p>Project: 'Family masterchef' - design and make a healthy dish of your choice with help from a parent/guardian</p>	<p>Cross curricular links</p> <p>Maths</p>	<p>Cross cutting themes</p> <p>Curriculum for Excellence; Enterprise in Education; 4-15 National Priorities; Citizenship; Personal and Social Dev; Parents as Partners; Sustainable Development</p>
<p>Short Description</p> <p>'Family masterchef' - apply practical cookery skills and knowledge of nutrition in a project to design a make a dish with assistance from a parent/guardian and within a limited budget.</p>		
<p>Description</p> <p>This idea will develop pupil's practical and organisational skills by applying this knowledge in a real life context through working with parents/guardians in teams with the task of designing and creating a healthy dish suitable for their family on a limited budget.</p>		
<p>Aims of Learning</p> <ul style="list-style-type: none"> ▪ To meet learning objectives of lesson topic by demonstrating practical skills ▪ Gain purposeful understanding by putting learning into real context by creating a healthy dish suitable for their family. This gives the pupils an opportunity to gain valuable life skills for the future ▪ Achieve and identify the development of 4 capacities of a Curriculum for Excellence (i.e. enterprising skills and attitudes) 		
<p>Outcomes of Learning</p> <ul style="list-style-type: none"> • Subject knowledge gained and enhanced by showing off practical skills previously learnt • Enterprising skills improved by developing creativity, confidence, self awareness, positive attitude; increasing motivation to learning; taking responsibility and making decisions; consideration of others through group work and discussion; raising achievement and fostering ambition • Developed employability skills: communication, planning, organisation, time management, 		

researching, co-operating, and contributing

- Pupils take responsibility for their learning through making decisions about the dish they will create
- Pupils have developed 4 capacities of CfE:
 - confident individuals as they will relate to others, make informed decisions and be ambitious
 - successful learners because they will be able to link different types of learning to new situations
 - effective contributors by working in teams to create and develop
 - responsible citizens through understanding Scotland's place in the world in relation to families, making informed decisions and building respect for their team members

Resources

- Recipes
- Food order sheets
- Costing sheets

Resources for project

- Parents/guardians
- Kitchen
- Peer assessment sheets/voting cards

Relevance to curriculum

- Supports 5-14 Food Studies programme
- Relevance of how curriculum topic on practical cookery is relevant to work and life and how this subject knowledge is put into practice in a real situation

How to develop an *enterprising* lesson

Developing confident individuals

How will you provide a *real* context for learning?

- Teams will replicate a real life situation by presenting their dish to an audience of peers and by creating a dish that is suitable to be eaten by their own family
- Look at the jobs that are linked to this task in a real context e.g. hospitality industry/social care
- Action and participation activity: pupils work to complete their meal within a time constraint and have to use their knowledge of practical cookery to support what they are trying to do
- Audience: work will form a presentation of food to peers showing what they have done and how this information/knowledge is useful in the context of real life

Developing responsible citizens

How will you give *responsibility* to pupils for their learning?

- Independent learning was demonstrated through research
- Pupils made decisions about the dish to be created and how they would carry this out
- Pupils had a choice about which parent/guardian/relative to have on their team

Developing effective contributors

How will you develop *relationships*?

- Pupils worked together with parents to create a dish that would be suitable for their own family
- Pupils were encouraged to work in a team with others through research methods
- Pupils co-operating and negotiating was demonstrated through working with parents / guardians
- Pupils built strong family relationships by working with their family members in an educational environment

Developing successful learners

How will you *reflect* on this learning?

- Test k/u knowledge at end of project (learning outcomes for lesson) by evaluating the final dish
- Assessment: self/peer/team/teacher using peer assessment sheets/voting cards
- Identify skills that have been developed and ones that require more work such as organisational skills, chopping etc
- The impact of using this approach to learning was shown by pupil and parent/guardian motivation

Developing lifelong and employability skills

How will you establish links with external partners in order to put this into a real context and make this more relevant for young people?

Employers/business

- Dieticians
- Health agencies
- Social workers
- Community support
- Chefs

Local community

- community links – local family health initiatives

Families

- involved through discussions about menu being created – appeal, nutrition, costing, availability of ingredients, and the preparation and sampling of the final dish

Is there an opportunity to highlight career opportunities?

- Careers options with health agencies, cooking and nutrition advisors, local authority depts, cooking and chef opportunities
- Careers adviser can also be asked to make an input to the lesson at any time
- At subject option choice time, pupils will be more aware of how subject knowledge can impact on careers profiled

Reviewing the process

If this is a lesson idea, how could you involve other curricular areas?

Maths

Costing

Personal & Social Education

Family values/family life

Could it be incorporated into an activity/project with a higher profile (for example, presentation, competition, production of materials, event)?

- Competition in school for 'Best dish design & creation' of the whole year for all classes judged by peers and other pupil/parent teams
- 'Ready, steady family cook off' event for building bridges with family groups
- Compile a book of pupil's locally created recipes for use in the community

Brief outline of plan

Timing	Input and content	Teacher activity	Pupil activity
1 period	<p>Introduction of topic</p> <p>Establish the outcomes of learning</p> <p>Examine how pupils can benefit from working with parents/guardians</p>	<p>Introduce lesson by asking:</p> <ul style="list-style-type: none"> • What is a family? • What are the main everyday issues that affect families in the local area? • How can we find out what a healthy meal for a local family would be? • How can we work with our parents / guardians to create an actual meal? 	<ol style="list-style-type: none"> 1. Pupils research and report back – regarding questions in Teacher Activity. Discuss and research in groups presenting back in class setting 2. Working in groups, pupils research a variety of recipes to see what recipes are healthy and which would be suitable for a family on a budget
2-3 periods	<p>Outline of design and make brief</p> <p>Pupil group designs to begin with</p> <p>Examine how teams of pupils and parents/ guardians work together and what skills are required</p> <p>Pupil and parent/guardian generating ideas together</p>	<p>Introduce lesson on design and make by asking:</p> <ul style="list-style-type: none"> • What is the task you are being set? • Which dishes would be suitable? Why? • How will you complete the task? • Who can offer advice on this? <p>Links to outside agencies who work on family projects would support this work. Pupils could make contact and organise a visit or could be visited by an agency</p>	<ol style="list-style-type: none"> 1. Pupils discuss project at home with parents / guardians 2. Investigate the different recipes 3. Using the knowledge they now have, design a dish and cost how much the food would cost to make it for their own family. <p>Link with Maths on working out costing</p>
1 period	Preparation for event	<ul style="list-style-type: none"> • Organise for 2 rooms to accommodate numbers or split class in 2 sections 	<ol style="list-style-type: none"> 1. Organise when each group is participating in cooking and when observing and judging
2 periods	Form pupil/parent teams and design their chosen dish to compete to win the title of Family masterchef – Application of practical cookery knowledge in a	<p>Introduce cookery task by:</p> <ul style="list-style-type: none"> • Explaining the rules for the contest • How will you organise yourself and who will take on specific roles in the kitchen? • Safe use of knives in the kitchen 	<ol style="list-style-type: none"> 1. Class then forms teams with their parents/ guardians. Pupils must work on teambuilding and communication skills to finish on time and within budget constraints

	<p>real context</p> <p>Invitation to judges to participate in event</p>	<ul style="list-style-type: none"> Monitoring use and reminding class of time constraints 	<ol style="list-style-type: none"> All decisions must be made by the team with some support provided by staff
2 periods	<p>Practical – create the dish that you have chosen with parental help</p>	<ul style="list-style-type: none"> Introduce practical task by explaining how the dishes will be judged – taste, appearance and cost compared by a visitor such as chef, nutritionist, health and community support staff, lunch supervisor with peers/teachers Organise the evaluation of the project with pupils deciding on how it should be done A list of new skills gained should be organised with also a list of skills that the pupil needs to develop Co-ordinate with health promoter the impact on family meal patterns 	<ol style="list-style-type: none"> Carry out the practical task with parent/guardian as assistant Organise to present their results. This will be the format for judging and feedback Winning dish to be given publicity within school and community venue i.e. Social Work etc Pupils evaluate their work and their input into their teams Pupils should also focus on personal learning and achievements Parents will be asked to evaluate experience – usefulness, relevance, family relationships?