**Remote education Spring 2: Year 7 food and Nutrition**

**Your timetable will show you if you have a single or double lesson each week**

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| **Week commencing** | **Topic** | **How will the content be delivered?** | **What activities need to be completed?** |
| Monday 8th March | Single lesson: Food hygiene and Safety  Double Lesson: make fruit salad  Investigating fruit worksheet | Instructions on ppt  Video on ppt  Instructions on ppt  Worksheets | List the blunders  Upload photo  Evaluation sheet  Fruit information worksheet |
| Monday 15th March | Single lesson:  Eatwell Guide  Double Lesson:  Make tomato soup | Instructions on ppt  Follow instructions on ppt.  Taste and evaluate | Complete diagram of Eatwell Guide  Carry out Assessment – poster on meal linked to Eatwell Guide  Photo of tomato soup  Evaluation of soup – www |
| Monday 22nd March | Single lesson:  Eatwell Guide  Double Lesson:  Make tomato soup | Instructions on ppt  Follow instructions on ppt.  Taste and evaluate | Complete diagram of Eatwell Guide  Carry out Assessment – poster on meal linked to Eatwell Guide  Photo of tomato soup  Evaluation of soup – www |
| Monday 29th March | Single lesson:  5 a day  Croutons  Double Lesson:  Chicken nuggets | Follow instructions on ppt slide and create an information sheet about 5 a day  Make croutons and upload photo on SMH  Follow instructions to make chicken nuggets | Create Information sheet on 5 a Day  Photo of croutons  Photo of chicken nuggets  Knowledge sheet on using chicken in cookery |

***All resources to be found on P Drive – Remote Education Work – Year 7 – Food and Nutrition Spring Term***