2 Week Independent Learning plan **Week 11 and 12**

**Support contact details:**

Email general queries to: [nbaker@waseleyhills.worcs.sch.uk](about:blank)

**Teachers email addresses in this subject area:**

Subject Leader ( Mrs Patel ) email: apatel@waseleyhills.worcs.sch.uk

Subject teacher emails:

Monday July 6th to Wednesday July 15th

Subject: Food Preparation and Nutrition

Year: 10

Topic/theme: Practical skills



Three stages to online learning

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| --- | --- | --- |
| **Stage One – Reading Task** | **Stage Two – Completing Tasks** | **Stage Three – Assessing your learning and feedback** |
| Read the lessons in the table below. Think about what you need to learn from the task. It may help to look at the other lessons too as this will show you where your learning is heading. | Find the resources you need. In some instances you may need to log into HomeAccess+ and find the file on the coursework drive (S). Login with your normal school username and password. Use the resource as described to complete the suggested task. Reflect on the teacher’s question.  [Click here for HomeAccess+ drive](about:blank)  [Click here for help with accessing HomeAccess+](about:blank) | At the end of the two weeks you will be set a task by your teacher on Show My Homework. This is submitted in SMHWK. This task will assess your learning and allow us to give you feedback.  These assessment tasks are optional but submitting them is very helpful for you and your teacher to understand what you have learnt. |



We are here to help you within school opening hours:

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| **Email your teacher** | **Join your teacher for a support chat session** | **Ring school reception** |
| You can now email your teacher using your Office 365 email address. You can also email Mr Baker or the Subject Leader using the contact info above (top right). | You will also receive an invite during the two week period to join an online support chat with your teacher. | Call 0121 4535211 within school hours. They will email your teacher and ask them to contact you. |

Learning tasks for this fortnight:

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| **Lesson** | **Aim:**  What you need to take from this lesson | **Resource(s) to use:**  Hyperlinks to videos etc  HomeAccess+ file location | **Suggested task:** |
| 1 | In this lesson you will understand how to create healthy plant based dishes.  **Do this work on a separate document or sheet of paper.**  **Submit it via SMHW or email.** | <https://www.bbc.co.uk/iplayer/episode/p07dlbn6/cooking-in-the-doctors-kitchen-series-1-episode-5>  OR  You can access the episode via iPlayer. The show is:  ‘Cooking in the Doctor’s Kitchen’ – **Episode 5**  The host is a doctor and he explains and cooks plant based dishes and talks about the benefits and what nutrients each dish contains. The episodes are about 9 minutes long. | Watch the episode and answer the following questions:   1. What 2 things should you look out for when choosing an alternative milk? 2. What ingredients provide quality fats in the smoothie? 3. Which diet is one of the healthiest? 4. Spices are generally anti-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. 5. Eggs are a good source of which macronutrient?   A question your teacher would have asked you at the end of this lesson is:  **Which group of people eat a strictly plant based diet?** |
| 2 | In this lesson you will understand how to create healthy plant based dishes. | <https://www.bbc.co.uk/iplayer/episode/p07dldyh/cooking-in-the-doctors-kitchen-series-1-episode-6>  OR  You can access the episode via iPlayer. The show is:  ‘Cooking in the Doctor’s Kitchen’ – **Episode 6**  The host is a doctor and he explains and cooks plant based dishes and talks about the benefits and what nutrients each dish contains. The episodes are about 9 minutes long. | Watch the episode and answer the following questions:   1. Name 2 nutrients found in tofu. 2. Why does Dr Rupy use the broccoli stems in the pasta dish? 3. Why are fermented foods good for us?   A question your teacher would have asked you at the end of this lesson is:  **What is tofu made from?** |
| 3 | In this lesson you will understand how to create dishes using limited ingredients. | Jamie Oliver has created a cooking show just for the lockdown period where not all ingredients were readily available, it is called ‘Keep Cooking and Carry On.’  There are 20 episodes, I would like to choose one or two episodes to watch. I have put a link to the episode guide below which tells you which dishes he will be making in that episode. This will make it easier for you to choose which episodes you would like to watch as I would like you to make one of the dishes at home if you can.  Here is the link to the episode guide:  <https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on/episode-guide>  You can also watch the show via Channel 4 On Demand | 1. Watch one or two episodes of Keep Cooking and Carry On.   A question your teacher would have asked you at the end of this lesson is:  **What makes this show suitable for lockdown?** |
| 4 | In this lesson you will understand how to create dishes using limited ingredients. |  | 1. Choose one of the dishes from Jamie Oliver’s show that you would like to cook at home. 2. Make a shopping list of the ingredients you need.   A question your teacher would have asked you at the end of this lesson is:  **Are you adapting any of the ingredients in the recipe you have chosen? If so, which ones?** |
| 5 | In this lesson you will understand how to create dishes using limited ingredients. |  | 1. Cook the dish you have chosen. 2. Take photos and send to me:   [apatel@waseleyhills.worcs.sch.uk](mailto:apatel@waseleyhills.worcs.sch.uk)  A question your teacher would have asked you at the end of this lesson is:  **Why did you choose this dish?** |
| **How will we assess you learning?**  Years 7 and 8: Pupils will be set an interactive quiz using this information on Show My Homework or asked to submit a piece of work such as a photograph of art work.  Year 9 to 11: Pupils may be set an interactive quiz or a written task via Show My Homework. | | | |



**Need help?**

HomeAccess+ [https://facility.waseley.networcs.net/HAP/login.aspx?ReturnUrl=%2fhap](about:blank) (use your normal school username and password).

Pupil and parent help page: [https://www.waseleyhills.worcs.sch.uk/coronavirus-independent-learning/help-for-parents-and-pupils](about:blank)



**Fancy showing your best work off?**

You can email a photo of you doing something great, or an example of your best piece of work to your Head of Year for our celebrations assemblies when we return.

Yr 7 please email Mrs Williams at jewilliams@waseleyhills.worcs.sch.uk

Yr 8 please email Mrs Bridgeman at jbridgeman@waseleyhills.worcs.sch.uk

Yr 9 please email Mrs Bradley at kjbradley@waseleyhills.worcs.sch.uk

Yr 10 please email Mr Jones at djones@waseleyhills.worcs.sch.uk

Please keep your work organised in subjects as we are excited to see what you have achieved and reward you for it when we return.