**A Quick Design – Eggs for Breakfast – Year 7’s**

Background Information

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| **Year Level** | Year 7 |
| **Learning Area** | Technologies (Design and Technologies) |
| **Subject** | Food Specialisation |
| **Title of Task** | Eggs for Breakfast |
| **Time frame:** | One week |

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| **Brief Description of Task** | Individually, students will have 30 minutes, to prepare a balanced breakfast, for one person, using eggs as the main ingredient, as well as including a suitable beverage.Students are to take a photo of the completed breakfast.Evaluation of the breakfast is needed by the student and person who supervises and eats it! |
| **Assessment** **Conditions/Constraints** | Time to investigate and prepare for the breakfast30 minutes to cook the breakfastWork individually, in the kitchen of your own home – but supervisedUsing equipment in your home, both safely and hygienicallyBudget of $3. Choosing foods from the pantry firstApproximately 1 hour for planning/ shopping/ equipment1 hour for preparing, serving and evaluation |
| **Task Preparation** | Information on EggsCheck for any allergies in your homeRecipes on eggsEquipment available (eg saucepans, toasters,)Check budgetCheck restrictions – who is able to supervise, and trial the recipe |
| **Prior Learning** | Background on Eggs – nutrition, websites, different recipesCompleted information on breakfastsImportance of BreakfastHealthy Eating plate - introduction |
| **Materials/ Resources** | Access to the WebEgg recipesPoster of EggPoster of different recipesVarious egg recipes (Boiled/ poached/ scrambled/ poached/fried/ omelette) |

Evidence: Written work, photo of breakfast by the student, evaluation by adult supervising, evaluation by adult eating the breakfast.

**TASK: Eggs for Breakfast**

Knowledge and Understandings: Food Specialisation:

**Technology Processes and Production Skills**

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| Investigating and defining(Lesson one) | Investigate:- Brainstorm ways of cooking eggs, recipes, options/ choices and other foods that could accompany eggs to balance your meal- Who will you cook for in your family? Why?- Are there any egg allergies in the family?- Are there any cooking preferences for eating eggs in your family?- Any problems buying eggs? - Any other considerations? |
| Designing(Lesson one) | - List four different options of cooking eggs (include recipes titles and websites/ cookery books)- choose one (give a reason for your choice)- explain how you will cook and serve your breakfast- Put your chosen ingredients on the Healthy Eating plate - Is your breakfast balanced? (include beverage/ other foods). - list ingredients you will need (check your pantry first)- cost your breakfast. (Use an online system, include specials)- if necessary, buy some eggs and other ingredients ($3 budget)- write out a time plan, including all preparation, serving and clean up- review equipment – what is available in the kitchen, do you know how to use this?- Serving - how will you do this? Time? Dishes used? Cutlery?- Check with the adult supervising you before you start |
| Producing and Implementing(Lesson two) | Make your breakfast:* Follow your time plan-
* Collect ingredients, equipment.
* Prepare Eggs, beverage and breakfast
* Serve eggs, beverage and breakfast
* Take photo of breakfast
* Provide evaluation sheet to the person eating the breakfast
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| Evaluating(Lesson two) | Review: - Your breakfast, your preparation and your production -Timing (did you serve your meal on time?) - Did you cook your eggs properly? -Was your meal balanced?  - Would you prepare the same meal again? Reasons? -Comment on your evaluation sheet from the person who supervised you and who ate the breakfast |
| Collaborating and Managing(Lesson two – part of evaluating) | Who did you work with to get this task completed? (The adult in your household – supervision, shopping, convenient time to use the kitchen, eating the meal)How did you manage your time? |