**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 breakfast  30 minutes to cook the breakfast  Work individually, in the kitchen of your own home – but supervised  Using equipment in your home, both safely and hygienically  Budget of $3. Choosing foods from the pantry first  Approximately 1 hour for planning/ shopping/ equipment  1 hour for preparing, serving and evaluation |
| **Task Preparation** | Information on Eggs  Check for any allergies in your home  Recipes on eggs  Equipment available (eg saucepans, toasters,)  Check budget  Check restrictions – who is able to supervise, and trial the recipe |
| **Prior Learning** | Background on Eggs – nutrition, websites, different recipes  Completed information on breakfasts  Importance of Breakfast  Healthy Eating plate - introduction |
| **Materials/ Resources** | Access to the Web  Egg recipes  Poster of Egg  Poster of different recipes  Various 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 |
| 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? |