| Junior Cycle Home Economics: Unit of Learning |
| Department Planning |

| **Year:** 2 | **Term:** 2 | **Unit:** 3 | **Duration:** 4 weeks (8 x 60 mins or 4 x 80 mins and 4 x 20 mins) |

Theme: An appetite for change

Learning Outcomes	**Key Learning**	**Assessment**
1.13 plan and prepare meals for individuals with diet-related diseases	Knowledge Understanding Skills Values	
1.6 using a problem-based learning approach, apply nutritional knowledge in the planning and preparation of food for the family	Microorganisms	
2.4 discuss the requirements of a safe and nurturing home environment	Food safety and hygiene - what to consider when handling, preparing, storing and serving food in relation to food	
2.5 assess the importance of making informed and responsible decisions in everyday life	Safety in the home	
1.5 apply safe and hygienic practices in food handling, preparation, storage and serving	Family roles and relationships	
	Considerations for making informed and responsible decisions	
Action Verb	Role of fat, fat soluble vitamins in the diet	
	Diet related diseases – obesity, cardio-vascular disease	
Apply: select and use information and/or knowledge and understanding to explain a given situation or real circumstances	Plan and prepare a range of dishes for a family or an individual suitable for a person with obesity or cardio-vascular disease	
Assess: judge, evaluate or estimate the nature, ability, or quality of something	Cook and serve a dish a range/ range of dishes for a family or an individual suitable for a person with obesity or cardio-vascular disease	
Prepare: make something ready for use or presentation	Evaluate considering the chosen diet related disease, the role of fat and fat-soluble vitamins in the diet, informed decision making	
Use: apply knowledge or rules to put theory into practice		
Discuss: offer a considered, balanced review that includes a range of arguments, factors or hypotheses; opinions or conclusions should be presented clearly and supported by appropriate evidence		

Resources