





Junior Cycle Home Economics: Unit of Learning Department Planning			
Year: 3 <sup>rd</sup> Year	Term: 2	Unit: 3	Duration: 4 weeks (1 x 80 min class & 1 x 40 min class or 2 x 60 min class)
Theme: Let it simmer			
<p style="text-align: center;"><b>Learning Outcomes</b></p> <p>1.3 apply a range of cooking principles and techniques in the preparation of healthy individual and family meals incorporating budgetary considerations</p> <p>2.8 describe sustainable everyday practices in the home to include energy efficiency, waste management and water conservation</p> <p>1.10 explain the role of the nutrients in contributing to a healthy balanced diet</p> <p>1.16 apply sustainable practices to the selection and management of food and material resources</p> <p>2.10 apply consumer decision-making skills in the management of personal, family and household resources for everyday living</p>	<p style="text-align: center;"><b>Key Learning</b></p> <div style="text-align: center;">  Knowledge            Understanding            Skills            Values         </div> <p>Cooking principles – sauté, simmer, reduce, consistency, flavour development, seasoning</p> <p>Food choices – sustainable and healthy decision making when choosing foods</p> <p>Animal and plant sources of protein</p> <p>The effect of cooking on protein foods</p> <p>The role of protein in the body</p> <p>Apply consumer decision making skills to plan and cost, healthy and nutritious individual/family meals, incorporating budgetary considerations</p> <p>Discuss the energy and water use needed when preparing and cooking the planned meals</p> <p>Prepare and evaluate a number of individual/family meals that have been investigated</p> <p>Waste management – recycling, composting</p>	<p style="text-align: center;"><b>Assessment</b></p>	
<p style="text-align: center;"><b>Action Verb</b></p> <p>Apply select and use information and/or knowledge and understanding to explain a given situation or real circumstances</p> <p>Describe develop a detailed picture or image of, for example a structure or a process, using words or diagrams where appropriate; produce a plan, simulation or model</p> <p>Explain give a detailed account including reasons or causes</p>			
<b>Resources</b>			



**Oide**

Tacú leis an bhFoghlaim  
Ghairmiúil i measc Ceannairí  
Scoile agus Múinteoirí

Supporting the Professional  
Learning of School Leaders  
and Teachers