





Junior Cycle Home Economics: Unit of Learning Department Planning			
Year: 1 <sup>st</sup> Year	Term: 2	Unit: 3	Duration: 4 weeks (8 x 60 mins or 4 x 80 mins and 4 x 20 mins)
Theme: Let's get sustainable			
<p><b>Learning Outcomes</b></p> <p>2.7 identify how individuals, families and households can contribute to sustainable and responsible living</p> <p>2.8 describe sustainable everyday practices in the home to include energy efficiency, waste management and water conservation</p> <p>2.10 apply consumer decision-making skills in the management of personal, family and household resources for everyday living</p> <p>1.16 apply sustainable practices to the selection and management of food and material resources</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><b>Key Learning</b></p> <p> Knowledge  Understanding  Skills  Values</p> <p>Sustainable living in the home - efficiency, waste management and water conservation</p> <p>Responsible decision making - food selection – how we select food considering our budget, our skills and our resources</p> <p>Cooking principles that can improve our energy efficiency, reduce our water usage</p> <p>Reducing waste when shopping for food and when using food</p> <p>Modify recipes for healthy individual and family meals to reduce their cost and make the cooking process more energy efficient, to use less water and to reduce food and material waste</p> <p>Cook and serve a number of the modified dishes</p> <p>Evaluate the dishes considering their cost, the cooking process, energy efficiency, water use and reducing food and material waste</p>	<p><b>Assessment</b></p>	
<p><b>Action Verb</b></p> <p>Identify: recognise patterns, facts, or details; provide an answer from a number of possibilities; recognise and state briefly a distinguishing fact or feature</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>Apply: select and use information and/or knowledge and understanding to explain a given situation or real circumstances</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