

Junior Cycle Home Economics

Unit of Learning 2018/2019

Year Group: 1st years

Duration of unit: 4 weeks

Theme: Healthy Family Meals

Learning Outcomes

Individual and Family Empowerment

Health and Wellbeing

- 1.6 using a problem-based learning approach, **apply** nutritional knowledge in the planning and preparation of food for the family
- 1.9 **recognise** the importance of nutrition and diet in contributing to health and wellbeing
- 2.2 **explore** the roles and responsibilities of the family
- 2.3 **discuss** family relationships and the importance of strengthening relationships between individuals and families

Key Learning

- Key terminology relating to the family: roles, responsibilities, communication, relationships
- Explore the food pyramid (the foods, structure and servings)
- List the healthy eating guidelines
- Understand the importance of following the healthy eating guidelines and recognise the link between food choices and health
- Demonstrate correct menu format/ layout. Be able to apply nutritional knowledge to balance menus
- Research and explore the roles and responsibilities of family members
- Identify types of family relationships
- Understand how healthy relationships are integral to wellbeing
- Recognise ways by which we can sustain healthy relationships
- Suggest ways by which adolescent family members can promote healthy relationships (by their practical involvement in family meals)
- Understand the importance of good communication and appreciate its role in maintaining healthy relationships

Assessment

- Survey of the variety of roles and responsibilities of peers in the home (2.2)
- Teacher observation- classroom discussion on family roles and responsibilities when preparing healthy family meals using case studies (1.6, 1.9, 2.2)
- Student reflection “my roles and responsibilities when preparing healthy family meals” (2.2, 2.3)
- Students apply their knowledge in the planning and/or preparation of a healthy family meal. As a group plan healthy balanced menus for a family for a day. The menus will be peer assessed (1.6, 1.9, 2.2, 2.3)

Resources / Strategies

Reflection

Department Planning