

Home Economics: First Year

Task	Create a breakfast menu and show the setting of a breakfast table for two.
Topic	Meal Planning
Learning Intention	Students will apply previously learnt knowledge in relation to food choice and nutrition in planning a balanced breakfast menu for two. Students will know how to set the breakfast table for two.
Task Description	<p><i>Your favourite auntie is coming to stay with you for a day. You have decided to set the breakfast menu for her. Draw up a menu for the breakfast stating why you picked each food/dish. Draw a labelled diagram of how you will set the breakfast table for both of you.</i></p> <p>Students have already learned about the guidelines for planning a menu. They have also learned about how to set a table. This task will draw together the students' previous knowledge of these areas and cause the students to apply this knowledge to planning a balanced breakfast and setting a table specifically for breakfast. This task was to be completed as homework over three nights.</p>
Criteria for Success	<p>Students will be able to:</p> <ul style="list-style-type: none">• Draw up a menu for a breakfast which is balanced (3 of the 4 food groups). This menu must be boxed.• Give reasons for choosing each meal/food (this must relate to the functions of the nutrient).• Draw a labelled diagram of a table setting for two people – showing the knife and fork on correct side and including all cutlery and crockery that you would need to eat your designed breakfast.

Breakfast

Menu.

Freshly Squeezed orange Juice

bowl of porridge

bowl of musli with cold milk.

Cup of tea ☕

✿ I chose Freshly Squeezed orange Juice because it's full of vitamin C which gives you energy.

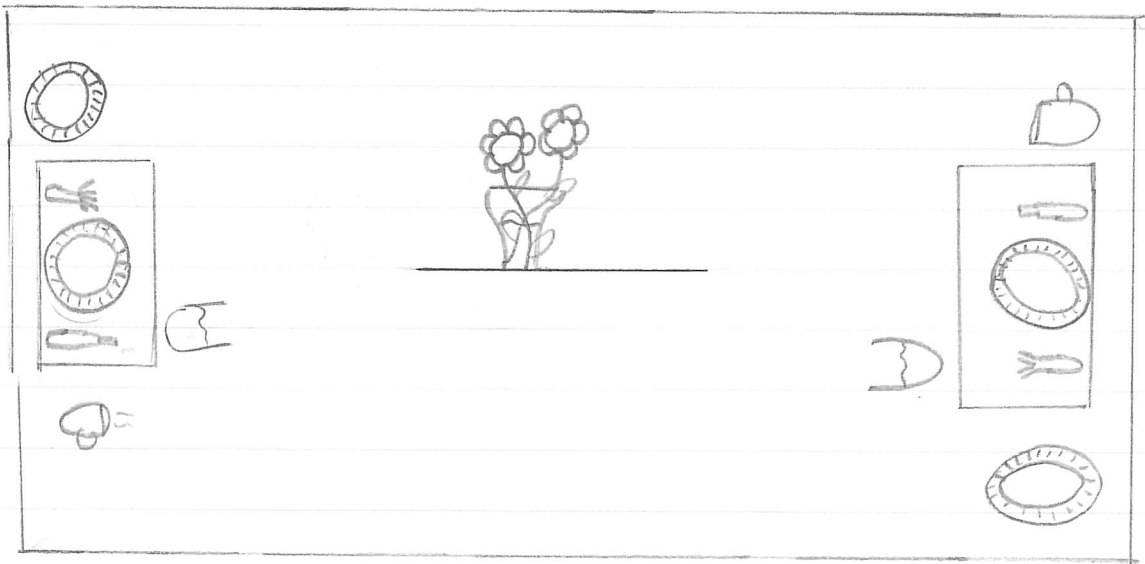
✿ I chose porridge because it's very nourishing and it's good for your heart.

✿ I chose musli because it's healthy and energizing.

✿ I chose tea because it's warm and refreshing.

Table Setting.

for breakfast.



Feedback for Michelle	
A	This is an excellent presentation of a balanced, breakfast menu.
B	Porridge and muesli are both cereals. If you want to give your aunt a choice for breakfast why not suggest a protein food suitable to be eaten at breakfast instead. Can you think of a suitable protein food for breakfast?
C	Your reason for choosing orange juice is perfect as you said orange juice provides you with Vitamin C (However, check back to see if vitamin C gives you energy). Some of the other reasons are very personal which isn't relating the reason for choosing the food to the functions of the nutrients. Change the other reasons to be similar to your example of the orange juice and vitamin C
D	Well done on getting the knife and fork on the correct sides. Table setting must be labelled. You might need to look at your breakfast menu again and see what cutlery and crockery you would need on the table. This needs more work. e.g. What would you eat cereal with and out of? What accompaniments would you need on the table?

Commentary for teachers	
	<ul style="list-style-type: none"> • The student has met and explored the given criteria in good detail. • The student demonstrates a good understanding of the meaning of the term balanced meal. • The student has not demonstrated a good understanding of the relationship between food choice and nutrition. This area may need to be re-visited in class work. • The student has not demonstrated a good understanding of setting the table as it is a limited setting. With the guidance given through the probing questions, the student may become aware of the changes she needs to make.

Breakfast

Menu

Freshly squeezed orange juice

Bowl of porridge

Bowl of mussili with cold milk^B

Cup of tea^A

- I chose freshly squeezed orange juice because it's full of vitamin C^C which gives you energy.
- I chose porridge because it's very nourishing and it's good for your heart.
- I chose mussili because it's healthy and energizing.
- I chose tea because it's warm and refreshing.

