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| Subject | Menu planning | Class background |  |
| Date/Period | 30 Minutes |
| Year Group | Silver or Gold |
| Teacher |  |
| Focus of Lesson | To enable students to be able to plan a good expedition menu. | Learning Objectives |
| To be able to plan an interesting, varied and appropriate menu for their expedition. |
| Prior Knowledge | None. | Success Criteria |
| 1. Students to be able to identify good food types for the expedition.
2. Students will have completed a menu plan.
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| **Lesson Outline** | Assessment |
| *Introduction* |  We’re going to look at the sorts of food that you might want to bring on an expedition and work out a menu plan |  |
| *Main Body* | **Go through the powerpoint – Menu planning****Introduction (slide 2)****Considerations (slide 3-4)****Meal tips (slides 5-6)****Make a menu cards (slides 7-16)**If delivering in person I would not use these slides in the powerpoint. I have used the make a menu cards in the following ways1. Play top trumps and talk about the cards as they are played
2. Hand the group the cards and get them to choose 2 things or breakfast / lunch and 2 things from the evening meal selections that they would like to eat and one thing that they would not. This allows them to see what their team are into eating too. Ask them to explain their choices.
3. Ask the group to use the cards to make a menu for a day then add up the calories to see if there are enough

**Buying the food (slide 17)****Write a menu plan (slide 18)** | Assess learning through verbal responses.Review students menu plan. |
| *Plenary* |  |  |
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| Resources | 1. Course notes and workbook for each student.
2. Examples of boil in bag, pasta sauce, breads, cous cous etc
3. Make a Menu cards
4. Flip chart / white board and pens.
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**Powerpoint Lesson Plan**