

Snáitheanna: Bia, Sláinte agus Scileanna Cistineacha, Saol Teaghlaighm Freagrach

Gnéithe: Cumhachtú an Duine Aonair agus an Teaghlaigh Sláinte agus Folláine, Maireachtáil Fhreagrach agus Inbhuanaithe

Tasc

Sábháil le hAnraith

Torthaí Foghlama

Ba chóir go mbeadh sé ar chumas an scoláire....

- 1.1** na fachtóirí a aithint a mbíonn tionchar acu ar roghanna bia pearsanta
- 1.3** raon de phrionsabail agus teicnící cócaireachta a chur i bhfeidhm chun béilí sláintiúla a ullmhú don duine aonair agus don teaghlach agus cúrsaí buiséid á gcoimeád i gcuimhne chomh maith
- 2.5** an tábhacht a bhaineann le cinntí eolasacha agus freagracha a dhéanamh sa saol laethúil a mheas
- 2.7** na bealaí a aithint inar féidir le daoine aonair agus teaghlaigh cur le maireachtáil inbhuanaithe agus fhreagrach

Rúin Foghlama

Táim ag foghlaim chun...

- Próiseas na treorach le haghaidh dearadh a chur i bhfeidhm le fíorchásanna agus cuntas ar an bhfianaise scríofa a choinneáil
- Réimse de phrionsabail chócaireachta a shainaithint
- Cinntí a dhéanamh bunaithe ar thaighde
- Aiseolas a fháil agus a thabhairt agus a úsáid le cabhrú le mo chuid foghlama
- Machnamh a dhéanamh ar mo chuid foghlama

Tasc

Agus próiseas na treorach le haghaidh dearadh á úsáid, déan taighde ar bhlais an anraith. Pleanáil biachlár lóin cothromaithe a bhfuil anraith san áireamh ann. Déan iniúchadh ar ghairnisí a úsáidtear ar anraith. Déan meas ar an gcaoi ar bealach cothaitheach is ea anraith chun táirgí séasúracha a úsáid agus cur amú a sheachaint.

Critéir Ratha

Éireoidh leis an scoláire más féidir leis...

- CR1** Fianaise ar phróiseas na treorach le haghaidh dearadh a úsáid chun cinntí oiriúnacha a dhéanamh
- CR2** Tabhairt agus faigh aiseolas comhscoláire: déan nóta de agus déan machnamh air
- CR3** Déan machnamh ar na rudaí a bhí go maith agus na rudaí a d'fhéadfaí a dhéanamh ar bhealach éagsúil dá mbeadh tasc cosúil leis á thosú agat

Comhthéacs

Scoláirí dara bliain (cumas measctha) tar éis 12 sheachtain. Chríochnaigh na scoláirí aonad maidir le Bainistíocht Airgid/Buiséadú ag díriú ar bhainistíocht acmhainní agus scileanna litearthachta airgeadais a chur i bhfeidhm agus iad ag oibriú trí threoir maidir le plannáil béile. Tá tuiscint ag scoláirí ar an gcothú agus tá siad in ann biachláir chothroma a chruthú. Tá prionsabail éagsúla chócaireachta léirithe ag na scoláirí i réimse mias. Forbraíodh scileanna phróiseas na treorach le haghaidh dearadh de réir a chéile, ag tosú sa chéad bhliain, trína gcur i bhfeidhm i dteicstíilí praiticiúla agus cócaireacht phraiticiúil. Tar éis an tasc seo, rinne scoláirí an t-anraith a roghnaigh siad agus rinne siad meastóireacht air.

Tréimhse

Coicís

Sampla 1

Brief



Every year Irish households throw away €700 food *Stop Food waste

Using the design brief process, carry out research on the types/ flavours of soup. Plan a balanced lunch menu including soup. Investigate garnishes used on soup. Consider how soup is a nutritious way to use seasonal produce and avoid waste.

(Think- pair- share) What was I asked to do?

- I was asked to carry out research on the types and flavours of soup.
- I was asked to plan a balanced lunch ^{menu} that included soup.
- I was asked to investigate garnishes used on soup.
- I must make sure soup chosen uses seasonal vegetables.
- I must avoid food waste, I could look at vegetables in fridge at home first.

Considerations: What things do I need to think about when planning to prepare, cook and serve soup?

- Likes and dislikes will be important so the soup won't be wasted.
- I must consider the nutritional value of the soup.
- Cost. Keep the soup on a low budget.
- Consider any special diets such as vegan.
- How many people I am cooking for.
- Do I have all the right equipment.
- What ingredients do I need, Do I have them at home?

Sampla 1

Individual research

Possible solutions/ soups

- versatile vegetable soup
- leek and bean soup
- mushroom soup
- tomato soup
- leek and potatoe soup
- Chicken soup

Chosen soup: versatile vegetable soup

Reasons for choice: (More than one reason!)

- It is a good way to use vegetables from your fridge.
- it is quick and easy - it only takes 15 minutes to prepare and cook

A garnish is an edible decoration for food.

Possible garnishes:

- parsley
- basil
- celery
- scallion
- crutons

Chosen garnish ~~basil~~ sprig parsley.

Reasons for choice: (More than one reason!)

- adds flavour and color
- easy to prepare
- I have some growing at home so it saves buying.

Sampla 1

Plan a balanced **lunch menu** that includes your chosen soup

Vegetable soup
garnished with parsley
and wholemeal bread.

* * *

Drinks
glass of milk.

Sampla 1

Peer Feedback

Is the menu balanced?

Why? Yes, as it contains three of the four food groups.
included in the menu

Is the menu laid out correctly?

Why? Yes the menu is in a box with stars separating
out each course.

Did the student meet the brief (do what they were asked to do)?

The student did meet the brief as she carried out what
research was asked for a suitable recipe. She avoided food
waste as vegetables can be sourced from fridge.

What could the student do to modify the soup?

They could add peas or beans or lentils to add protein.

Sampla 1

Using the feedback and research...

In pairs discuss the following:

What soup each person chose and the reasons for choice.

Agree on a soup that you will make together: winter vegetable soup

Reasons for choice:

- prep and cook time is 40 minutes - would suit a class
- Not much equipment.
- most ingredients can be found in the fridge.

Find and agree on a recipe (note where it is from)

Soup recipe Penny soup

From 1000 recipes book

Why did you choose this recipe?

- cheap - veg costs less than meat
- suited for vegans.

Sampla 1

Reflection

What feedback did you get (in your own words)

- My menu is balance.
- I have my menu laid out correctly.
- I avoided food waste.
- I met the brief by avoiding food waste and by planning a balanced lunch

What went well on this task?

- I think I did well + did what I was asked to do.
- My soup is healthy + uses up veg and avoids waste.
- I did research too.

What could I do differently if I were starting a similar task?

- Use online recipes too as just using books didn't give enough ideas. The internet would help.

Aiseolas

- CR1** Úsáideadh próiseas na treorach le haghaidh dearadh chun cinntí oiriúnacha a dhéanamh. Luaitear é sin sna breithnithe agus sna cúiseanna le cinntí. D'fhéadfaí an obair a fheabhsú trína léiriú go bhfuil níos mó i gceist leis an inbhuanaitheacht ná díreach cur amú a sheachaint.
- CR2** Rannpháirtíocht mhaith in aiseolas a roinnt le daoine eile. Bí cinnte go gcoinníonn tú nóta den aiseolas a thugann daoine eile duit, m.sh. glasraí piseánacha a úsáid chun próitéin a chur leis, fiú mura gceapann tú go ndéanfaidh tú é.
- CR3** Tá an pointe maidir le taighde agus foinsí eile (“ar líne”) a úsáid go maith agus cabhróidh sé le tas canna eile. Sa mhéid a chuaigh go maith, deir tú na rudaí a rinne tú, d'fhéadfaí an obair a fheabhsú trína mhíniú cén fáth a raibh sé sin go maith?

Breithiúnas Foriomlán

Ag teacht leis na hionchais

