

TRANSITION YEAR UNITS (2023 – 2024)

1. Title of Transition Unit

Resourceful & International Cookery (Home Economics)

2. Area of Study

Moral, Social & Personal Development

3. Overview

- This transition year unit will develop the practical culinary skills of the students. Students will foster knowledge of healthy eating and nutritional requirements for their age. Students will research and gain an appreciation of different flavours and cultures from around the world and prepare appropriate dishes.
- Students will develop numeracy and costing skills in order to carry out several tasks each week i.e. create a healthy nutritious lunch for a college student on a budget of €5.
- Students will develop their knowledge of the History of Afternoon Tea (English), popular dishes associated with afternoon tea and cake making methods.

4. Links

- Link to **Leaving Certificate Home Economics** by highlighting the key process involved in practical classes and the Leaving Cert Journal
- Costing of dishes and evaluations will link with **Business Studies** and **Maths**
- Collecting information, research analysis and P.P formation will have relevance to **IT**.
- Information of cuisines will have relevance to **Spanish, French** and **German**.
- Healthy eating theory will link to **SPHE**

5. Summary Outline of the Unit

This unit runs twice a week for 4 weeks:

- Students will foster knowledge for healthy eating and nutritional requirements for their age.
- Students will foster knowledge of the importance of avoiding over consumption of sugar and salt in the diet.
- Students will gain an insight and appreciation for a variety of Cuisines (Eating Patterns, Popular Foods and Ingredients) and prepare a dish from these countries in Practical Classes.
- Students will investigate various cuisines from the following countries: Mexico, Spain, America, Italy, Greece, Egypt, Thailand, & India.
- Students will prepare a dish from the above cultures to gain an appreciation and knowledge for various dishes from other countries and to develop their culinary abilities
- Students will prepare an assignment around the History of Afternoon Tea (English), popular dishes associated with afternoon tea and cake making methods.
- Students will prepare a dish suitable for afternoon tea to link in with British Culture.
- Students will prepare dishes on a budget suitable to different age groups
- Students will evaluate their own work at the end of this module.

6. Breakdown of the Unit

Class time – 2 hour per week. Approx. 8 hours

Week 1	Muffins
Week 1	Pasta - lunch on a budget
Week 2	Ireland - Home-made Spice bag
Week 2	Mexico - Chicken Fajitas
Week 3	United Kingdom - Meringue Nests
Week 3	Japan - Teriyaki Beef Meatballs & Soba Noodles
Week 4	America - Home-made burgers & Wedges
Week 4	Italy - Carbonara & garlic bread

7. Aims

This Transition Unit aims to:

- Develop student's culinary abilities.
- Broaden students' knowledge of nutrition and the importance of making healthy food choices now and at various stages throughout their lives.
- Broaden students' knowledge of the importance of avoiding over consumption of sugar and salt in the diet.
- Expand students' knowledge, culinary skills and appreciation for foods and eating practices from around the world.
- Expand students' knowledge, culinary skills and appreciation for the concept of afternoon tea and cake making methods.
- Develop students ability to evaluate the sensory aspects of food and modifications they would make if making dishes again
- Develop students' knowledge of the importance of being discerning consumers

8. Learning Outcomes

On completion of this unit students should be able to:

- Organise and be responsible for their own (and their cooking partners) preparation for practical lessons.
- Work in an efficient, hygiene and safe manner when demonstrating culinary practical skills.
- Discuss the implications of fast fashion on international developing counties
- Describe different international cultures and their foods.
- Describe the importance of healthy eating and the implications of excess sugar and salt in the diet and how to reduce intake
- Outline the history of Afternoon Tea (English), popular dishes associated with afternoon tea and cake making methods
- Prepare various dishes from a range of international cuisines
- Prepare a dish suitable for afternoon tea
- Cost a recipe.
- Develop a sense of safety and hygiene in the classroom and at home.
- Evaluate the sensory aspects of food and modifications they would make if making dishes again.

9. Key Skills

Information Processing

- Selecting, analysing and evaluating information gathered from the internet, newspapers, libraries, organisations, etc. Using the

How evidenced

Selecting their own recipe

<p>information gained from research to:</p> <ul style="list-style-type: none"> (i) Present information using iMovie, Slides, or Clips etc. to inform their peers on a countries cuisine and culinary practices. (ii) Complete a project on the history of afternoon tea, popular afternoon tea dishes and cake making methods <ul style="list-style-type: none"> ● Learning to edit information and present it ● Learning the skill of discerning reliable sources. 	
<p>Critical and Creative Thinking</p> <ul style="list-style-type: none"> ● Evaluating their dishes success after each practical class. ● Linking various topics to their own lives i.e. making a college meal on a low budget ● Recording and selecting information for their project work and presentation. 	<p>Cookery Booklet – evaluations, ingredients and key equipment will be recorded.</p>
<p>Communicating</p> <ul style="list-style-type: none"> ● Listening to other points of view ● Developing skills in expressing opinions in small groups and class discussions. ● Deciding what recipe they will used based on task given to them ● Deciding as a group what ingredients they need to bring in for their practical. 	<p>Deciding on recipe in order to complete task</p>

Working with Others

- Organising and delegating sections of presentation work as a group.
- Taking responsibility for sharing work and completing it to the agreed time frame improving time management.
- Respecting diversity through dialogue and group work.

Being Personally Effective

- Setting personal deadlines and goals
- Understanding their strengths as part of a group
- Reflecting upon and evaluating their projects and their performances.
- Being able to give and receive feedback
- Learning to be more confident when practicing a new cookery skill
- Showing diligence in carrying out their work.
- Learning the value of feedback, self-confidence and self-esteem.

10. Methodologies

- Practical Cookery Classes
- Group Work
- Self-Directed Learning
- Buzz Groups
- Project Work
- Investigation/ Research
- Brainstorming / Mind Mapping
- Quizzes
- Mini Whiteboard group work
- Evaluation Sheets

11. Assessment Methods

Ongoing

- Culinary skills in practical classes.
- Workbook content including evaluation sheets and worksheets.

Cumulative

- Teacher assessment after each practical task
- Afternoon tea assignment
- Prepare, cook, serve and evaluate a dish suitable for afternoon tea

12. Evaluation

On completion of the module students will complete an evaluation sheet at the end which will be discussed with the teacher. Questions will include

“What new skills did you learn?”

“What did you find most enjoyable?”

“How could the unit be modified and developed further?”

13. Resources

- TY Booklet with recipes, evaluation sheets etc.
- Cookery Books from school library.
- Worksheets.
- YouTube
- Netflix
- ICT Equipment e.g. Computers, Internet etc.
- Range of websites e.g.
 - <http://www.bordbia.ie/Pages/Default.aspx>
 - <http://www.bbcgoodfood.com/recipes/category/cuisines>
 - <http://www.afternoontea.co.uk/information/history-of-afternoon-tea/>
 - <http://www.deliaonline.com/how-to-cook/baking/methods-of-cake-making.html>

14. Literacy

- Recall the key words from the class pertinent to Home Economics.
- Understand new language for the evaluation of recipes e.g. texture, aroma

15. Numeracy

- Comprehend the difference between grams, kgs, litres, millilitres.
- Develop their knowledge of temperature control through the practical use of the oven.
- Cost a recipe.
- Comprehend statistics