

Week 7- Topic Support Pack

In this pack, you will find all of the instructions, resources, and questions that you will need to complete your Food Technology Lessons for this week's learning! Our topic is Toad in the Hole.

Lesson 1 - Food Groups



Label the five different food groups, using the vocabulary below:

Protein

Carbohydrates

Fats and Sugars

Dairy

Fruit and Vegetables

Activity: Look inside

your cupboards at home, can you find an item of food that belongs to each of these food groups? Draw and label them or take a picture with a caption.

Do you think you need to eat the same amount of these different foods? Is there some that you need to eat more or less of? Can you guess why the food groups of the plate above are different sizes?

Question to answer:

If you ate only fruit and vegetables, would you have a healthy balanced diet? Why or why not?

Lesson 2 – Balanced Diet



The plate that we saw last lesson, gives us an idea of what our diets should look like and is called '**The Balanced Plate**'. E.g. the fruit and vegetable group is one of the biggest, showing that we need to eat a lot of these.

Think about what different types of food you would find in these categories (think about last lessons activity).

Activity: Create your own version of a balanced plate for a days food. Think about what a person could eat for breakfast, lunch, and dinner to make sure they are eating food from all of the different food groups, in the right amounts!

Lesson 3 – Toad in the Hole

Research task: Research and answer these questions and create a poster for Toad in the Hole.

1. What is Toad in the Hole?
2. What different food groups would this dish come in to?
3. Where is this dish from? What country does it originate from?
4. Can you cook it in more than one way?
5. Can you find a recipe for it?
6. What type of restaurant do you think would serve this meal?
7. Who would you recommend try this meal? Why?

I can't wait to see your work from this week's Food Technology lessons! I hope you have enjoyed learning about how to create a Balanced Plate!

Extension Task

Thinking about 'The Balanced Plate' what other food items could you pair with a Toad in the Hole to ensure that the meal was balanced enough?

