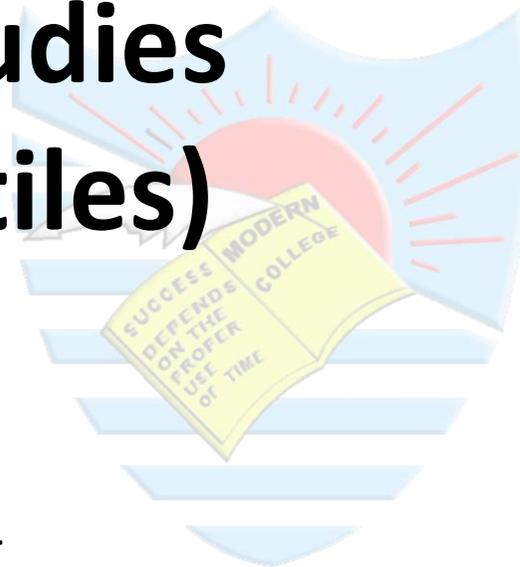


Plan of Work Technology Studies (Food and Textiles)



Grade 7

For examination from 2024

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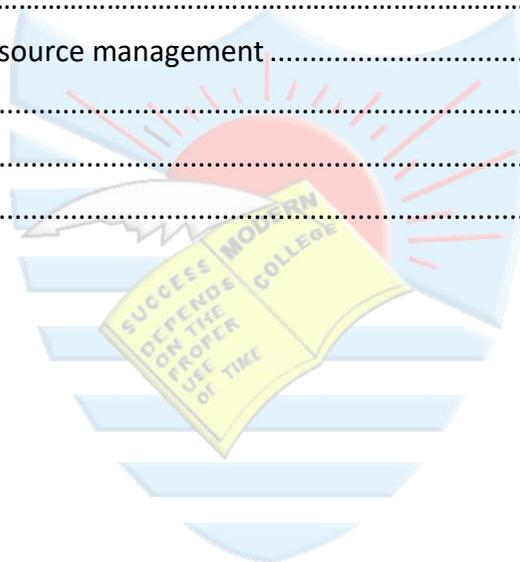
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Introduction

Prescribed textbooks:

- Technology Studies MIE

Websites and videos

This plan of work includes website links providing direct access to internet resources. Modern College is not responsible for the accuracy or content of information contained in these sites. The inclusion of a link to an external website should not be understood to be an endorsement of that website or the site's owners (or their products/services).

The website pages referenced in this plan of work were selected when the plan of work was produced. Other aspects of the sites were not checked and only the particular resources are recommended.

FIRST TERM [10/01/2024 – 05/04/2024]

Unit 4- Topic: 4.1 Personal Hygiene

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Define and understand the importance of hygiene.</p> <p>b) Know how to care for different parts of the body (hair, skin, teeth)</p>	<p>Demonstration of hand washing techniques for personal hygiene</p>	<p>P 140 Activity P 140 Q 1-6</p>	<p>Search on SPF factor</p>	<ul style="list-style-type: none"> Personal hygiene <p>https://www.youtube.com/watch?v=cWZqauin41w&feature=youtu.be</p>

Unit 1- Topic: 1.1 Importance of nutrition

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Understand the need for food</p> <p>b) Classify foods in groups</p> <p>c) Identify the three food groups and their examples</p>	<p>Making a plate model showing the food groups</p>	<p>P 104 Q1 P105 Q2</p>	<p>Gather pamphlets and brochures related to nutrition in Mauritius</p>	<ul style="list-style-type: none"> Classification of foods <p>https://video.search.yahoo.com/search/video?fr=macafee&p=classification+of+foods#id=12&vid=5d41880da9bd7d9eceba97b6554f70a5&action=view</p>

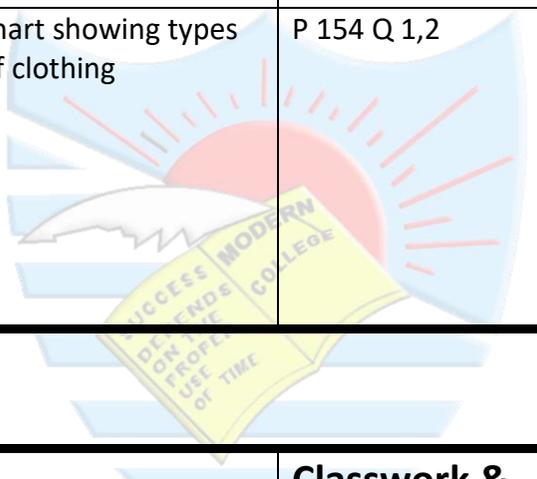
Unit 1- Topic: 1.2 Balanced diet

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <ul style="list-style-type: none"> a) Define meal and give examples b) plan a balanced meal c) Define diet d) Understand what healthy eating means. e) Define snacks 	Illustration of balanced meals by photo collage	P 108 Q1-4	Recording of a weekly diet plan	<ul style="list-style-type: none"> • Balanced meals <p>https://www.youtube.com/watch?v=9VtxCxtsMAI&feature=youtu.be</p>

Unit 1- Topic: 1.3 Smart snacking

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <ul style="list-style-type: none"> a) List examples of local snacks b) Recognize healthy and unhealthy snacks 	Making of healthy snack- Maize pudding	P 110 Q 1-3	Recording of snacks eaten during a week	<ul style="list-style-type: none"> • Snacks <p>https://www.youtube.com/watch?v=mgjk7HUg1y4</p>

Unit 5- Topic: 5.1 Fashion Sense

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Understand the importance of clothing</p> <p>b) Define the Functional and social reasons for dressing</p>	<p>chart showing types of clothing</p> 	<p>P 154 Q 1,2</p>	<p>Search on types of clothing in different countries</p>	<ul style="list-style-type: none"> • Clothing importance <p>https://video.search.yahoo.com/search/video?fr=mafee&p=importance+of+clothing#id=1&vid=4fae7d1e88bf998aa8d275d7429dbdd9&action=click</p>

Unit 5- Topic: 5.1 Fashion Sense

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Understand what are accessories and give examples of those available and in use in daily life</p> <p>b) What are decorative and functional accessories</p>	<p>Illustration of types of clothing and accessories through photos</p>	<p>P 155 Activity 2 P 156 Q1-3</p>	<p>Search on functional accessories</p>	<ul style="list-style-type: none"> • Accessories <p>https://video.search.yahoo.com/search/video?fr=mafee&p=fashion+accessories#id=31&vid=6b666003</p>

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Unit 6- Topic: 6.1 Textiles in everyday life

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Define textile</p> <p>b) Understand the uses of textiles in different fields of technology</p>	<p>Illustration of textiles items in medical and food e.g. Tea bags, bandage</p> <p>Lemon iced tea drink</p>	<p>P 160 Q1-4</p>	<p>Search on timeline of clothing and textiles</p>	<ul style="list-style-type: none"> Textiles in technology <p>https://sewguide.com/what-are-textiles/</p>

March Assessment

Component	Time Allocation	Type	Maximum Mark
1	1 hr	short answer questions	50

Candidates are expected to cover the PROPOSED syllabus. Each paper may contain questions on any part of the syllabus and questions will not necessarily be restricted to a single topic.

SECOND TERM [22/04/2024 –19 /07/2024]

Unit 3- Topic: 3.4 Food preparation

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Understand rules to respect in food specialist room</p>	<p>Demonstration of safety during food preparation</p> <p>Making of sandwiches and orangeade</p>	P 124	Search on safety in kitchen	<ul style="list-style-type: none"> Kitchen safety showdown Play all <p>https://www.youtube.com/watch?v=Y7D90UJbCg0</p>

Unit 2- Topic: Hygiene during food preparation

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Recognize the importance of good hygiene practices</p> <p>b) List basic hygiene practices to prevent illness</p>	<p>Kitchen hygiene & food hygiene demonstration</p>	P 113 Q 1-3	Search on care of kitchen equipment	<ul style="list-style-type: none"> Food hygiene <p>https://www.youtube.com/watch?v=pLJ703rOTq4&feature=youtu.be</p> <ul style="list-style-type: none"> Kitchen hygiene

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Unit 7- Topic: 7.1 Basic Sewing Skills: Sewing Kit

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Identify items found in the sewing kit.</p> <p>b) State the importance of sewing tools and equipment for measuring, marking, pinning and cutting</p>	Making of a sewing kit	Activity p 168	Search on invention of sewing	<ul style="list-style-type: none"> Sewing kit <p>https://www.youtube.com/watch?v=G-6yvVFZ9aY&feature=youtu.be</p>

Unit 3- Topic: 3.1 Weighing and measuring ingredients

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Use appropriate equipment to weigh and measure ingredients</p> <p>b) State importance of weighing and measuring ingredients accurately</p>	Use of kitchen balance and spoons for measuring	P 117 Activity	Recording of weight of common household products	<ul style="list-style-type: none"> kitchen equipment <p>https://www.youtube.com/watch?v=rauigEKJoks&feature=youtu.be</p>

				<ul style="list-style-type: none"> Weighing equipment in kitchen https://www.youtube.com/watch?v=qzr82EuiJu0
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Unit 7- Topic: 7.2 Basic sewing stitches: Tacking, Hemming and Running

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) differentiate between temporary and permanent hand stitches</p> <p>b) learn hemming, running stitches</p>	working tacking, hemming and running stitches	Samples of stitches	Use of embroidery thread to create a fabric decoration	<ul style="list-style-type: none"> Hand sewing stitches https://www.youtube.com/watch?v=1FknfumFPX8&feature=youtu.be Embroidery stitches https://www.youtube.com/watch?v=kKnBUa4l2k4&feature=youtu.be https://www.youtube.com/watch?v=f6a0DTPFh4s&feature=youtu.be

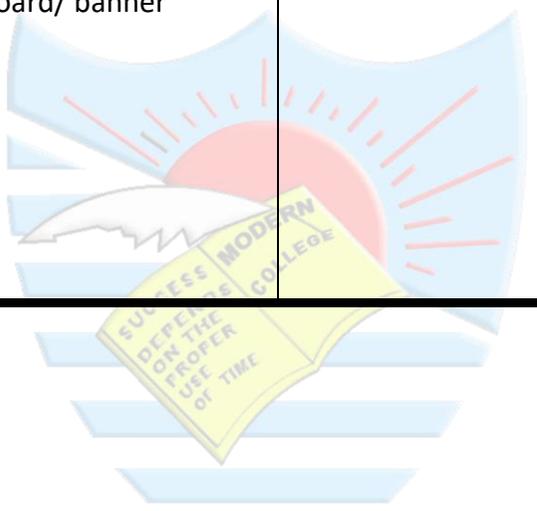
Unit 3- Topic: 3.2 Culinary Skills

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) List down the basic culinary skills in food preparation</p> <p>b) Name the equipment used for each method</p> <p>c) Differentiate between the skills used in food preparation</p>	Making tropical salad with fruits and vegetables	P 120 Q1- 4	P 131 Q 1-3	<ul style="list-style-type: none"> Culinary skills <p>https://www.youtube.com/watch?v=8VBnaFhOEn8&feature=youtu.be</p>

Unit 7- Topic: 7.3 Decorative Techniques

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Paint simple motifs on fabric and do block printing using vegetables or any other means</p>	Painting Printing ---Block and stencil collage	P 181 Activity	P 177 Activity	<ul style="list-style-type: none"> Fabric printing <p>https://www.youtube.com/watch?v=5n9NOPWcWfU&feature=youtu.be</p>

Unit7- Topic: 7.4 Handcrafted Textile Items

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <ol style="list-style-type: none"> Design a simple textile item(s) Select appropriate materials for the item(s) Apply selected fabric decoration techniques to personalise your item(s) Construct the item using basic sewing skills and techniques 	<p>Family reminder board/ banner</p> 	P 188	Personalised banner	<ul style="list-style-type: none"> Fabric Bunting How to with Free Pattern - Whitney Sews https://www.youtube.com/watch?v=gsSVLb_EzUw

July Assessment

Component	Time Allocation	Type	Maximum Mark
2	1hr	short answer questions	50

Candidates are expected to cover the PROPOSED syllabus. Each paper may contain questions on any part of the syllabus and questions will not necessarily be restricted to a single topic.

THIRD TERM [12/08/2024 –30 /10/2024]

Unit 4- Topic: 4.3 First Aid

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <ul style="list-style-type: none"> a) Define first aid b) Know the basic first aid equipment c) Know how to treat small cuts and burns 	<p>Demonstration of treatment for small cut and mild burn</p>	<p>P 149 Q1-5</p>	<p>Making a first aid box.</p>	<ul style="list-style-type: none"> • First aid https://www.youtube.com/watch?v=aK9xrsK7vPg&feature=youtu.be • Treating burns • https://youtu.be/pwRCn_lkxeQ • Treating cuts and bruises <p>https://www.youtube.com/watch?v=AhANvBB9hz0&feature=youtu.be</p>

Unit 7- Topic: 7.1 Ironing and pressing equipment

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) List main uses of basic ironing and pressing equipment</p>	Finishing with stitches	P 170 Q 1-3	Search on care of iron	<ul style="list-style-type: none"> pressing equipment <p>https://www.youtube.com/watch?v=7Q1OC0MrjEk&feature=youtu.be</p>

Unit 6- Topic: 6.2 Fibres to fabrics

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Classify main textile fibres</p> <p>b) Differentiate between fibres, yarns and fabrics</p>	Showing how a woolen yarn is made up of fibres- From fibre to yarn (P 163)	P 164 Q1-6	Fabric collage (woven, felted, knitted)	<ul style="list-style-type: none"> Fibres, yarns, fabrics <p>https://www.youtube.com/watch?v=CGRsBDMSVGI&feature=youtu.be</p> <ul style="list-style-type: none"> Fabric painting

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Unit 3- Topic: 3.3 Reading and interpreting recipes, Resource management

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <ul style="list-style-type: none"> a) Identify the components of a recipe b) Interpret information found in a recipe c) manage resources for food practical 		P 129 Q 1-3	Search on hot and cold sandwich recipe	<ul style="list-style-type: none"> • Reading recipe https://www.youtube.com/watch?v=w0jtnuWu100&feature=youtu.be

Unit 7- Topic: 7.4 Textile item, Resource management

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <ul style="list-style-type: none"> a) Understand a textile item b) manage resources for textile project 	Family reminder board/ banner	P 192	Personalised banner	<ul style="list-style-type: none"> • Fabric Bunting How to with Free Pattern - Whitney Sews

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https://www.youtube.com/watch?v=gsSVLb_EzUw

Unit 3- Topic: 3.4 Muffins

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) understand the instructions of making a baked product</p>	<p>making of muffins</p>	<p>Activity P 135</p>	<p>Search on origin of muffins</p>	<ul style="list-style-type: none"> • Safety in kitchen https://www.youtube.com/watch?v=QVtwhOHLp44 • Muffins https://www.youtube.com/watch?v=S3SLc0WSrgA&feature=youtu.be • chocolate cupcake https://www.youtube.com/watch?v=Cb9jlqFZpEQ&feature=youtu.be

Unit 4- Topic: 4.2 Risky Behaviour

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Identify risky behaviours and their consequences</p> <p>b) State measures how to keep safe</p>	Group work p 145	P 145 Q 1-3	Search on outcome of synthetic drugs	<ul style="list-style-type: none"> Synthetic Drugs & Effects - The Truth About Drugs Mini-Documentary: https://www.youtube.com/watch?v=CpnHkziqaR4

October Assessment

Component	Time Allocation	Type	Maximum Mark
2	1 hr	short answer questions	50

Candidates are expected to cover the PROPOSED syllabus. Each paper may contain questions on any part of the syllabus and questions will not necessarily be restricted to a single topic.