

Plan of Work

Technology Studies

(Food and Textiles)

Grade 9

For examination from 2025

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Introduction

Prescribed textbooks:

- MIE Technology Studies

Recommended prior knowledge

Learners beginning this course are expected to have knowledge of the following topics:

	Topic
1	Nutrients in food and balanced meals
2	Healthy Eating
3	Basics of Food Technology, Food safety and hygiene
4	Basic Principles of Food Preparation and Culinary Skills

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 [13/01/2025 – 11/04/2025]

Topic: 1.1A Micronutrients- Vitamins

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> <ul style="list-style-type: none">a) List common examples of food sources of micronutrientsb) State the importance of micronutrientsc) State the deficiencies if micronutrientsd) State the excess of micronutrients	Chart on food source of fat and water soluble vitamins	P 6 Activity 1	Poster on functions of each vitamins and minerals	Vitamins - Types, Sources and its Significance https://ssp.moemu.org/watch.php?v=1406 https://ssp.moemu.org/watch.php?v=1407

Topic 1.1B Micronutrients: Minerals

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> <ul style="list-style-type: none">a) List common examples of food sources of micronutrientsb) State the importance of micronutrientsc) State the deficiencies if micronutrientsa) State the excess of micronutrients	Make poster on different minerals and their food sources	P11 Ex 1-6	Research on deficiencies due to lack of iron and calcium	Minerals: Functions & Food Sources https://ssp.moemu.org/watch.php?v=1167 https://ssp.moemu.org/watch.php?v=1477

Topic 1.1C: Water

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Describe what happens when the body lacks water	Poster on food sources of water	P12 Ex 7-9	Make notes on ways to avoid dehydration	https://ssp.moemu.org/watch.php?v=1287

Topic 1.3: Food Habits and Food choices

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Discuss the factors influencing food habits and choices b) Propose healthy food habits and choices to reduce the risk of Non-communicable Diseases.	Oral Expose on points to consider and hygienic practices when eating out	P23 Ex 2,4,5	P 19 Activity 1	https://ssp.moemu.org/watch.php?v=1112

Topic: 6.1 Fabric Construction, their performance characteristics and end-uses

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Relate fabric construction to performance characteristics and end-uses of textile fibres:</p> <ul style="list-style-type: none"> - Differentiate among the three main fabric construction techniques - List fabrics' performance characteristics related to fabric construction and their end-uses 	<p>Creating own woven fabric using cardboard and woolen yarns</p>	<p>P 88 Exercises 1-3</p>	<p>P 86 Activity 1</p>	<p>https://ssp.moemu.org/watch.php?v=1071</p> <p>https://ssp.moemu.org/watch.php?v=1093</p> <p>https://ssp.moemu.org/watch.php?v=1166</p>

Topic 6.2: Fabric Finishes

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p>Students should be able to:</p> <p>a) Relate fabric finishes to performance characteristics and end-uses of textile fibres.</p>	<p>Show samples and pictures of different fabric finishes</p>	<p>P92 Ex 1-5</p>	<p>Research work on moth-proofing and anti-bacterial finish</p>	<p>https://ssp.moemu.org/watch.php?v=1165</p> <p>https://ssp.moemu.org/watch.php?v=1280</p>

Topic 6.3: Smart and modern fabric

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
Students should be able to: <ul style="list-style-type: none">a) Differentiate between smart and modern fabricsb) List common uses of smart and modern fabrics	Poster on common uses of modern fabrics	P 96 (1-2)	Research work on uses of smart and modern fabric	https://ssp.moemu.org/watch.php?v=1385 https://ssp.moemu.org/watch.php?v=1386 https://ssp.moemu.org/watch.php?v=1384

Topic 8.1: Sewing and Pressing Equipment

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
Students should be able to: <ul style="list-style-type: none">a) Name the different types of sewing machines available.b) Identify the parts of an electric sewing machine.c) Use an electric sewing machine and the basic pressing equipment safely	Threading of sewing machine	P115-116 Ex 1-3	P 112 Activity 2	https://ssp.moemu.org/watch.php?v=1046

Topic 6.2: Textile Decoration Techniques- Yoyo

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Make fabric Yoyos to decorate textile items using scrap fabrics	Making of fabric yoyo	Copy steps to make fabric Yoyo	Make samples	https://ssp.moemu.org/watch.php?v=1062

Topic 6.2: Textile Decoration Technique (Patchwork)

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Assemble pieces of scrap fabrics to create a patchwork	Creative textile project	Write steps to make patchwork	Make samples to demonstrate patchwork	https://ssp.moemu.org/watch.php?v=1094

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March Assessment

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

The paper will consist of structured questions, Fill in the blanks and True/False. Candidates should answer **all** questions.

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 [28/04/2025 – 18/07/2025]

Topic 1.3.3, 1.3.5: Eating out and Eating disorders

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> <ul style="list-style-type: none">a) State points to consider when eating outb) Recognize the common types of eating disordersc) State undesirable health effect of eating disorders	Poster on eating disorders	P 23 Ex 6	Questions given on website	Eating disorders https://www.eatingdisorderhope.com/information/eating-disorder

Topic 6.2: Textile Decoration Techniques- Tie & dye

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> <ul style="list-style-type: none">a) Apply colour to fabric using the tie and dye technique	Making of different samples to illustrate at least 4 different tie and dye techniques	Copy steps how to dye fabric	Make samples of all tie and dye techniques	https://ssp.moemu.org/watch.php?v=1286

Topic 6.2: Textile Decoration Technique (Quilting)

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Work out the quilting technique to create a padded material	Creative textile project	Write steps to carry out quilting techniques	Make samples to demonstrate quilting	https://ssp.moemu.org/watch.php?v=1387

Topic: 8.3 Textile Project

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Identify ways to recycle scrap materials into new textile items. b) Construct a textile item using basic sewing skills and techniques. c) Apply different textile decoration techniques to personalize a textile item.	Make a tote bag, apply at least 2 textile decoration techniques .	Copy order of work P 134	Draft pattern for tote bag	https://ssp.moemu.org/watch.php?v=1388

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Topic: 3.1 Food preparation: Kitchen Equipment

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Demonstrate the safe use of the stove, oven and microwave oven during food preparation	Cinnamon oat cookies	P 43 Activity 1	Print and label different parts of stove, oven and microwave oven	https://ssp.moemu.org/watch.php?v=1061 https://ssp.moemu.org/watch.php?v=1113

Topic 3.2, 3.3: Healthy Meals, Garnishes and Decoration, Convenience Food

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Plan healthy and attractive meals b) Use different types of convenience foods to prepare healthy meals	Chop Suey	Copy table on advantages and disadvantages of convenience foods	P 46 Activity 2, P 50 Activity 1	https://ssp.moemu.org/watch.php?v=1662 https://ssp.moemu.org/watch.php?v=1663

Topic 3.4: Healthy Cooking

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Prepare and serve healthy and attractive meals	Sponge cake	P 59, 60 (1-4)	Make a table on the different methods of cake making, underlying principles and examples of dishes	https://ssp.moemu.org/watch.php?v=1665 https://ssp.moemu.org/watch.php?v=1688 https://ssp.moemu.org/watch.php?v=1687 https://ssp.moemu.org/watch.php?v=1686

Topic 5: Consumer Awareness

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Analyse and interpret information found on labels and manuals b) Recognize the importance of caring for textiles	Poster on food labelling	P 80 (1-6)	P77 Activity 2	https://ssp.moemu.org/watch.php?v=1263 https://ssp.moemu.org/watch.php?v=1262 https://ssp.moemu.org/watch.php?v=1264

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July Assessment

Component	Time Allocation	Type	Maximum Mark
2	1 hour 15 mins	short answer questions	50

The paper will consist of structured questions, Fill in the blanks and True/False. Candidates should answer **all** questions.

THIRD TERM [11/08/2025 –31 /10/2025]

Topic 1.2: Fruits and Vegetables

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Recognise the need to consume fruits and vegetables daily	Collage on different colours of local fruits and vegetables	P15Ex 1,2	Make a table on colours and name of different fruits and vegetables	https://ssp.moemu.org/watch.php?v=1288 https://ssp.moemu.org/watch.php?v=1476

Topic: 2.1 Sustainable Food production and Consumption

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Differentiate between sustainable and unsustainable food production and consumption practices. b) Give examples of sustainable food production and consumption practices.	Cassava pudding	P 34 Exercise 1-3	P 31 Activity 1	https://ssp.moemu.org/watch.php?v=1350 https://ssp.moemu.org/watch.php?v=1351

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Topic 7.1: Elements of Fashion Design

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Demonstrate an understanding of the nature of fashion design. b) Apply basic elements of fashion design when creating textile items.	Collect and identify scrap fabrics with a variety of prints and designs	P106 Exercises (Q1-2)	P 101 Activity 1	https://ssp.moemu.org/watch.php?v=1628 https://ssp.moemu.org/watch.php?v=1073 https://ssp.moemu.org/watch.php?v=1060

Topic 7.2: Fashion Trends

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> a) Demonstrate an understanding of the evolution of fashion trends.	Poster on fashion trends in the 70's till now	P106 Exercises (Q3-6)	Make notes on the factors which influence fashion trends	https://ssp.moemu.org/watch.php?v=1478 https://ssp.moemu.org/watch.php?v=1479

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Topic: 4.1 Building strong family relationships

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> <ul style="list-style-type: none"> a) explain the importance of strong family relationships b) suggest ways to cope with the challenges for building and maintaining strong family relationships 	Making a report card on own contribution to build strong family relationships	P 63 Research work	P 65 Activity 2	https://ssp.moemu.org/watch.php?v=1072 https://ssp.moemu.org/watch.php?v=1092

Topic 4.2: Family and Technology

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<i>Students should be able to:</i> <ul style="list-style-type: none"> a) Discuss the positive and negative impact of technology on family life 	Macaroni with canned fish Rougaille and cheese	P 72 Ex 1-7	Research on gaming addiction	Technology and the Family https://www.youtube.com/watch?v=37OLJPjoews How Technology Has Changed Family Life: A Multimedia Mashup https://www.youtube.com/watch?v=zW6p11QqR7o

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October Assessment

Component	Time Allocation	Type	Maximum Mark
2	1 hour 15 mins	short answer questions	50

The paper will consist of structured questions, Fill in the blanks and True/False. Candidates should answer **all** questions.