Selly Oak Trust School

Skills for Life

PLP

(Personalised Learning Project)

Your Name and Form

_________________________________________
The challenge:

To plan and make a balanced two-course meal on a budget. You will need to discuss and agree this with other members of your family and work out the cost of the ingredients so that you work within your agreed budget. You should then prepare your meal and if possible provide photographic evidence of the end result. Good luck!

Skills Development:

- Improving Own Learning and Performance
- Working With Others
- Self Management
- Communication
- Numeracy
# Planning and making a balanced two-course meal on a budget

## The challenge:
With others, work within a budget to plan and prepare a balanced two-course meal or packed lunch for one of the following:
- An elderly person
- A teenager
- Someone on a calorie-controlled diet
- A family with two children under five years old

Make the food, present it and review what you learnt.

## Who is in your group?

## Who is your meal going to be for?

## What do you think your meal should be like? Healthy? Fresh? Tasty?
List your ideas:

## What budget you have been given? £
Planning and making a balanced two-course meal on a budget

Look at the food group pyramid below to help you decide what foods you need to include in your meal:

- Fats, sweets and salt
- Milk, cheese, yogurt
- Vegetables
- Bread, rice, pasta, cereals
- Meats, fish, nuts, beans
- Fruit

You must try to include foods from each section in your meal. Consider which part of the meal you could use them in:

```
 starter
```

```
 Our meal

 main
```

```
 dessert
```
Planning and making a balanced two-course meal on a budget

Find the recipes that you are planning to follow for each course.

<table>
<thead>
<tr>
<th>Write a list of all the ingredients that you will need to buy:</th>
<th>Make a list of the equipment that you will need to make your meal:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>e.g. cheese grater, cooker, bowls</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Estimated cost:</th>
<th>£</th>
</tr>
</thead>
<tbody>
<tr>
<td>Budget:</td>
<td>£</td>
</tr>
</tbody>
</table>
### Recipe

**Name of dish:**

**Course:**
- [ ] Starter
- [ ] Main
- [ ] Dessert

**Special dietary requirements:**

**Ingredients:**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Steps to follow</th>
</tr>
</thead>
</table>

**Equipment needed:**
### Recipe

#### Name of dish:

#### Course:

<table>
<thead>
<tr>
<th></th>
<th>Starter</th>
<th>Main</th>
<th>Dessert</th>
</tr>
</thead>
</table>

#### Special dietary requirements:

#### Ingredients:

#### Steps to follow:

#### Equipment needed:
Planning and making a balanced two-course meal on a budget

Write a plan of duties for the day when you will be making your meal. Don’t forget to make a note of who is doing the washing up!

<table>
<thead>
<tr>
<th>Duty or task e.g. chopping veg, cooking pasta, washing up</th>
<th>Who is going to do it?</th>
<th>Done ✓</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>
Planning and making a balanced two-course meal on a budget

Include some photos of you and your group in action - don’t forget to include one of your finished meal!
Reviewing your meal

Did you enjoy eating your meal? Was it healthy, tasty and enjoyable?
What did other people think of your meal?

What I thought

What other people thought
Reviewing your meal

Pick out five of the words that you wrote in the ‘What do you think your meal should be like?’ box on page 1.

Write these words at the end of each spike on the star chart below. For each criteria, score your meal out of 5 by marking an X on the spikes and join the crosses to make your star chart.

You could ask someone else to do the same using a different colour.
Discuss or research the safety rules for gas, electricity and water. Use the tables to record the main points for each.

### GAS

<table>
<thead>
<tr>
<th>DOs</th>
<th>DON’Ts</th>
</tr>
</thead>
</table>

### ELECTRICITY

<table>
<thead>
<tr>
<th>DOs</th>
<th>DON’Ts</th>
</tr>
</thead>
</table>
## WATER

<table>
<thead>
<tr>
<th>DOs</th>
<th>DON’Ts</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Mains Supplies

- **A gas isolating supply lever or valve** is the mains supply switch for gas. It can be found inside or outside of the house, next to the gas meter.

- **A circuit breaker or trip switch** is the mains supply switch for electricity. It is usually found inside the house, next to the electricity meter.

- **A stopcock** is the mains supply switch for water. It is usually found outside of the house, e.g. on a path or driveway.
# Finding Information

**Wordsearch: gas, electricity and water safety rules**

- water
- gas
- electricity
- smell
- shock
- burn
- fire
- flood
- explosion
- ignite
- switch
- stopcock
- isolate
- fuse
- insulator
- first aid
# Mains Supply Switches in the Home

<table>
<thead>
<tr>
<th>Mains supply switch for:</th>
<th>Location in my home:</th>
<th>I know how to turn this off in an emergency (tick):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gas (isolating supply lever or valve)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electricity (circuit breaker or trip switch)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water (stopcock)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Witness Statement

I confirm that [name of pupil] has located the mains supply switches in the home for:

- [ ] gas
- [ ] electricity
- [ ] water

and knows how to turn them off in an emergency.

Witness signature: ___________________________ Date: ____________

Role of witness: ____________________________
Home Safety Worksheet

Where would you look for the information to enable you to contact the gas, electricity and water services in an emergency?

Write down the emergency telephone numbers for all three services in your area:

- GAS
- ELECTRICITY
- WATER

What would you do and not do if you entered a room and there was a strong smell of gas?

If a pipe fractured or burst in the loft and water was leaking through the ceiling what steps would you take to prevent flooding?

1.
2.
3.
4.
### Really Useful Emergency Contact List

<table>
<thead>
<tr>
<th>Service type</th>
<th>Contact name</th>
<th>Telephone number</th>
</tr>
</thead>
<tbody>
<tr>
<td>General builder</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plumber</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Electrician</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Computer technician</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Telephone/Internet provider</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Washing machine repair</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other of your choice:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
It is important for your health and well-being to keep physically fit and active. Have a go at one of our suggested circuit training plans or complete a walk.

**Beginner**

**Circuit Training**

1 Minute Sit Ups  
1 Minute rest  
1 Minute Star Jumps  
1 Minute Rest  
1 Minute Press Ups  
1 Minute Rest  
1 Minute Jogging on the spot  
1 Minute Rest  
1 Minute Torso Twist  
1 Minute Rest

Or complete a 10 minute walk
Intermediate Circuit Training

1 Minute Sit Ups
1 Minute rest
1 Minute Star Jumps
1 Minute Rest
1 Minute Press Ups
1 Minute Rest
1 Minute Jogging on the spot
1 Minute Rest
1 Minute Torso Twist
1 Minute Rest
1 Minute Bicep Curls
(use tins of food for weights)
1 Minute Rest
1 Minute Burpees
1 Minute Rest
1 Minute Lateral Raise
1 Minute Rest

Or complete a 15 minute walk
Complete as part of your home learning task. Fill in the date and get somebody to sign to say that you have attempted this. They may comment on how successful you were.

<table>
<thead>
<tr>
<th>Task Description</th>
<th>How did I do?</th>
<th>Date</th>
<th>Signed</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can use a mop to clean the floor</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can use a vacuum cleaner</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can use a washing machine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can try and find the best deal in online</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Task</td>
<td>Feedback</td>
<td>Date</td>
<td>Signature</td>
</tr>
<tr>
<td>--------------------------------------------------------</td>
<td>----------</td>
<td>------</td>
<td>-----------</td>
</tr>
<tr>
<td>I can identify where I can get a bus from</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How did I do?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DATE</td>
<td>SIGNED</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can make a simple cold / hot snack</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How did I do?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DATE</td>
<td>SIGNED</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can make myself a drink</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How did I do?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DATE</td>
<td>SIGNED</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can wash and dry up</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How did I do?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DATE</td>
<td>SIGNED</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can use an online learning website (mymaths)</td>
<td>How did I do?</td>
<td>DATE</td>
<td>SIGNED</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>---------------</td>
<td>------</td>
<td>--------</td>
</tr>
<tr>
<td><img src="image" alt="Mymaths.co.uk" /></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>I can search for events in my local area and plan a visit</th>
<th>How did I do?</th>
<th>DATE</th>
<th>SIGNED</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Event search" /></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Healthy Lifestyle

Breakfast
Fitness
Hobbies
Read
Talk
Yourself

Clean
Friends
Positive
Rest
Time

Fruit
Protein
Sleep
Wash