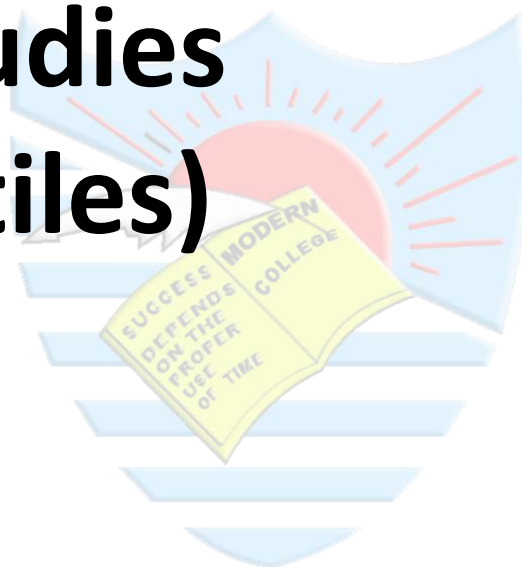


## Plan of Work Technology Studies (Food and Textiles)



**Grade 7**

For examination from 2025

**Head of Department:** Mrs Rajputh S

**Prepared by:** Mrs Rajputh S ,Mrs Barah P, Mrs Ramdin N, Mrs Gurraya P, Ms Mohabir M

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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 [13/01/2025 – 11/04/2025]

### Unit 1- Topic: 1.1 Importance of nutrition

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ul style="list-style-type: none"><li>a) Understand the need for food</li><li>b) Classify foods in groups</li><li>c) Identify the three food groups and their examples</li></ul>	Making a plate model showing the food groups	P 2 Q1 P3 Q2	Gather pamphlets and brochures related to nutrition in Mauritius	<ul style="list-style-type: none"><li>• Classification of foods</li></ul> <a href="https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=classification+of+foods#id=12&amp;vid=5d41880da9bd7d9eceba97b6554f70a5&amp;action=view">https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=classification+of+foods#id=12&amp;vid=5d41880da9bd7d9eceba97b6554f70a5&amp;action=view</a>

### Unit 1- Topic: 1.2 Balanced diet

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ul style="list-style-type: none"><li>a) Define meal and give examples</li><li>b) plan a balanced meal</li><li>c) Define diet</li><li>d) Understand what healthy eating means.</li><li>e) Define snacks</li></ul>	Illustration of balanced meals by photo collage	P 6 Q1-4	Recording of a weekly diet plan	<ul style="list-style-type: none"><li>• Balanced meals</li></ul> <a href="https://www.youtube.com/watch?v=9VtxCxtsMAI&amp;feature=youtu.be">https://www.youtube.com/watch?v=9VtxCxtsMAI&amp;feature=youtu.be</a>

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## Unit 1- Topic: 1.3 Smart snacking

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b>Students should be able to:</b> a) List examples of local snacks b) Recognize healthy and unhealthy snacks	Making of healthy snack- Maize pudding	P 8 Q 1-3	Recording of snacks eaten during a week	<ul style="list-style-type: none"><li>Snacks</li></ul> <a href="https://www.youtube.com/watch?v=mgjk7HUg1y4">https://www.youtube.com/watch?v=mgjk7HUg1y4</a>

## Unit 4- Topic: 4.1 Personal Hygiene

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b>Students should be able to:</b> a) Define and understand the importance of hygiene. b) Know how to care for different parts of the body (hair, skin, teeth)	Demonstration of hand washing techniques for personal hygiene	P 11 Activity P 11 Q 1-3	Search on SPF factor	<ul style="list-style-type: none"><li>Personal hygiene</li></ul> <a href="https://www.youtube.com/watch?v=cWZqauin41w&amp;feature=youtu.be">https://www.youtube.com/watch?v=cWZqauin41w&amp;feature=youtu.be</a>

## Unit 5- Topic: 5.1 Fashion Sense

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
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<b><i>Students should be able to:</i></b> a) Understand the importance of clothing b) Define the Functional and social reasons for dressing	chart showing types of clothing	P 52 Q 1,2	Search on types of clothing in different countries	<ul style="list-style-type: none"> <li>Clothing importance</li> </ul> <a href="https://video.search.yahoo.com/search/video?fr=mafee&amp;p=importance+of+clothing#id=1&amp;vid=4fae7d1e88bf998aa8d275d7429dbdd9&amp;action=click">https://video.search.yahoo.com/search/video?fr=mafee&amp;p=importance+of+clothing#id=1&amp;vid=4fae7d1e88bf998aa8d275d7429dbdd9&amp;action=click</a>
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## Unit 5- Topic: 5.1 Fashion Sense

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> a) Understand what are accessories and give examples of those available and in use in daily life <b>b)</b> What are decorative and functional accessories	Illustration of types of clothing and accessories through photos	P 53 Activity 2 P 54 Q1-3	Search on functional accessories	<ul style="list-style-type: none"> <li>Accessories</li> </ul> <a href="https://video.search.yahoo.com/search/video?fr=mafee&amp;p=fashion+accessories#id=31&amp;vid=6b6660035ab14b54711a57409d0a4cf1&amp;action=view">https://video.search.yahoo.com/search/video?fr=mafee&amp;p=fashion+accessories#id=31&amp;vid=6b6660035ab14b54711a57409d0a4cf1&amp;action=view</a>

## Unit 6- Topic: Hygiene during food preparation

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ul style="list-style-type: none"> <li>a) Recognize the importance of good hygiene practices</li> <li>b) List basic hygiene practices to prevent illness</li> </ul>	Kitchen hygiene & food hygiene demonstration	P 11 Q 1-3	Search on care of kitchen equipment	<ul style="list-style-type: none"> <li>• Food hygiene <a href="https://www.youtube.com/watch?v=pLJ703rOTq4&amp;feature=youtu.be">https://www.youtube.com/watch?v=pLJ703rOTq4&amp;feature=youtu.be</a></li> <li>• Kitchen hygiene <a href="https://www.youtube.com/watch?v=XkL5Ac8HzF0&amp;feature=youtu.be">https://www.youtube.com/watch?v=XkL5Ac8HzF0&amp;feature=youtu.be</a></li> </ul>

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

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ul style="list-style-type: none"> <li>a) Identify items found in the sewing kit.</li> <li>b) State the importance of sewing tools and equipment for measuring, marking, pinning and cutting</li> </ul>	Making of a sewing kit	Activity p 66	Search on invention of sewing	<ul style="list-style-type: none"> <li>• Sewing kit <a href="https://www.youtube.com/watch?v=G-6yvVFZ9aY&amp;feature=youtu.be">https://www.youtube.com/watch?v=G-6yvVFZ9aY&amp;feature=youtu.be</a></li> </ul>



## Unit 7- Topic: 7.1 Ironing and pressing equipment

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> a) List main uses of basic ironing and pressing equipment	Finishing with stitches	P 68 Q 1-3	Search on care of iron	<ul style="list-style-type: none"><li>pressing equipment <a href="https://www.youtube.com/watch?v=7Q1OC0MrjEk&amp;feature=youtu.be">https://www.youtube.com/watch?v=7Q1OC0MrjEk&amp;feature=youtu.be</a></li></ul>

## Unit 7- Topic: 7.3 Decorative Techniques

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> a) Paint simple motifs on fabric and do block printing using vegetables or any other means	Painting Printing ---Block and stencil collage	P 75 Activity	P 75 Activity	<ul style="list-style-type: none"><li>Fabric printing <a href="https://www.youtube.com/watch?v=5n9NOPWcWfU&amp;feature=youtu.be">https://www.youtube.com/watch?v=5n9NOPWcWfU&amp;feature=youtu.be</a></li></ul>

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Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
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## 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 [28/04/2025 –18 /07/2025]

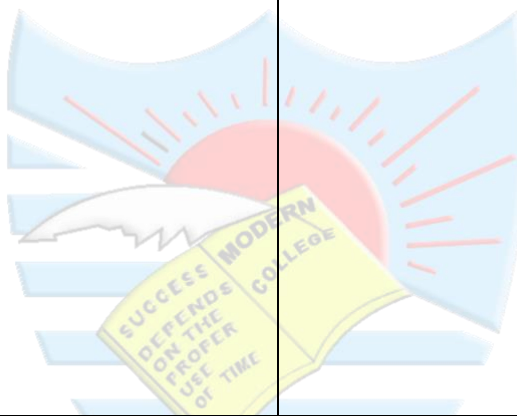
### Unit 6- Topic: 6.1 Textiles in everyday life

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> a) Define textile b) Understand the uses of textiles in different fields of technology	Illustration of textiles items in medical and food e.g. Tea bags, bandage Lemon iced tea drink	P 58 Q1-4	Search on timeline of clothing and textiles	<ul style="list-style-type: none"><li>Textiles in technology</li></ul> <a href="https://sewguide.com/what-are-textiles/">https://sewguide.com/what-are-textiles/</a>

### Unit 6- Topic: 6.2 Fibres to fabrics

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> a) Classify main textile fibres b) Differentiate between fibres, yarns and fabrics	Showing how a woolen yarn is made up of fibres- From fibre to yarn (P 163)	P 62 Q1-6	Fabric collage (woven, felted, knitted)	<ul style="list-style-type: none"><li>Fibres, yarns, fabrics</li></ul> <a href="https://www.youtube.com/watch?v=CGRsBDMSVGI&amp;feature=youtu.be">https://www.youtube.com/watch?v=CGRsBDMSVGI&amp;feature=youtu.be</a> <ul style="list-style-type: none"><li>Fabric painting</li></ul> <a href="https://www.youtube.com/watch?v=NboExzA5ULY&amp;feature=youtu.be">https://www.youtube.com/watch?v=NboExzA5ULY&amp;feature=youtu.be</a>

## Unit 7- Topic: 7.2 Basic sewing stitches: Tacking and Running

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p><b><i>Students should be able to:</i></b></p> <ul style="list-style-type: none"> <li>a) differentiate between temporary and permanent hand stitches</li> <li>b) learn tacking, running stitches</li> </ul>	<p>working tacking and running stitches</p> 	<p>Samples of stitches</p>	<p>Use of embroidery thread to create a fabric decoration</p>	<ul style="list-style-type: none"> <li>• Hand sewing stitches <a href="https://www.youtube.com/watch?v=1FknfumFPX8&amp;feature=youtu.be">https://www.youtube.com/watch?v=1FknfumFPX8&amp;feature=youtu.be</a></li> <li>• Embroidery stitches <a href="https://www.youtube.com/watch?v=kKnBUa4I2k4&amp;feature=youtu.be">https://www.youtube.com/watch?v=kKnBUa4I2k4&amp;feature=youtu.be</a></li> <li><a href="https://www.youtube.com/watch?v=f6a0DTPFh4s&amp;feature=youtu.be">https://www.youtube.com/watch?v=f6a0DTPFh4s&amp;feature=youtu.be</a></li> </ul>

## Unit 7- Topic: 7.4 Textile item, Resource management

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>a) Understand a textile item</li> <li>b) manage resources for textile project</li> </ul>	Family reminder board/ banner	P 90	Personalised banner	<ul style="list-style-type: none"> <li>• Fabric Bunting How to with Free Pattern - Whitney Sews  <a href="https://www.youtube.com/watch?v=gsSVLb_EzUw">https://www.youtube.com/watch?v=gsSVLb_EzUw</a> </li> </ul>

## Unit7- Topic: 7.4 Handcrafted Textile Items-Wall Hanger

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b>Students should be able to:</b> <ul style="list-style-type: none"> <li>a) Design a simple textile item(s)</li> <li>b) Select appropriate materials for the item(s)</li> <li>c) Apply selected fabric decoration techniques to personalise your item(s)</li> <li>d) Construct the item using basic sewing skills and techniques</li> </ul>	Wall hanger	P 82	Personalised banner	<ul style="list-style-type: none"> <li>• Fabric Bunting How to with Free Pattern - Whitney Sews  <a href="https://www.youtube.com/watch?v=gsSVLb_EzUw">https://www.youtube.com/watch?v=gsSVLb_EzUw</a> </li> </ul>

## Unit 3- Topic: 3.1 Weighing and measuring ingredients

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> a) Use appropriate equipment to weigh and measure ingredients b) State importance of weighing and measuring ingredients accurately	Use of kitchen balance and spoons for measuring	P 15 Activity	Recording of weight of common household products	<ul style="list-style-type: none"> <li>kitchen equipment  <a href="https://www.youtube.com/watch?v=rauigEKJoks&amp;feature=youtu.be">https://www.youtube.com/watch?v=rauigEKJoks&amp;feature=youtu.be</a> </li> <li>Weighing equipment in kitchen  <a href="https://www.youtube.com/watch?v=qzr82EuiJu0">https://www.youtube.com/watch?v=qzr82EuiJu0</a> </li> </ul>

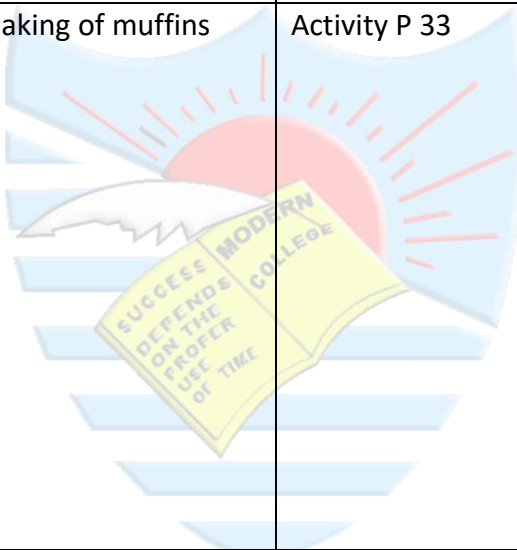
## Unit 3- Topic: 3.3 Reading and interpreting recipes, Resource management

<b><i>Students should be able to:</i></b> 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	<input type="checkbox"/> Reading recipe <a href="https://www.youtube.com/watch?v=w0jtnuWu1O0&amp;feature=youtu.be">https://www.youtube.com/watch?v=w0jtnuWu1O0&amp;feature=youtu.be</a>
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## Unit 3- Topic: 3.4 Food preparation- Getting familiar with recipes

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> a) Understand rules to respect in food specialist room b) Interpret recipes of simple dishes.	Demonstration of safety during food preparation  Making of sandwiches and orangeade	P 25	Search on safety in kitchen	<ul style="list-style-type: none"> <li>Kitchen safety showdown   Play all</li> </ul> <a href="https://www.youtube.com/watch?v=Y7D90UJbCg0">https://www.youtube.com/watch?v=Y7D90UJbCg0</a>

## Unit 3- Topic: 3.4 Muffins

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p><b><i>Students should be able to:</i></b></p> <p>a) understand the instructions of making a baked product</p>	<p>making of muffins</p> 	<p>Activity P 33</p>	<p>Search on origin of muffins</p>	<ul style="list-style-type: none"> <li>Safety in kitchen <a href="https://www.youtube.com/watch?v=QVtwhOHLP44">https://www.youtube.com/watch?v=QVtwhOHLP44</a></li> <li>Muffins <a href="https://www.youtube.com/watch?v=S3SLc0WSrgA&amp;feature=youtu.be">https://www.youtube.com/watch?v=S3SLc0WSrgA&amp;feature=youtu.be</a></li> <li>chocolate cupcake <a href="https://www.youtube.com/watch?v=Cb9ilqFZpEQ&amp;feature=youtu.be">https://www.youtube.com/watch?v=Cb9ilqFZpEQ&amp;feature=youtu.be</a></li> </ul>



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## July Assessment

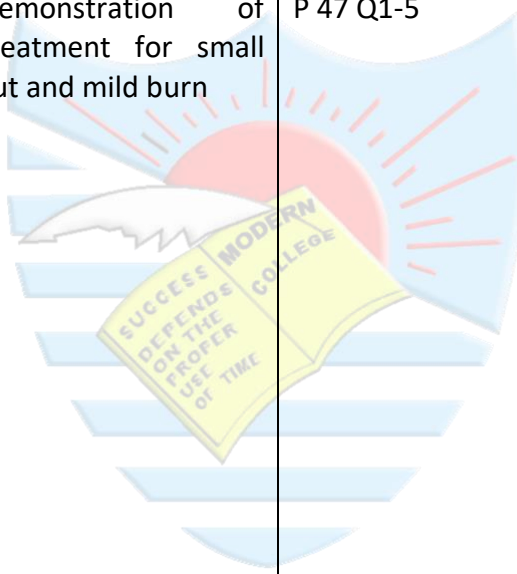
Component	Time Allocation	Type	Maximum Mark
2	1hr	short answer questions	50

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 [11/08/2025 –31 /10/2025]

### Unit 4- Topic: 4.3 First Aid

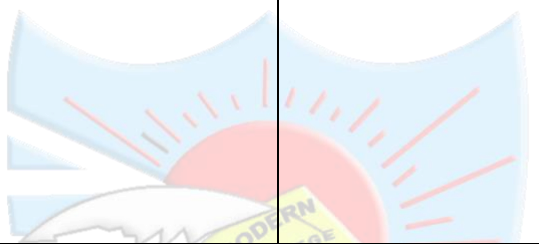
Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>a) Define first aid</li> <li>b) Know the basic first aid equipment</li> <li>c) Know how to treat small cuts and burns</li> </ul>	<p>Demonstration of treatment for small cut and mild burn</p> 	<p>P 47 Q1-5</p>	<p>Making a first aid box.</p>	<ul style="list-style-type: none"> <li>• First aid <a href="https://www.youtube.com/watch?v=aK9xrsK7vPg&amp;feature=youtu.be">https://www.youtube.com/watch?v=aK9xrsK7vPg&amp;feature=youtu.be</a></li> <li>• Treating burns</li> <li>• <a href="https://youtu.be/pwRCn_lkxeQ">https://youtu.be/pwRCn_lkxeQ</a></li> <li>• Treating cuts and bruises  <a href="https://www.youtube.com/watch?v=AhANvBB9hz0&amp;feature=youtu.be">https://www.youtube.com/watch?v=AhANvBB9hz0&amp;feature=youtu.be</a></li> </ul>

### Unit 7- Topic: 7.2 Basic sewing stitches: Hemming

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources

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<b>Students should be able to:</b> a) learn hemming stitch	working hemming stitch  	Samples of stitches	Use of embroidery thread to create a fabric decoration	<ul style="list-style-type: none"> <li>Hand sewing stitches <a href="https://www.youtube.com/watch?v=1FknfumFPX8&amp;feature=youtu.be">https://www.youtube.com/watch?v=1FknfumFPX8&amp;feature=youtu.be</a></li> <li>Embroidery stitches <a href="https://www.youtube.com/watch?v=kKnBUa4l2k4&amp;feature=youtu.be">https://www.youtube.com/watch?v=kKnBUa4l2k4&amp;feature=youtu.be</a></li> <li><a href="https://www.youtube.com/watch?v=f6a0DTPFh4s&amp;feature=youtu.be">https://www.youtube.com/watch?v=f6a0DTPFh4s&amp;feature=youtu.be</a></li> </ul>
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## Unit 4- Topic: 4.2 Risky Behaviour

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b>Students should be able to:</b> a) Identify risky behaviours and their consequences b) State measures how to keep safe	Group work p 145	P 43 Q 1-3	Search on outcome of synthetic drugs	<ul style="list-style-type: none"> <li>Synthetic Drugs &amp; Effects - The Truth About Drugs Mini-Documentary: <a href="https://www.youtube.com/watch?v=CpnHkziqaR4">https://www.youtube.com/watch?v=CpnHkziqaR4</a></li> </ul>

## Unit 3- Topic: 3.2 Culinary Skills

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ul style="list-style-type: none"> <li>a) List down the basic culinary skills in food preparation</li> <li>b) Name the equipment used for each method</li> <li>c) Differentiate between the skills used in food preparation</li> </ul>	Making tropical salad with fruits and vegetables	P 18 Q1- 4	P 25 Q 1-3	<ul style="list-style-type: none"> <li>• Culinary skills  <a href="https://www.youtube.com/watch?v=8VBnaFhOEn8&amp;feature=youtu.be">https://www.youtube.com/watch?v=8VBnaFhOEn8&amp;feature=youtu.be</a> </li> </ul>

## Unit 3- Topic: 3.4 Tropical salad

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ul style="list-style-type: none"> <li>b) understand the instructions of making the tropical salad and make use of the different culinary skills learnt.</li> </ul>	making of tropical salad	Activity P 28	Search on different types of salad	<ul style="list-style-type: none"> <li>• salad recipes  <a href="http://allrecipes.com/recipes/96/salad/">http://allrecipes.com/recipes/96/salad/</a> </li> </ul>

## Unit 3- Topic: 3.4 Food preparation- Getting familiar with recipes

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> c) Understand rules to respect in food specialist room d) Interpret recipes of simple dishes.	Demonstration of safety during food preparation  Making of sandwiches and orangeade	P 25	Search on safety in kitchen	<ul style="list-style-type: none"> <li>Kitchen safety showdown   Play all</li> </ul> <a href="https://www.youtube.com/watch?v=Y7D90UJbCg0">https://www.youtube.com/watch?v=Y7D90UJbCg0</a>

## Unit 7- Topic: 7.2 Basic sewing stitches: Hemming and tacking

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> b) learn hemming and tacking stitches	working hemming and tacking stitches	Samples of stitches	Use of embroidery thread to create a fabric decoration	<ul style="list-style-type: none"> <li>Hand sewing stitches  <a href="https://www.youtube.com/watch?v=1FknfumFPX8&amp;feature=youtu.be">https://www.youtube.com/watch?v=1FknfumFPX8&amp;feature=youtu.be</a> </li> <li>Embroidery stitches</li> </ul>

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				<a href="https://www.youtube.com/watch?v=kKnBUa4l2k4&amp;feature=youtu.be">https://www.youtube.com/watch?v=kKnBUa4l2k4&amp;feature=youtu.be</a>  <a href="https://www.youtube.com/watch?v=f6a0DTPFh4s&amp;feature=youtu.be">https://www.youtube.com/watch?v=f6a0DTPFh4s&amp;feature=youtu.be</a>
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## 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.