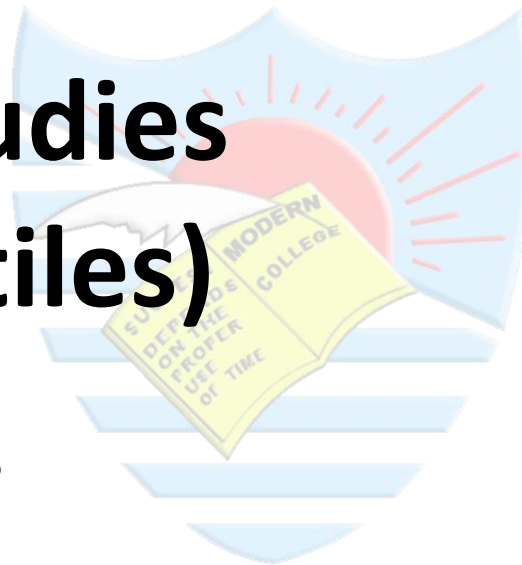


# Plan of Work Technology Studies (Food and Textiles)

Grade 8

For examination from 2025



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**Prepared by:** Mrs Ramdin I, Mrs Barah P

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SUCCESS DEPENDS ON THE PROPER USE OF TIME

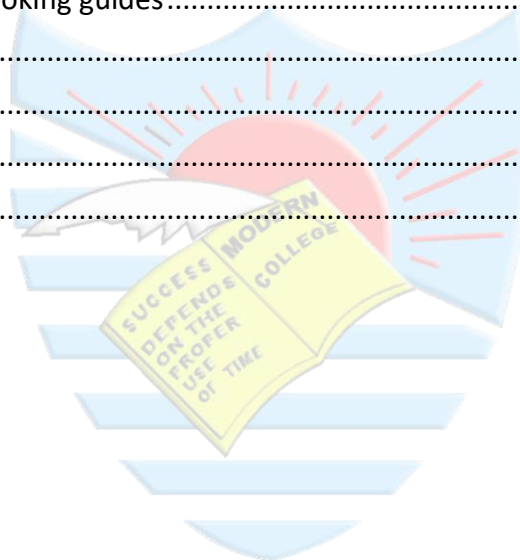
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## Introduction

### 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.

**The objectives set in this plan of work are achievable if we have normal school days.**

## FIRST TERM [13/01/2025 – 11/04/2025]

### Topic: 1 Three Food Groups

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 the three food groups</li><li>b) Understand nutrients</li></ul>	Chart on food groups	Copy the names of the different nutrients	Search on nutrients	<ul style="list-style-type: none"><li>• Food groups <a href="https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</a></li></ul>

### Topic: 1.1 Protein

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 food sources of protein</li><li>b) Identify a few examples of food rich in protein</li><li>c) State importance of protein</li><li>d) State health consequences linked to a lack and an excess of protein</li></ul>	Make collage of foods rich in protein	P 4 Q 1-3	Research on kwashiorkor	<a href="https://sspmoe.mu/grade-8/grade-8-subject-food-and-textiles-studies-micronutrients-proteins-lesson-1-unit-1/">https://sspmoe.mu/grade-8/grade-8-subject-food-and-textiles-studies-micronutrients-proteins-lesson-1-unit-1/</a>

## Topic: 1.2 Carbohydrates

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ol style="list-style-type: none"> <li>List food sources of carbohydrates</li> <li>Identify a few examples of food rich in carbohydrates</li> <li>State importance of carbohydrates</li> <li>State health consequences linked to a lack and an excess of carbohydrates</li> </ol>	Poster on food sources and functions of different types of carbohydrates	P 7 ex 1-6	P 7 Activity 1	<ul style="list-style-type: none"> <li>Food groups: carbohydrates</li> </ul> <a href="https://www.youtube.com/watch?v=MTo_1WVlbGc">https://www.youtube.com/watch?v=MTo_1WVlbGc</a>

## Topic: 1.3 Fats and Cholesterol

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ol style="list-style-type: none"> <li>Classify and identify sources of fats</li> <li>State importance of fats</li> <li>State main health consequences of lack or excess fats</li> <li>Identify foods containing saturated, unsaturated fats and cholesterol</li> </ol>	Vanilla and carrot cupcakes	P 13 Ex 1-5	P 13 Activity 2	<ul style="list-style-type: none"> <li>Fats sources and functions</li> </ul> <a href="https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=fats+sources+and+functions#id=3&amp;vid=aae3709cc8e99db08a48a70af3747bb2&amp;action=click">https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=fats+sources+and+functions#id=3&amp;vid=aae3709cc8e99db08a48a70af3747bb2&amp;action=click</a>

## Topic: 6 Importance of Textiles, Performance Characteristics

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p><b>Students should be able to:</b></p> <p>a) List the basic performance characteristics of main textile fibres</p> <p>b) Relate the performance characteristics of textile fibres to their end-uses</p>	Collect samples of fabrics and learn characteristics by feel, appearance etc.	P 80 Ex 1-4	P 78 Activity 2	<ul style="list-style-type: none"> <li>Performance characteristics of cotton</li> </ul> <p><a href="https://www.textileschool.com/164/cotton-fibers-and-its-properties/">https://www.textileschool.com/164/cotton-fibers-and-its-properties/</a></p>

## Topic: 8.1 Embroidery (chain stitches, loop stitches)

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p><b>Students should be able to:</b></p> <p>a) Name simple fabric decoration techniques</p> <p>b) Use simple embroidery stitches to decorate textile items</p>	Working chain and loop stitches.	Prepare samples Work chain stitches and loop stitches	Search on scrap materials used for applique	<ul style="list-style-type: none"> <li>Chain stitches</li> </ul> <p><a href="https://www.youtube.com/watch?v=KP3q3H5bnf8">https://www.youtube.com/watch?v=KP3q3H5bnf8</a></p> <ul style="list-style-type: none"> <li>Loop stitches</li> </ul> <p><a href="https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=how+to+work+blanket+stitches#id=10&amp;vid=f0a29457347cd3211d4d0f4a75c77646&amp;action=click">https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=how+to+work+blanket+stitches#id=10&amp;vid=f0a29457347cd3211d4d0f4a75c77646&amp;action=click</a></p>

## Topic: 8.2 Textile Project: Fabric keyring

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b>Students should be able to:</b> a) Work on Practical Project: Fabric keyring	Fabric Keyring	Draft pattern, cut fabric for keyring. Work loop and running stitches.		

## Topic: 4.1 Family Relationship

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b>Students should be able to:</b> a) List importance of family b) Define 'family relationships' c) Identify factors for 'healthy family relationships' d) List consequences of unhealthy family relationships e) Discuss ways to contribute to build 'healthy family relationships'	Making a Thank You card	P 49 Ex 1-5	Search on how a broken family affect children	<ul style="list-style-type: none"> <li>Importance of family</li> </ul> <a href="https://www.youtube.com/watch?v=4yS6pSPw5c">https://www.youtube.com/watch?v=4yS6pSPw5c</a>

## Topic: 4.2 Conflict management

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 the term 'conflict'</li> <li>b) List two main types of conflicts</li> <li>c) Identify common causes of conflicts</li> <li>d) Discuss consequences of conflicts</li> <li>e) List steps to solve a conflict</li> </ul>	Role play	P 51 Activity 1	P 53 Activity 2	<ul style="list-style-type: none"> <li>• Conflict resolution</li> </ul> <a href="https://www.youtube.com/watch?v=KY5TWVz5ZDU&amp;list=PLacIO_cA3eDhXTAHqglYayt0grRJI-dv">https://www.youtube.com/watch?v=KY5TWVz5ZDU&amp;list=PLacIO_cA3eDhXTAHqglYayt0grRJI-dv</a>

## Topic: 4.3 Peer Pressure

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 peer pressure, positive and negative peer pressure</li> <li>b) Explain how to deal with negative peer pressure</li> </ul>	Couscous salad	P 56 Ex 1-7	P 55 Activity 1	<ul style="list-style-type: none"> <li>• Peer pressure</li> </ul> <a href="https://teens.webmd.com/peer-pressure#1">https://teens.webmd.com/peer-pressure#1</a>

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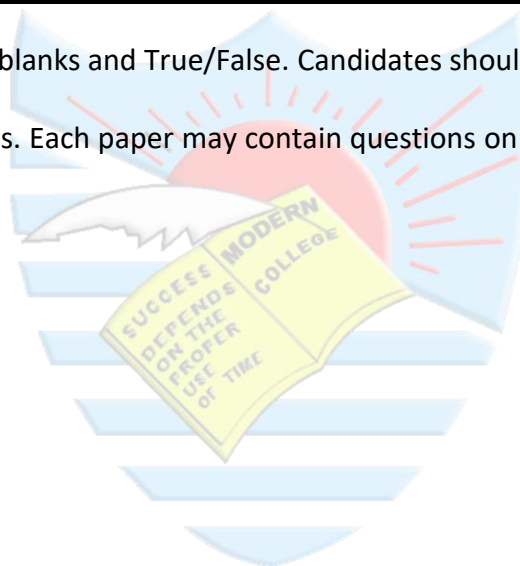
SUCCESS DEPENDS ON THE PROPER USE OF TIME

## 1<sup>st</sup> Term Assessment

Component	Time Allocation	Type	Maximum Mark
2	1 hour	MCQs 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: 2 Food spoilage, storage of food

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b>Students should be able to:</b> a) Define food spoilage. b) State the main causes of food spoilage	Poster on spoilage of banana	P 23 Q1	P 18 Activity 1	<ul style="list-style-type: none"><li>Food spoilage <a href="https://www.youtube.com/watch?v=WWGRTSbvef0">https://www.youtube.com/watch?v=WWGRTSbvef0</a></li><li>Storage of food <a href="https://www.youtube.com/watch?v=rpzDBVN8W5Q">https://www.youtube.com/watch?v=rpzDBVN8W5Q</a></li></ul>

### Topic: 2 Food Contamination, Food Poisoning, Safe Practices

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b>Students should be able to:</b> a) Define food contamination and food poisoning b) Identify common symptoms of food poisoning c) List the rules to follow to ensure that food is clean and safe to eat.	Poster on sources of food contamination in home kitchen	P 23 Q2-4 P 24 Q5, 6	P 23 Activity 2	<ul style="list-style-type: none"><li>Food contamination <a href="https://study.com/academy/lesson/types-of-food-contamination.html">https://study.com/academy/lesson/types-of-food-contamination.html</a></li><li>Food poisoning <a href="https://www.myvmc.com/videos/food-poisoning/">https://www.myvmc.com/videos/food-poisoning/</a></li></ul>

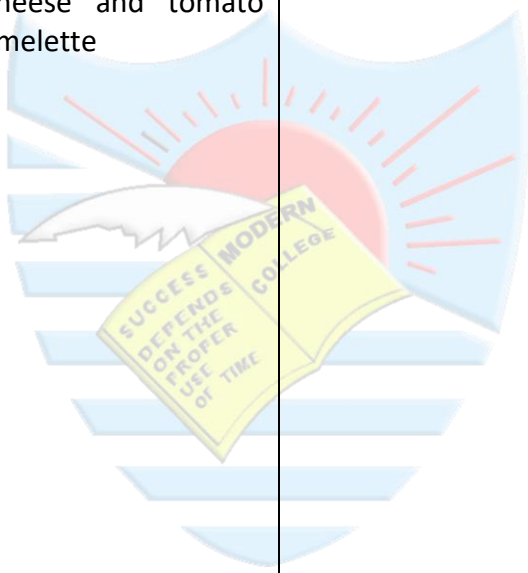
## Topic: 8.3 Reading and interpreting recipes

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) Interpret information found in recipes</li> <li>b) Understand basic hygiene and kitchen safety rules</li> </ul>	Tropical smoothie	P 26 Activity 1	Copy recipe of tropical smoothie and identify the different components of the recipe.	<ul style="list-style-type: none"> <li>• Food safety <a href="https://www.youtube.com/watch?v=iguM_pgetzo">https://www.youtube.com/watch?v=iguM_pgetzo</a></li> <li>• kitchen hygiene <a href="https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=kitchen+hygiene#id=3&amp;vid=fc647ae94a917901d2375e8f32d292e2&amp;action=click">https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=kitchen+hygiene#id=3&amp;vid=fc647ae94a917901d2375e8f32d292e2&amp;action=click</a></li> </ul>

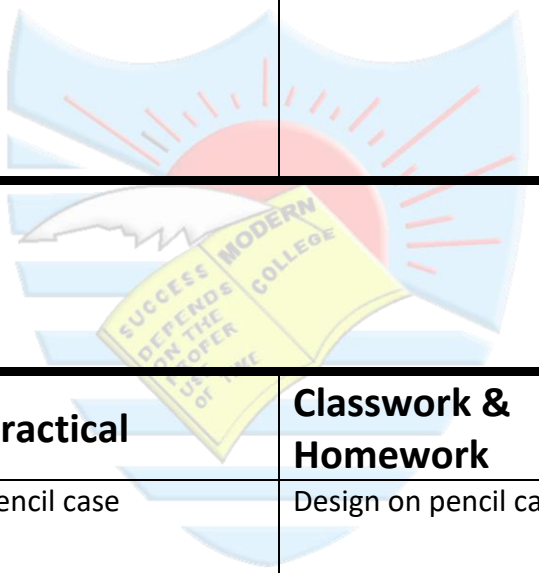
## Topic 8.3: Healthy recipes

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) Prepare healthy recipes using locally available foods</li> </ul>	Scones	P43 Ex 1,4,5,6	Search on rubbing in method	<ul style="list-style-type: none"> <li>• How to make scones - Scone recipe - Allrecipes.co.uk <a href="https://www.youtube.com/watch?v=d6rWuBSpPn0">https://www.youtube.com/watch?v=d6rWuBSpPn0</a></li> </ul>

## Topic: 8.1 Embroidery: Loop, Applique, Bead

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p><b>Students should be able to:</b></p> <ol style="list-style-type: none"> <li>Apply beads to textile items</li> <li>Work an Applique</li> <li>Work loop stitches</li> </ol>	<p>Working of an applique Cheese and tomato omelette</p> 	<p>P107 Activity 6 P107 Ex 1-4</p>	<p>Use of beads to decorate a textile item</p>	<ul style="list-style-type: none"> <li>Beads <a href="https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=video+how+to+apply+beads+on+clothing#id=1&amp;vid=25f642bd2c9fc00ffc4efb47d6580f5c&amp;action=click">https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=video+how+to+apply+beads+on+clothing#id=1&amp;vid=25f642bd2c9fc00ffc4efb47d6580f5c&amp;action=click</a></li> <li>Applique <a href="https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=how+to+work+an+applique#id=6&amp;vid=ee8c72b542c99dca9dced6af01c11819&amp;action=click">https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=how+to+work+an+applique#id=6&amp;vid=ee8c72b542c99dca9dced6af01c11819&amp;action=click</a></li> <li>whipped running stitches <a href="https://www.youtube.com/watch?v=7b3VI_N1r00">https://www.youtube.com/watch?v=7b3VI_N1r00</a></li> </ul>

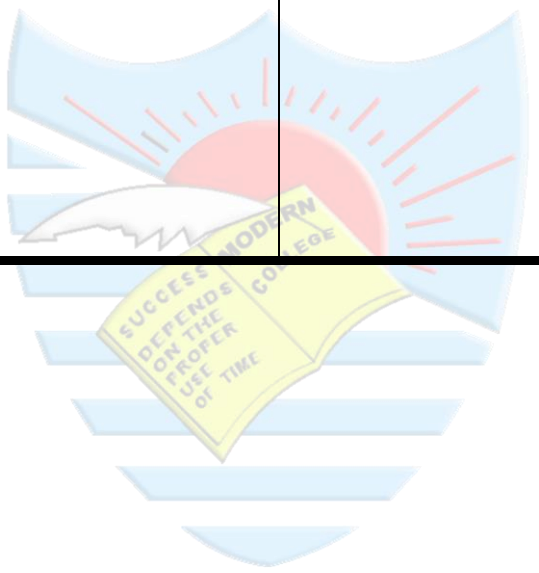
## Topic: 7.1 Fashion Design (Colour, Texture)

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) Describe how colour as an element of fashion design affect appearance</li> <li>b) State how fabric textures influence choice of clothing</li> <li>c) Choose items of clothing according to elements of fashion design</li> </ul>	<p>Drawstring pouch</p> 	<p>P 88 Ex 1-6</p>	<p>P 87 Activity 3</p>	<ul style="list-style-type: none"> <li>• How to Match Color in Your Outfit</li> </ul> <p><a href="https://www.youtube.com/watch?v=HWtuUz0IDtU">https://www.youtube.com/watch?v=HWtuUz0IDtU</a></p>

## Topic: 8.2 Textile Project

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<p><b>Students should be able to:</b></p> <ul style="list-style-type: none"> <li>b) Work on Practical Project: Pencil case</li> </ul>	<p>Pencil case</p>	<p>Design on pencil case</p>		

## Topic: 4.4 Addictive Behaviours

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 the term 'Addictive behaviour'</li><li>b) List causes and signs of addictions</li><li>c) Discuss its health consequences</li><li>d) Know how to apply decision making process to prevent it</li></ul>	<p>P 62 Activity 4 Drawstring pouch</p> 	<p>P 61 Activity 3</p>	<p>Search on game addiction</p>	<ul style="list-style-type: none"><li>• Addictive behavior</li></ul> <p><a href="https://paradigmmalibu.com/5-types-of-behavioral-addictions-common-among-teens/">https://paradigmmalibu.com/5-types-of-behavioral-addictions-common-among-teens/</a></p>

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## 2<sup>nd</sup> Term 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.



## THIRD TERM [11/08/2025 –31 /10/2025]

### Topic: 3 Recipe Modification, Food preparation and cooking guides

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ol style="list-style-type: none"> <li>Modify recipes in line with dietary guidelines</li> <li>Understand rubbing in and creaming method</li> </ol>	Vanilla cupcakes	P 43 Q 2,3	Search on dietary guidelines	<ul style="list-style-type: none"> <li>Recipe modification  <a href="https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=how+to+work+blanket+stitches#id=10&amp;vid=f0a29457347cd3211d4d0f4a75c77646&amp;action=click">https://video.search.yahoo.com/search/video?fr=mcafee&amp;p=how+to+work+blanket+stitches#id=10&amp;vid=f0a29457347cd3211d4d0f4a75c77646&amp;action=click</a> </li> </ul>

### Topic: Food Practical: Vanilla and carrot cupcakes

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ol style="list-style-type: none"> <li>Prepare and modify recipe to make it healthier</li> </ol>		Prepare cake by creaming method		

## Topic 5: Consumer Awareness

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ol style="list-style-type: none"> <li>Understand the term consumer awareness and its importance</li> <li>Identify factors affecting consumer decisions</li> <li>Influence of media</li> <li>Rights and responsibilities of a consumer</li> </ol>	Expose on Consumer Protection Unit in Mauritius	P 70 ex 1-6	P64 Activity 1	<ul style="list-style-type: none"> <li>Consumer rights and responsibilities</li> </ul> <a href="https://www.toppr.com/guides/business-studies/consumer-protection/consumer-rights-responsibilities/">https://www.toppr.com/guides/business-studies/consumer-protection/consumer-rights-responsibilities/</a>

## Topic: 7.2 Choosing your clothes and accessories

Learning Objectives	Practical	Classwork & Homework	Extra Work	Resources
<b><i>Students should be able to:</i></b> <ol style="list-style-type: none"> <li>List the factors that influence an adolescent's choice of clothes</li> <li>Select appropriate clothing and accessories for various occasions</li> </ol>	Fruit delight	P98 Ex 1-4	P 95 Activity 3	<ul style="list-style-type: none"> <li>What influences teenage fashion</li> </ul> <a href="https://healthfully.com/1002419-effects-clothing-selfesteem-teen-girls.html">https://healthfully.com/1002419-effects-clothing-selfesteem-teen-girls.html</a>

## 3rd Term Assessment

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

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

