At Junior Certificate level the student can:

Plan, prepare, cook and present simple, well-balanced meals for individuals and groups

Learning Targets - This has been demonstrated by your ability to:

1. Be aware of “No!” list of nutrients found in foods
2. List the five food groups / know the pyramid
3. Prepare a meal for an individual / couple
4. Prepare a meal for a group of three or more
5. Plan a meal for two of the following four groups of people: children, teenagers, vegetarians, elderly people
6. Evaluate finished dishes for individuals / groups
7. Know the healthy eating guidelines
8. Compare a convenience product with the homemade equivalent
9. Examine a range of food labels in relation to healthy eating
10. Produce a range of dishes (using meat, vegetables, fruit, milk and cheese) from the shelves of the food pyramid
11. Show a basic knowledge of theory related to above dishes (i.e. effects of heat on milk, meat, cheese / the percentage of nutrients in each dish) groups
12. Plan a meal for an individual keeping a balance between the five food groups

Refer also to: English, Maths, Physical Education, Science, CSPE, ESS