

# Lesson insert

## Overview

An activity using [myworldofwork.co.uk](http://myworldofwork.co.uk) to link the study of Health and Food Technology and the topic of food preparation to possible careers.

## Objectives

As part of a wider lesson, this lesson insert intends to:

- Encourage research into careers related to the study of Health and Food Technology
- Highlight the skills required to be successful in these careers
- Consider how a knowledge of food preparation might be useful in these careers

## My World of Work activity (20mins)

- Ask pupils to work independently or in small groups
- Go to [myworldofwork.co.uk](http://myworldofwork.co.uk)
- Go to [my career options](#)
- Assign a job profile to each individual or group
- Ask pupils to take notes on the skills and qualities required and consider what aspects of the role might need a knowledge of food preparation

## Connect the learning (in the wider lesson)

- Ask pupils to report their findings back to the class
- Discuss what each job entails and how a knowledge of food preparation techniques might be useful
- Discuss which skills they are developing in class relate most closely to particular roles they have looked at

## Review and reflect (5mins)

- Ask pupils to reflect on the jobs covered and if they may be interested in following one of these careers
- If any pupils are interested, encourage them to carry out a more in-depth investigation of this career

## Health and wellbeing

### Health and Food Technology

#### Food preparation techniques

## Resources

- Computers or tablets with internet access
- Pens and paper

## My World of Work links

### Job profiles

[Air cabin crew](#)  
[Baker](#)  
[Brewery worker](#)  
[Butcher](#)  
[Cake decorator](#)  
[Catering manager](#)  
[Chef](#)  
[Distillery manager](#)  
[Environmental health officer](#)  
[Fish farm worker](#)  
[Food packaging operative](#)  
[Food scientist or food technologist](#)  
[Hotel manager](#)  
[Kitchen assistant](#)  
[Kitchen manager / Head chef](#)  
[Meat process worker](#)  
[Nursery manager](#)  
[Pet shop assistant](#)  
[Quality control technician](#)  
[Restaurant manager](#)  
[Veterinary nurse](#)  
[Wine merchant](#)  
[Zookeeper](#)

## Curriculum links

Suitable for all year groups studying:

Health and Food Technology – National 4/5

## Career Education Standard (3-18)

Supports entitlements set out in the [Career Education Standard](#) for young people to:

- Experience a curriculum through which they learn about the world of work and job possibilities and which makes clear the **strengths** and **skills** needed to take advantage of these opportunities
- Know where to find information and access support making effective use of online sources such as [My World of Work](#)
- Develop [Career Management Skills](#) as an integral part of their curriculum