

<b>An Enterprising Approach</b>	
<b>Subject</b>	Learning Support – Healthy Eating Bar – Fortrose Academy – Rena Maclean
<b>Lesson</b>	Creating Health Bars for sale – over a period of 3 weeks/1 month

**Brief description**  
 A small group of pupils with additional needs were investigating Healthy Snack Bars with a view to manufacturing a 'Fortrose Academy' bar.

**“Enterprising” it!**

1. How we made learning **relevant** by putting into a **real context**

Pupils were discussing healthy diet options and concentrating on snack bars. They bought samples of commercially produced bars and analyzed the content of such snacks.

Pupils also visited a local bakery where they became familiar with the manufacturing process.

The pupils then went shopping with the teacher and bought lots of whole foods. The pupils then constructed a 'basic' recipe. They then made plain, fruit, nut and multi filled bars. These were taste tested by other pupils and staff in the school in order to develop a 'favourite' bar. Pupils also developed packaging and marketing strategies by consulting with staff in other departments.

The complete package was costed by the pupils – including ingredients, packaging etc.

Links were made with the following subject areas – Maths, Home Economics, Business Studies, English, Craft and Design and the Canteen staff.

On 26<sup>th</sup> June this investigation will culminate in a production day involving all of S2 with the addition of S6 facilitators. The design brief being make, market, package and present your product.

2 How we encouraged pupils to take **responsibility**

Pupils were responsible for purchasing materials, designing recipes, organizing tastings etc.

Pupils have moderate difficulties and this project helped them to learn in an independent manner.

### 3 How we involved partners in learning – building **relationships**

**External** = Business / Community / Parents & Families  
Outside businesses were involved – visiting the local bakery, health food shops and supermarkets.

**Internal** = Other adults in school

Other adults in school were involved both in departments across the school and also in taste tests for the new recipe health bars.

### 4 How we **reflected** on its success - assessment

Pupils had gained confidence as they pursued their market research. They had to speak to other adults and pupils in the school and in so doing learned how to frame questions, listen and respond to conversation.

### 5 **Review** - further ideas for development

This may be developed further next session after the development day on 26<sup>th</sup> June.

### 6. **Links** with ACfE

#### **Successful Learners**

Pupils became more enthusiastic learners and their motivation also increased. They had to develop their literacy and communication skills to both read recipes and discussion taste tests with pupils and staff.

#### **Effective Contributors**

Pupils were able to take information gathered in one setting, alter it and make it their own. Pupils also developed their team building capacities as they worked through the project solving problems which arose.

#### **Confident Individuals**

There was a noticeable improvement in pupil confidence throughout the course of this project. All pupils in this group were able to achieve successful outcomes which re-enforced their increased confidence.

#### **Responsible Citizens**

Pupils were able to evaluate the impact of healthy/unhealthy diet on the body and make informed choices with regard to this information.

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