



YEAR 8 FOOD TECHNOLOGY

Designing a Picnic Lunch

Unit Snapshot

Students become “Picnic Pros” who design, prepare, pack, and evaluate a balanced picnic lunch. The unit brings together nutrition, sustainability, safe food handling, recipe planning, teamwork, and creative presentation in a practical real-world context.

The hook

Students design a picnic lunch that is tasty, balanced, travel-friendly and kind to the planet.

The challenge

Create a menu with a salad, sandwich and dessert while considering nutrition, audience, safety, and sustainability.

The skills

Students practise food preparation, recipe planning, shopping lists, safe packing, sensory evaluation, and reflection.

The purpose

Learning feels meaningful because students plan food for a real occasion, not just a one-off recipe task.

1. Investigate

Explore nutrition, sustainability, food safety and what makes a great picnic meal.

2. Design

Create a design brief and plan a menu with a salad, sandwich, and dessert.

3. Plan

Make labelled sketches, recipe plans, equipment lists and shopping lists.

4. Prototype

Trial recipes and refine choices for taste, freshness, transport, and presentation.

5. Produce

Prepare, pack and present the final picnic lunch safely and attractively.

6. Evaluate

Use sensory language to reflect on food quality, teamwork, and improvements.