



## Food Technology Homework Tasks

Spend 45 minutes completing the work, and make sure your work is completed to the best of your ability. Think about selecting tasks that display your talents whilst also challenge your skill base.



<p>1. <b>Research</b> different typically healthy foods, using the library, books, magazines and the internet. Use the images found to produce a <b>collage</b> that could be used for your front cover.</p>	<p>2. Using the library, internet, books and magazines, <b>research</b> food hygiene and food poisoning. Use your findings to create a <b>leaflet</b> that could be used in homes to prevent food poisoning.</p>	<p>3. <i>'How to use the cooker safely'</i> Use the <b>knowledge</b> gained in lessons to create a <b>guide</b> to using the cooker safely. You could include the main methods of cooking and link these to health.</p>
<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE:	<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE:	<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE:
<p>4. <i>"Everyone should eat 5 portions of fruit and vegetables a day and drink 6-8 glasses of water"</i>. Write at least half a page on your <b>opinion</b> about this statement. Try to show more than one point of view.</p>	<p>5. Write a <b>diary</b> of the food that you eat for a week. Using the Eatwell Guide as a model, <b>categorise</b> the food into the five main nutrient groups. Use your findings to <b>analyse</b> your eating habits. Write at least half a page on how you can improve/ change your eating habits.</p>	<p>6. Create a <b>guide</b> to the <i>Eatwell Guide</i> for teenagers. Explain the proportions of food they should be eating, and how they can maintain a healthy diet.</p>
<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE:	<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE:	<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE:
<p>7. <b>Design</b> a 3 course <b>menu</b> for a restaurant in a health resort. Consider the taste, texture, appearance and aroma of your products.</p>	<p>8. Write an <b>article</b> for a food magazine that persuades teenagers to get cooking. This task will display your <b>research</b> skills, <b>knowledge</b> gained in lesson, <b>presentation</b> and <b>literacy</b> skills.</p>	<p>9. Visit a <b>supermarket</b> with your family. <b>Observe</b> the different fruit and vegetables that are available. Find five different fruit or vegetables that come from five different countries. Be <b>prepared to talk</b> about them to your peers.</p>
<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE:	<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE:	<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE:
<p>10. Using a book from the library or the internet find a recipe that you like. Write a step by step <b>plan</b> of the recipe, and then <b>cook</b> it at home for your family. Ask your family to review the dish and then write an <b>evaluation</b> of the end result.</p>	<p>11. Find two newspaper or magazine <b>articles</b> that cover the topic of food. Read them, highlight the key points and write a <b>short paragraph</b> about what you have learnt from it.</p>	<p>12. <b>Watch</b> a food programme of your choice (Food unwrapped/ Saturday Kitchen/ Masterchef). Create a <b>review</b> of the programme for a food magazine.</p>
<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE:	<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE:	<div style="border: 1px solid black; width: 60px; height: 40px; display: inline-block;"></div> DATE: