




Homework Menu - Choose your homework tasks from the selection below. The spice level suggests the level of challenge that each task offers. You should meet your **target level for no more than 4 tasks**, and then challenge yourself to complete tasks **above your target level**. Side orders can be completed as **extra** pieces of homework. All homework should be **AT LEAST** one side of A4, completed to the best of your ability and presented neatly.




Starters

- Keep a food diary to record what you eat in one day. Discuss how well balanced your diet is, making clear links to the Eatwell Plate. Then suggest 3 ways you could make your diet healthier. 
- Keep a food diary to record what you eat over 2 days. Discuss what you have eaten in relation to the Eatwell Plate, comparing the two days. Then, write a one-day meal plan that you could follow to make your diet healthier, explaining your food choices. 

Research Task

- Design and conduct a questionnaire to assess how well-balanced people’s diets are. Issue your questionnaire to at least 5 people, then present your results in graphs. Analyse your findings and make recommendations about how to eat more healthily. 

Mains

-  Design an information sheet to inform people about different types of food storage and the correct way to store different types of food. Include images.
-  Watch a cooking show on TV and write a detailed review of one of the dishes made. Identify equipment, ingredients and techniques used.
-  Develop a presentation exploring seasonal foods. For each season (e.g. Spring), suggest a well-balanced main meal that could be made using the ingredients discussed.
- Produce a detailed step-by-step plan for one of the techniques you have learnt in class, e.g. bread-making. Include photographs/images.
- Watch a food programme on TV and write a review to explain the topical issues that it explores and why they are important.
- Develop a poem, song or video to help people remember the different sections of the Eatwell Plate, along with the foods in each one.
- Select 4 dishes from a restaurant menu. Explain your choices and analyse how healthy they are in detail. Suggest ways to improve the nutritional value of each one.
- Design a poster about seasonal foods to explore what foods are available at different times of the year (e.g. in Spring). Visit www.eattheseasons.co.uk to help you.
- Identify a range of special diets (e.g. vegetarian, coeliac) that people may follow and explain why. Give examples of foods that can and cannot be eaten.
- Design a magazine recipe page for one of the products you have made in class. Suggest modifications that could be made. Include images, and look at existing magazine articles for ideas on layout and language used.
- Choose 20 key words used in Food Technology and define each one in detail. Use images where possible.

Food Challenge! 

- Research 3 different special diets Explain what they are, how they impact people’s food choices, and food products that can be eaten. For each dietary need, modify a standard product to make it suitable.
- Complete a ‘Functions of Ingredients’ table for one of the food products you have made in class. Identify the ingredients used and then explain the sensory, nutritional and scientific functions. of each one
- Design an advert that encourages people to follow a healthy lifestyle.. Include hints and tips to help people follow a well-balanced diet, and also discuss the health implications of an unhealthy diet.

Side Orders – fancy something extra?

- Design a starter activity for one of the lessons you have completed so far.
- Create a game that could be played at the end of a lesson as a plenary.
- Write a profile for a chef you are interested in. Explain who they are and what they are known for.