



Food Technology Homework Tasks

Spend 30 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. Research different typically healthy foods, using the library, books, magazines and the internet. Use the images found to produce a collage that could be used for your front cover.</p>	<p>2. Using the library, internet, books and magazines, research food hygiene and food poisoning. Use your findings to create a leaflet that could be used in homes to prevent food poisoning.</p>	<p>3. <i>'How to use the cooker safely'</i> Use the knowledge gained in lesson to create a guide to using the cooker safely. You could include the main methods of cooking and link these to health.</p>
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<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 opinion about this statement. Try to show more than one point of view.</p>	<p>5. Write a diary of the food that you eat for a week. Using the Eatwell Plate as a model, categorise the food into the five main nutrient groups. Use your findings to analyse your eating habits. Write at least half a page on how you can improve/ change your eating habits.</p>	<p>6. Create a guide to the <i>Eatwell Plate</i> for teenagers. Explain the proportions of food they should be eating, and how they can maintain a healthy diet.</p>
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<p>7. Design a 3 course menu for a restaurant in a health resort. Consider the taste, texture, appearance and aroma of your products.</p>	<p>8. Write an article for a food magazine that persuades teenagers to get cooking. This task will display your research skills, knowledge gained in lesson, presentation and literacy skills.</p>	<p>9. Visit a supermarket with your family. Observe the different fruit and vegetables that are available. Find five different fruit or vegetables that come from five different countries. Be prepared to talk about them to your peers.</p>
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<p>10. Using a book from the library or the internet find a recipe that you like. Write a step by step plan of the recipe, and then cook it at home for your family. Ask your family to review the dish and then write an evaluation of the end result.</p>	<p>11. Find two newspaper or magazine articles that cover the topic of food. Read them, highlight the key points and write a short paragraph about what you have learnt from it.</p>	<p>12. Watch a food programme of your choice (Food unwrapped/ Saturday Kitchen/ Masterchef). Create a review of the programme for a food magazine.</p>
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