

Cook a healthy starter for your family and take photos

Collect a menu from a restaurant, and choose five dishes that you would try. Explain what they are made from, how you think they would taste and why you would choose them

Referring back to your knowledge on the Eatwell guide, design a 3 course dinner. You can present this digitally/ hand drawn or as a written menu

Which type of foods contain gluten?
If you were gluten intolerant (coeliac) which foods could you get your carbohydrates from?

Fats:
Create a table with two columns listing as many saturated or unsaturated fats as you can

Research food products that are available from different cultures in supermarkets. Present at least 5 examples with the following details: Product Name, Product Description, Ingredients, Price & Weight. Include an image of each product and explain why you chose each one

Video yourself practising the Bridge and claw method

Cook a healthy main for your family (referring back to your knowledge on the Eatwell guide)

Prepare and serve a healthy desert for your family

Write a fact sheet about street food, explaining what it is and providing examples of dishes

Complete the word gap task on protein information:
Proteins assist with _____ and _____ of the body. Proteins are found in _____ products like meat, fish, cheese, milk and eggs. Vegetable sources include soya-bean products, _____ and _____.

Animals, nuts repair, pulses, growth

Develop a mood board of images and key words to explore foods from different cultures. Label your images to identify what the foods are

What is Quorn?
What are the benefits of eating Quorn over meat?

Food Homework menu

Summer Term