













SUPER-CURRICULAR ACTIVITIES

FOOD TECHNOLOGY Year 7

 Create a food diary to include breakfast, lunch and dinner to include snacks in between for two weeks. Try to include all parts of the Eatwell Guide for a good balance.	 Visit the BBC website and look up five healthy recipes that fit well into an Eatwell plate, these could be breakfast, lunch, dinner and or snacks.	 Look up Jamie Oliver making pancakes on YouTube, write down instructions and try and make pancakes for yourself for lunch, with the help of your family . Take pictures to show results.
 Research and find out hidden fats and which foods contain these.	 Look up about good and bad fats and which foods give good and bad fats.	 In class you have learnt the order of washing up, use your knowledge and write down the right order of washing up. Alternatively, you could watch a video of washing up. You then need to physically give yourself time to wash dishes to demonstrate to your family what you have learnt.
 Draw a refrigerator and show parts of a fridge and show where different foods are stored.	 Look up a pasta salad recipe and try and make one for your family, with some family help . Take pictures of your results.	 Draw a packaging for your pasta salad and include information to go on the packet.
 Read online about food allergies and the foods that mainly cause allergies. Highlight any particular incidences and concerns you have read about.		

	Reading task		Creative task		Watching task		Student-led task
	Research task		Writing task		Listening task		Trip or visit