













SUPER-CURRICULAR ACTIVITIES

FOOD TECHNOLOGY

Year 8

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|  <p>Look up five recipes of the country of your own choice, try to write them in your own words and include pictures.</p> |  <p>With the help of family, try to make one of the dishes yourself. This task should include washing and tidying up the kitchen, carried out by yourself.</p> |  <p>Look up food labels in your food cupboard and find out how much food additives are used in the products.</p> |
|  <p>Research/read to find out if these are good or bad.</p> |  <p>What are the main foods which cause food allergies? List them down and say what allergies they cause.</p> |  <p>Research and find out five good sources of vegan protein foods. What is good about following a vegan diet?</p> |
|  <p>Research about food miles and explain why different foods come from where they do.</p> |  <p>Watch a clip on the BBC website on how to make a tomato soup. Follow the instructions and make one for your family with some help. Take a picture of your finished product.</p> |  <p>Design the packaging for your soup.</p> |
|  <p>Find and watch a clip on food production. Take a look at the mass production and computerised manufacture of soup.</p> | | |

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