

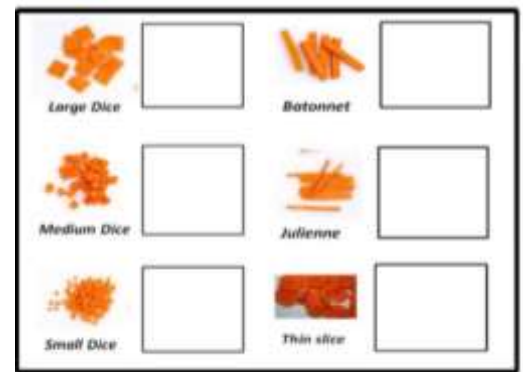
Topic 1 – Food Safety

Read the topic guide on ‘food safety’ and watch the video:

Food Safety:

https://www.youtube.com/watch?v=flxmB8NKMzE&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=7

1. Produce a **poster** for the food room to inform Year 8 students about the 4Cs.
2. Improve your **knife skills**. Peel and chop vegetables, for example carrots or potatoes, using the bridge hold and the claw grip. Try the cuts shown on the picture.



Topic 2 – Healthy Eating

Read the topic guide on ‘healthy eating’ and watch these videos:

Introduction to the Eatwell Guide:

https://www.youtube.com/watch?v=7MIE4G8ntss&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=30&t=0s

Eight guidelines for healthy eating:

https://www.youtube.com/watch?v=UIQ1Hyq9HGO&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=4

1. **Plan a meal** which contains food from all the sections of the Eatwell Guide (fruit and vegetables, starchy foods, fats and oils, dairy and protein). Explain why this would be a healthy choice for a growing teenager.
2. **Write a script** for an advertisement encouraging children to eat breakfast every day. Include some examples of healthy breakfast options.

Topic 3 – Protein (meat, fish and poultry)

Read the topic guide on ‘protein’ and watch these video:

The Science Behind Protein:

https://www.youtube.com/watch?v=ywH2_KfrOUc&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=11

Burley Beef – Farm to Fork: <https://www.youtube.com/watch?v=0dmZKRLljZ4&t=3s>

Slippery Salmon – Farm to Fork: <https://www.youtube.com/watch?v=QzMYnxhlbcc>

1. **Research recipes** that use a different types of meat, fish and poultry. Produce a table of your findings, for example dry frying mince for a cottage pie:

Type of meat	Name of recipe	Cooking Method
Eg beef mince	Cottage Pie	Dry fry mince then cook in gravy

2. **Adapt the recipe** for spaghetti Bolognese. What ingredients would you use and why?
3. Some people no longer eat meat or fish and are choosing to eat alternative sources of protein instead, for example Quorn. **Produce lists to show why eating meat is a good or a bad idea.** What is your opinion on the issue?

Why eating meat is a good idea	Why eating meat is a bad idea

4. **Explain how beef is reared and salmon is caught** ready for us to eat. You can draw pictures to produce a cartoon strip or write about it.

Topic 4 – Eggs and Dairy

Read the topic guide on ‘eggs and dairy’ and watch these videos:

Dairy and alternatives:

https://www.youtube.com/watch?v=4puRnrqA0vI&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=36

Magnificent Milk: <https://www.youtube.com/watch?v=iWctfIP4Gyl>

Cracking Cheese: <https://www.youtube.com/watch?v=kv2uReha9UM>

Excellent Eggs: <https://www.youtube.com/watch?v=klc5baCEoQ>

1. Children need calcium for healthy bones and teeth. **Identify different ways of introducing dairy products** at meal times:

Dairy for breakfast	Dairy at lunch
Dairy at dinner	Dairy for a snack

2. **Explain how milk is produced and turned into cheese** ready for us to eat. You can draw pictures to produce a cartoon strip or write about it.
3. **Research recipes** that use eggs. Produce a table of your findings, for example using eggs to make a batter for pancakes which are made in a frying pan:

Name of recipe	Ingredients combined with eggs	Cooking method
Eg Pancakes	Flour and milk	Fried in a frying pan

4. Many people will only buy ‘free range’ eggs. **What does this mean and what are the benefits?**

Topic 5 – Fats and Oils

Read the topic guide on ‘fats and oils’ and watch these videos:

Oils and Spreads:

https://www.youtube.com/watch?v=LMZaLYA_zQM&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=37

The Science behind Fats: https://www.youtube.com/watch?v=9oKPV_c-ug8&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=16

Healthier cooking: https://www.youtube.com/watch?v=fiFi-d0RwKo&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=6

Ancient Oil: <https://www.youtube.com/watch?v=PHwjNDC2IYc>

1. **Write a leaflet** explaining the problems of eating too many fatty foods and suggest how you can cut down on the amount of fats in your diet. Include examples.
2. **Adapt the recipe for pizza** to make a lower-fat version – try different toppings.
3. **Explain how olive oil is made** ready for us to use. You can draw pictures to produce a cartoon strip or write about it.

Topic 6 – Adapting Recipes

Read the topic guide on ‘adapting recipes’ and watch these videos:

Food labelling:

https://www.youtube.com/watch?v=OZOIEYQ0axo&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=9

1. Write a **newspaper report** on the importance of people reading the labels on food packaging before they buy foods.
2. Choose five recipes usually containing animal products and **adapt them so they are suitable for vegans**.