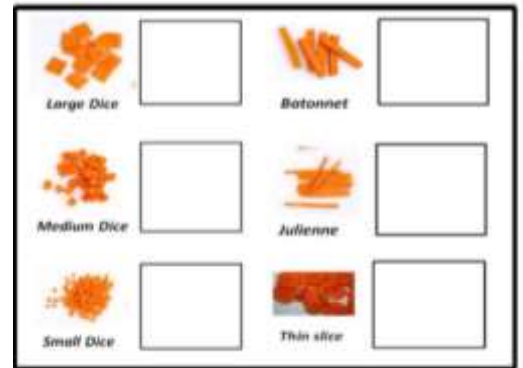


Topic 1 – Getting Ready to Cook

Read the topic guide on ‘getting ready to cook’.

1. Produce a **poster** for the food room to inform Year 7 students about the rules on personal hygiene.
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.



3. Draw a picture of a cooker and label the hob, grill and oven. Use annotations to **explain how heat is transferred from the cooker to the food to cook it** (watch the video – the keywords are conduction, convection and radiation).

Heat transfer:

https://www.youtube.com/watch?v=zjyhMzjDaVI&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=3

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=UIQ1Hyq9HG0&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 – Fruit

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

Fruit and Vegetables:

https://www.youtube.com/watch?v=OcA1V5buzxA&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=33

Brilliant Bananas – Farm to Fork: <https://www.youtube.com/watch?v=ZQsRkG-nFA0>

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

1. **Research recipes** that use a different types of fruits. Produce a table of your findings, for example using tinned apple in an apple crumble:

Type of fruit	Name of recipe	Fresh/frozen/canned/dried
Eg Tree fruits	Apple Crumble	Canned or fresh

2. **Adapt the recipe** for fruit fusion. What different fruits would you use and why?
3. Some fruits are grown in the UK and some are imported from other countries. Importing food means we have fruit to eat all year round but it does generate food miles and pollution. **Produce lists to show why importing food is a good or a bad idea.** What is your opinion on the issue?

Why importing food is a good idea	Why importing food is a bad idea

4. **Explain how bananas and strawberries are grown and harvested** ready for us to eat. You can draw pictures to produce a cartoon strip or write about it.

Topic 4 – Vegetables

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

Crunchy carrots: <https://www.youtube.com/watch?v=Pf74rrn1uLk>

Earthy potatoes: https://www.youtube.com/watch?v=lyBuY-DnCJc&list=RDCMUCiGAAbnplYqZeCFEA4K_nQ&index=3

1. Children are not eating enough vegetables. **Suggest how sweet and savoury recipes can be adapted to ‘hide’ vegetables** so children are eating them without knowing, for example, making courgette and carrot muffins.
2. **Explain how carrots and potatoes are grown and harvested** ready for us to eat. You can draw pictures to produce a cartoon strip or write about it.
3. **Research recipes** that use a different types of vegetables. Produce a table of your findings, for example using grated carrots in a carrot cake:

Type of vegetable	Name of recipe	Fresh/frozen/canned/pickled
Eg Root vegetables	Carrot Cake	Fresh - grated

4. Many vegetables end up going to waste because they are not used up before they spoil. **Why is food waste a bad idea and how can you prevent it?**

Topic 5 – Starchy Foods

Read the topic guide on ‘starchy foods’ and watch these videos:

Starchy foods:

https://www.youtube.com/watch?v=TPi3KPRXJGA&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=34

The Science behind Carbohydrates:

https://www.youtube.com/watch?v=z1NiKVSAltY&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=15

1. **Write a leaflet** explaining the benefits of eating starchy foods and suggest how you can base all your meals (breakfast, lunch and dinner) on carbohydrates. Include examples.
2. **Adapt the recipe for pizza toast** to make different versions – try different breads and different toppings
3. Wholegrain foods have none of the grain removed – watch the video on how flour is made:

https://www.youtube.com/watch?v=RkdBKb0nokM&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=8

Explain why eating wholemeal and wholegrain foods is good for you.

Topic 6 – Sugar

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

Foods high in sugar, fats and salt:

https://www.youtube.com/watch?v=Jfac64PI14Q&list=PLXVI8Mt9AJ_qII4FVE41vterGuB87YZT1&index=32

Jamie Oliver’s Sugar Rush (school version):

<https://www.youtube.com/watch?v=hS4zLOws7jM>

1. Write a **newspaper report** on the dangers of eating too much sugar
2. Have a look in your kitchen cupboards. Read the labels on food packaging and produce a **table to show how much sugar is contained the food** – try both sweet and savoury foods. Were you surprised about your findings?

Food	Sugar per serving	Sugar per 100g
Eg Wispa Chocolate	14.5g	52.5g

3. Research recipes containing sugar. **Suggest ways that you could adapt recipes** to make them tasty and low-sugar or no-sugar.