

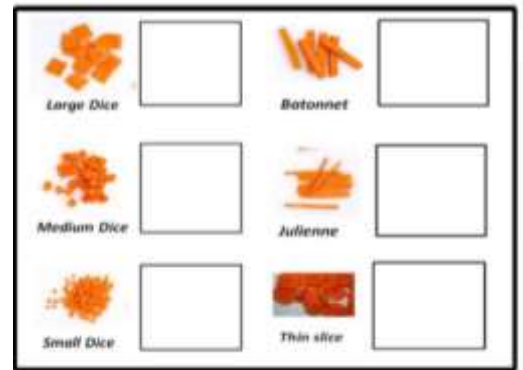
## Topic 1 – Food Safety

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

1. Produce a **poster** for the food room to inform Year 9 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](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](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 – 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](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](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](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 4 – Vitamins and Minerals

Read the topic guide on ‘micronutrients’, watch these videos and follow these links:

How do Vitamins work: <https://www.youtube.com/watch?v=ISZLTJH5IYg>

Seneca Learning (AQA Food Preparation and Nutrition):

<https://app.senecalearning.com/sign-up>

BBC Bitesize (Home Economics): <https://www.bbc.co.uk/bitesize/guides/zpt33k7/video>

British Nutrition Foundation: <https://www.foodfactoflife.org.uk/14-16-years/healthy-eating/energy-and-nutrients/#micro>

1. Complete the **vitamins and minerals workbook**