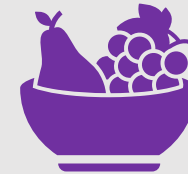




BOROUGHMUIR HEALTH AND FOOD TECHNOLOGY HOME LEARNING TASKS



Learn new skills and techniques.
<https://www.bbc.co.uk/food/techniques>

Bake for your family
<https://www.jamieoliver.com/recipes/beautiful-baking/>
Pictures please!

Try a recipe from a different cuisine.
<https://www.bbc.co.uk/food/cuisine>

Watch we are what we eat
<https://www.bbc.co.uk/iplayer/episode/b08gj545/the-secrets-of-your-food-series-1-1-we-are-what-we-eat>

Investigate food labelling- what is in your cupboard at home? Use the resources from the BNF, take quizzes and complete worksheets.
<https://www.foodfactoflife.org.uk/11-14-years/healthy-eating/nutrition-labels/>

Develop a help sheet or presentation with pictures and practical/ skills/ techniques. Use could also media such as video clips.

Help your little brothers and sisters cook.
https://www.bbc.co.uk/cbeebies/shows/i-can-cook?imz_s=uh24k005pimc8ps_g1c2fp10o53
Photo's of results please!

Investigate where food comes from and create an information leaflet.
<https://www.foodfactoflife.org.uk/11-14-years/where-food-comes-from/videos/>


Read some food stories.
<https://www.bbc.co.uk/food/articles>
Create you own food story – illustrate it by making a comic. Upload to Teams

Analyse your diet- investigate current dietary advice- The Eatwell Guide and compare and analyse your diet.
<https://www.foodfactoflife.org.uk/11-14-years/healthy-eating/eat-well/>

Investigate careers in food and drink. What skills do you need? Create a checklist or a presentation about the diverse range of opportunities.
<http://www.fdfscotland.org.uk/sdf/careers.aspx>

Create and design a recipe book with all your family favorites.
Use ICT or make a simple paper book- upload to Teams
<https://youtu.be/Xebqtx0iMRE>

Research how Geography, seasonality, weather and climate influence the availability of food and drink- create a newspaper article.
<https://www.foodfactoflife.org.uk/11-14-years/where-food-comes-from/food-availability/>

Keep a food diary or blog of your home learning.. Share pictures of the recipes and dishes you have made with your teacher who can post it to @BoroughmuirHFTT 

Make the link- digestion – test your knowledge take a quiz.
<https://www.foodfactoflife.org.uk/11-14-years/healthy-eating/digestion/>