

Homework Project

Your task is to complete a project on the topic of 'Food Technology'.

Choose one or more of the tasks on the other side of this sheet and complete it to the best of your ability.

The tasks are divided into the following categories:

Enjoy - Aspire - Challenge

These three categories are the levels of difficulty of each task. So, choose a task that suits your ability but make sure it challenges your skills.

Due date: 6th of January 2020

Your tutor will mark your project. On Wednesday, during lunch time break, there will be an hour homework club to support you along the way. There will be house points available for effort and achievement. Outstanding project, will be celebrated in assembly and displayed around the school. Winners of the best homework will be invited for a lunch in a local restaurant.

Enjoy

Achieve

Aspire



**IT NEVER
GETS EASIER,
YOU JUST
GET BETTER.**

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Blue - Enjoy

Yellow - Aspire

Red - Challenge

Make a bird feeder. You need an apple, sunflower seeds and string. Cut the apple in half and remove the core. Tie the string round one half, leaving an extra bit to attach to your fence/window. Stick the sunflower seeds into the apple. Hang it, then record the changes you notice in the apple or animals you see over the next few days.



Take a picture if you can.

Let's get cooking! **Cook or bake a dish** at home with your family. Write out the list of ingredients needed (remember to include measurements) and the instructions to create your meal. Bring in a picture if you can so we can see what you made!

Collect pictures of a wide range of foods from magazines, newspapers, packaging etc. Think of a way to group your foods (e.g. colour, wellbeing plate, size) and **make a poster** showing your groups. Label them to help others understand your idea.

Watch or read an advert for food or drink on the TV, computer or on buses, billboards and magazines. Answer these questions about it in sentences:

1. What is the product being sold?
2. Who made the advert?
3. What does the advert suggest about the product?
4. What does the advert want you to buy, do or think?

Create a quiz with 10 questions about food kitchen rules.

Create a food map identifying what countries certain foods come from.



Keep a **food diary** for 3 weeks, from Monday to Sunday. Write down what you eat each day for breakfast, lunch and dinner, including any snacks and drinks you have.



Design a Diwali or a Bonfire snack. Bring in a picture if you can so we can see what you made!



Keep the packaging of all the food you eat and drinks you have over a day. Once you've collected it all, **calculate the:**

- Total calories (sometimes labelled energy kcal)
- Total sugar (sometimes labelled carbohydrates: of which sugars)
- Total fat
- Total salt

Show your working using column method.

