

Farm to fork...

Task 1

- A. Think of your favourite ingredient eg. A piece of fruit, chocolate, herb, meat . _____
- B. Once you have decided on your ingredient, I would like you to research this ingredient and include the following:
 - A. Where does this ingredient come from?
 - B. How is this ingredient produced?
 - C. How is it grown or reared?
 - D. What recipes can you make out of this ingredient?
 - E. What nutrients does this ingredient consist of?
 - F. You can include photos and diagrams
- C. Once you have answered the above questions, (if you have time and have ingredients) cook a recipe with your chosen ingredient. Take photos

Task two

How would you ensure that your kitchen is clean and safe from any viruses/germs eg. Corona Virus Write 10 points

