

Year 7 Cooking and Nutrition home learning menu

 Literacy challenges	 Creative challenges	 Research challenges	 Practical challenges
<p>Make a food related wordsearch, at least 15 words. You will need to ask your teacher for a grid. <i>Make sure your words interlink!</i></p>	<p>Create a collage of fruits and vegetables, at least 20 different kinds. They could be cut out, printed or drawn. A variety of colours would be ideal. <i>Try to include some exotic fruits too!</i></p>	<p>Complete an A4 page of research on a country's food of your choice. Ideas could include; food grown in that country, traditional dishes and cooking methods, <i>and famous chefs?</i></p>	<p>Help to prepare a meal for your family at dinner time. You should peel vegetables, lay the table and help wash up. <i>Photographic evidence is required!</i></p>
<p>Write a letter to the Principal, explaining the benefits of healthy school meals and cycling/walking to school. <i>Approx. 250 words.</i></p>	<p>Create a leaflet for year 6 students explaining the important parts of Cooking and Nutrition in secondary school. <i>The information should be easy to read and include pictures.</i></p>	<p>Define the following words: food miles, fair-trade, carbon footprint, organic and locally sourced. Identify one food that links to each of the words.</p>	<p>Cook a dessert dish to share with your family. It could be a cake, a tart, a pie or something else of your choice. <i>Photographic evidence is required!</i></p>

Complete tasks in any order of your choice.

Challenge yourself further by completing all tasks from each of the different categories.

Ask someone from home to have a look at your work– *don't leave them all until the last week!*

Presentation

You may complete the tasks by hand or by using ICT. Your work must be neatly presented with attention to spelling, punctuation and grammar.

Don't forget to take any photographic evidence if you cook something.

ATL

1 Outstanding – if you have completed work to the highest standard or you have gone beyond expectations.

2 Above expectations – if you have completed work to a good standard (neat presentation, correct spellings etc).

3 Matches expectations– if you have completed or attempted work with some effort to present work neatly and check spellings are correct.

4 Below expectations - if your work is incomplete or poorly presented.