

What is your child learning in Food?

Topic of Study

Food hygiene and safety.
Basic food preparation skills.
Nutrition.

Key Dates & Deadlines

This topic will last for 12 weeks.
Students will have 3 lessons per fortnight working on their project, and a homework task set in addition.

Family Friendly Homework

- Research the Eat Well Plate 2016
- Healthy Eating.
- Macronutrients- Carbohydrates, protein and fats. Fibre.



Resources to Support

British Nutrition Foundation-
<https://www.nutrition.org.uk/>

Food a fact of life-

<http://www.foodafactoflife.org.uk/>



Resources to Challenge

Practice cooking at home.

Independently follow a recipe.

Write a time plan.

Look at packaging and analyse the nutritional content



Outside of the classroom

Food programs. The Great British Bake Off.

Website; Food a fact of life - interactive activities.

In supermarkets look at the packaging-what does it tell you?



Discussion starters

Where do fruit/vegetables come from?

How are fruit and vegetables grown?

What are seasonal fruit and vegetables?

Why is sugar bad for you?



St. Antony's Catholic College

in partnership with Loreto Grammar School