

KS4-Home Learning Resources

PATIENCE • GUIDANCE • DETERMINATION



Meadow Park
Patience, Guidance and Determination

Teacher Instructions

Food

I would like you to focus on shopping options, reducing bacterial growth and understanding what is in our food. Use the BBC Bitesize website to revise and test your knowledge. These tests will help you in your final exam.

Cook as much as you can! Create new dishes and experiment with ingredients. The tasks below should help you to select, prepare and store food more effectively.

There are lots of video on you tube to help you practice cooking skills and basic recipes for you to try at home.

Food	Week 1	Week 2	Week 3
Lesson 1	Nutrition and life stages https://www.bbc.co.uk/bitesize/guides/z7yttv4/revision/1 FOCUS	Food safety https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1 FOCUS	Allergies and intolerance https://www.bbc.co.uk/bitesize/guides/z23yfcw/revision/1 FOCUS
	Our dietary requirements change depending on our stage of life. Read the information and watch the video. Make notes and record key points	A look at the campylobacter, E. coli, listeria, salmonella and staphylococcus aureus bacteria that cause food poisoning, as well as the conditions that allow bacterial growth. Read the information and watch the video. Make notes and record key points	A food allergy is when the body's immune system reacts unusually to specific foods. Food intolerance is more common than food allergy and is not caused by the immune system. Read the information and watch the video. Make notes and record key points
Lesson 2	Nutrition and life stages https://www.bbc.co.uk/bitesize/guides/z7yttv4/test FOCUS	Food safety https://www.bbc.co.uk/bitesize/guides/z77v3k7/test FOCUS	Allergies and intolerance https://www.bbc.co.uk/bitesize/guides/z23yfcw/test FOCUS

	Complete online test Prepare a meal suitable for a three year old.	Complete online test Check the kitchen in your house and look for areas where the conditions would be good to grow bacteria	Complete online test Produce a poster highlighting foods associated with allergies and intolerance
Lesson 3	Food labelling https://www.bbc.co.uk/bitesize/guides/zdjvghm/revision/1	Shopping options https://www.bbc.co.uk/bitesize/guides/ztqhh39/revision/1	Food additives and fortification https://www.bbc.co.uk/bitesize/guides/zmqth39/revision/1
	FOCUS Food labels have both mandatory and voluntary information. Read the information and watch the video. Make notes and record key points	FOCUS It is important to understand the suitability of different shopping options for different types of consumers. Read the information and watch the video. Make notes and record key points	FOCUS Many foods are fortified or supplemented with additives during the production process before they are sold to the public. Discover what fortification of food entails, what different additives are and why they are added to our food. Read the information and watch the video. Make notes and record key points
Lesson 4	Food labelling https://www.bbc.co.uk/bitesize/guides/zdjvghm/test	Shopping options https://www.bbc.co.uk/bitesize/guides/ztqhh39/test	Food additives and fortification https://www.bbc.co.uk/bitesize/guides/zmqth39/test
	FOCUS Complete online test Use https://explorefood.foodfactoflife.org.uk/Calculator/Recipe To create your own food label using a recipe of your choice.	FOCUS Complete online test Carry out a personal shop or do it with family and think about: Are you making the correct shopping choices at home? How could you improve.?	FOCUS Complete online test At home go through cupboards and the fridge and make a list of all the products that have E numbers in their ingredients (E207) Using Bitesize try to find out what these E numbers are used for.