



Putteridge
High
School

Extended Learning

Food Technology

Years 7 & 8



Putteridge
High
School

Food Technology Year 7



Extended Learning Opportunities

Subject: Food and Cookery

Year: 7

Topic: Developing Basic Skills and Healthy Eating

Learning Objectives

- To understand hazards and risks that may occur in a kitchen
- To reinforce, practise and develop key practical skills
- To use appropriate sensory vocabulary when describing food
- To know the Eatwell Guide and food groups
- To revise for in class tests, when told by the teacher

Extended Learning Opportunities

- Watch a cooking show on TV, and record all of the good and bad health, safety and hygiene points that you see
- Practice at least three of the food preparation skills at home using [Preparing ingredients videos](#). Ask someone to take pictures of you carrying out each task
- Taste test 3 foods (your favourite food, one eaten regularly and something new) and describe it using sensory words. [The senses and food.ppt \(8.85 MB\)](#)
- Complete the eatwell challenge [Eatwell Challenge](#)
- Ask a friend or family member to keep a food diary to record what they eat in a day. Analyse the results against the Eatwell Guide, and write a short, persuasive letter to advise them how they could improve their diet. Include at least 3 suggestions and explain them in full
- Choose 10 key words used in Food Technology and define each one in detail. Use images where possible



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Food Technology Year 8



Extended Learning Opportunities

Subject: Food and Cookery

Year: 8

Topic: Healthy Lifestyle

Learning Objectives

- To assess hazards in the cooking environment
- To reinforce, practise and develop key practical skills
- To describe a balanced diet
- To modify dishes
- To revise for in class tests, when told by the teacher

Extended Learning Opportunities

- Visit your school canteen or a restaurant and assess potential hazards. Make notes and photographs. <http://www.safefood.eu/Food-Safety/The-4-Cs.aspx>
- Practice at least three of the food preparation skills at home using [Preparing ingredients videos](#). [Ask someone to take pictures of you carrying out each task](#)
- Watch any programmes on television that relates to food preparation eg. British Bake off, Junior chef, Master Chef etc
- Produce a detailed step-by-step plan for one of the techniques you have learnt in class, e.g. bread-making. Include photographs/images
- Write 'hints and tips' to help people eat more of one of the following: potatoes, rice and grains, wholegrain bread or pasta. Include the benefits and ideas for cooking meals or making savoury snacks.
- Design an advert that encourages people to follow a healthy lifestyle.. Include hints and tips to help people follow a well-balanced diet, and also discuss the health implications of an unhealthy diet.
- Research 3 different special diets Explain what they are, how they impact people's food choices, and food products that can be eaten. For each dietary need, modify a standard product to make it suitable.
- Choose 10 key words used in Food Technology and define each one in detail. Use images where possible