

Extensions homework:

Y7 Design a day's menu based on the Eatwell Guide. With adult supervision, make one of the main meals. Take a photo of it and show it to your teacher. Justify your decisions and explain how it is part of a healthy diet.

Y8 Look at the current healthy eating guidelines and design a meal that could be served in the canteen at school.

Y9 Use the Change for Life website (<https://www.nhs.uk/change4life-beta/recipes>) and make a range of dishes from the site. Take a photo of the dishes you have made and upload them to Instagram (foodatswr) or show the photo to your teacher. Create a recipe booklet using the recipes from the Change for Life website. Gather feedback from people who have tried your food and include sensory feedback.

Y10

Visit a restaurant and write a review as a food critic!

Practical work – Cook a 3 course meal using as many skills as you can from your skills checklist (see SMH). Create a menu and think about how your food is presented.

Research food presentation. Use Michelin star chefs as your inspiration and explore the wide range of different ways to present food.

Watch various TV programs based on food and write up some notes on the programs you watch.