



Homework map: Food Tech

Year 7

Enabling individuals to unlock their unique potential			
Homework week	Challenge 1	Challenge 2	Challenge 3
1 st Rotation 16th September	<p>Create a Recipe book for the following dishes:</p> <p>salsa, flapjacks, omelettes, tomato and pepper soup, mixed bean chilli, chicken tikka wraps, chickpea and potato curry, raspberry buns.</p>	<p>Illustrate your recipe guide with pictures of what the dishes should look like.</p> <p>You can either draw these or use photographs to show what they look like.</p>	<p>Add some healthy eating notes.</p> <p>Calculate the nutritional information for the dishes: calories, fat, sugar and salt content.</p>
6th January	<p>Create "My Cookery Journey". Add a Tasting Guide to your Recipe Book.</p> <p>Make notes on what your dishes tasted like, looked like and smelled like.</p>	<p>Develop "My Cookery Journey".</p> <p>Photograph your own dishes and compare them to the original pictures of your dishes.</p>	<p>Develop "My Cookery Journey"</p> <p>Compare the nutritional information on your cooking and compare it to supermarket foods. Which is healthier?</p>
2 nd Rotation March 2nd	<p>Create a Recipe book for the following dishes:</p> <p>salsa, flapjacks, omelettes, tomato and pepper soup, mixed bean chilli, chicken tikka wraps, chickpea and potato curry, raspberry buns.</p>	<p>Illustrate your recipe guide with pictures of what the dishes should look like.</p> <p>You can either draw these or use photographs to show what they look like.</p>	<p>Add some healthy eating notes.</p> <p>Calculate the nutritional information for the dishes: calories, fat, sugar and salt content.</p>
29th June	<p>Create "My Cookery Journey". Add a Tasting Guide to your Recipe Book.</p> <p>Make notes on what your dishes tasted like,</p>	<p>Develop "My Cookery Journey".</p> <p>Photograph your own dishes and compare them to the original pictures of your dishes.</p>	<p>Develop "My Cookery Journey"</p> <p>Compare the nutritional information on your cooking and compare it to</p>

	looked like and smelled like.		supermarket foods. Which is healthier?
For Summer Break 13th July	Create a Round the World Food Wish List. List 5 foods from different countries you'd like to sample.	Illustrate the Round the World Food Wish List. Add pictures to your wish list.	Evaluate your Round the World Food Wish List. Add tasting notes to the dishes you've sampled.
Useful resources and websites	https://www.bbcgoodfood.com/recipes https://www.jamieoliver.com/features/simple-ideas-to-cook-with-kids/		



Homework map: Food Tech

Year 8

Enabling individuals to unlock their unique potential			
Homework week	Challenge 1	Challenge 2	Challenge 3
1 st Rotation 16th September	<p>Create a Recipe book for the following dishes:</p> <p>Root soup, bolognese, fruit crumble, scones, bread dough/pizza, pastry/jam tarts, fish parcels, parkin buns.</p>	<p>Illustrate your recipe guide with pictures of what the dishes should look like.</p> <p>You can either draw these or use photographs to show what they look like.</p>	<p>Add some healthy eating notes.</p> <p>Calculate the nutritional information for the dishes: calories, fat, sugar and salt content.</p>
6th January	<p>Create "My Cookery Journey". Add a Tasting Guide to your Recipe Book.</p> <p>Make notes on what your dishes tasted like, looked like and smelled like.</p>	<p>Develop "My Cookery Journey".</p> <p>Photograph your own dishes and compare them to the original pictures of your dishes.</p>	<p>Develop "My Cookery Journey"</p> <p>Compare the nutritional information on your cooking and compare it to supermarket foods. Which is healthier?</p>
2 nd Rotation March 2nd	<p>Create a Recipe book for the following dishes:</p> <p>Root soup, bolognese, fruit crumble, scones, bread dough/pizza, pastry/jam tarts, fish parcels, parkin buns</p>	<p>Illustrate your recipe guide with pictures of what the dishes should look like.</p> <p>You can either draw these or use photographs to show what they look like.</p>	<p>Add some healthy eating notes.</p> <p>Calculate the nutritional information for the dishes: calories, fat, sugar and salt content.</p>
29th June	<p>Create "My Cookery Journey". Add a Tasting Guide to your Recipe Book.</p> <p>Make notes on what your dishes tasted like, looked like and smelled like.</p>	<p>Develop "My Cookery Journey".</p> <p>Photograph your own dishes and compare them to the original pictures of your dishes.</p>	<p>Develop "My Cookery Journey"</p> <p>Compare the nutritional information on your cooking and compare it to supermarket foods. Which is healthier?</p>

<p>For Summer Break 13th July</p>	<p>Create a Round the World Food Wish List. List 5 foods from different countries you'd like to sample.</p>	<p>Illustrate the Round the World Food Wish List. Add pictures to your wish list.</p>	<p>Evaluate your Round the World Food Wish List. Add tasting notes to the dishes you've sampled.</p>
<p>Useful resources and websites</p>	<p>https://www.bbcgoodfood.com/recipes https://www.jamieoliver.com/features/simple-ideas-to-cook-with-kids/</p>		



Homework map: Food Tech

Year 9

Enabling individuals to unlock their unique potential			
Homework week	Challenge 1	Challenge 2	Challenge 3
1 st Rotation 16th September	<p>Create a Recipe book for the following dishes:</p> <p>minestrone, fajitas, chicken curry, sweet chilli noodles, carrot cake, green Thai curry, Risotto, Brownies, Golden Palace Fried rice</p>	<p>Illustrate your recipe guide with pictures of what the dishes should look like.</p> <p>You can either draw these or use photographs to show what they look like.</p>	<p>Add some healthy eating notes.</p> <p>Calculate the nutritional information for the dishes: calories, fat, sugar and salt content.</p>
6th January	<p>Create "My Cookery Journey". Add a Tasting Guide to your Recipe Book.</p> <p>Make notes on what your dishes tasted like, looked like and smelled like.</p>	<p>Develop "My Cookery Journey".</p> <p>Photograph your own dishes and compare them to the original pictures of your dishes.</p>	<p>Develop "My Cookery Journey"</p> <p>Compare the nutritional information on your cooking and compare it to supermarket foods. Which is healthier?</p>
2 nd Rotation March 2nd	<p>Create a Recipe book for the following dishes:</p> <p>minestrone, fajitas, chicken curry, sweet chilli noodles, carrot cake, green Thai curry, Risotto, Brownies, Golden Palace Fried rice</p>	<p>Illustrate your recipe guide with pictures of what the dishes should look like.</p> <p>You can either draw these or use photographs to show what they look like.</p>	<p>Add some healthy eating notes.</p> <p>Calculate the nutritional information for the dishes: calories, fat, sugar and salt content.</p>
29th June	<p>Create "My Cookery Journey". Add a Tasting Guide to your Recipe Book.</p>	<p>Develop "My Cookery Journey".</p> <p>Photograph your own dishes and compare</p>	<p>Develop "My Cookery Journey"</p> <p>Compare the nutritional information on your cooking and</p>

	Make notes on what your dishes tasted like, looked like and smelled like.	them to the original pictures of your dishes.	compare it to supermarket foods. Which is healthier?
For Summer Break 13th July	Create a Round the World Food Wish List. List 5 foods from different countries you'd like to sample.	Illustrate the Round the World Food Wish List. Add pictures to your wish list.	Evaluate your Round the World Food Wish List. Add tasting notes to the dishes you've sampled.
Useful resources and websites	https://www.bbcgoodfood.com/recipes https://www.jamieoliver.com/features/simple-ideas-to-cook-with-kids/		