

	Read	Watch	Visit
Y7	<p><a href="https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/diet-and-health/">https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/diet-and-health/</a> Information on nutrition and health- here you will find more information on the Eatwell Guide. You can even test your knowledge by completing an activity at the bottom of the web page.</p> <p><a href="https://www.foodmiles.com/">https://www.foodmiles.com/</a> Have a browse through this website to gain an understanding of the idea of food miles – you can see how far your food has travelled!</p>	<p><a href="https://www.channel4.com/programmes/food-unwrapped">https://www.channel4.com/programmes/food-unwrapped</a> <b>Food Unwrapped on Channel 4</b> looks at different foods, their nutritional content and how they are made. Monday on Channel 4 at 8.30pm also available on channel4.com. This will give students an understanding of the food industry, and links to the work we will do on the Eatwell guide and seasonality.</p>	<p>Try to visit supermarkets and local food stores to explore what fruits and vegetables are available and whether this is different from store to store.</p>
Y8	<p><a href="https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1">https://www.bbc.co.uk/bitesize/guides/zks8jty/revision/1</a> Find information on food provenance including how food is grown and reared.</p> <p><a href="https://www.food.gov.uk/safety-hygiene/best-before-and-use-by-dates">https://www.food.gov.uk/safety-hygiene/best-before-and-use-by-dates</a> Explore best before and use by dates so you know the difference and why they are used.</p> <p><a href="https://www.food.gov.uk/food-safety">https://www.food.gov.uk/food-safety</a> - click on the different food poisoning bacteria to find out more information. You can look at campylobacter, E.Coli, Listeria and Salmonella</p>	<p><a href="https://www.channel4.com/programmes/the-great-british-bake-off/on-demand/66406-003">https://www.channel4.com/programmes/the-great-british-bake-off/on-demand/66406-003</a> Bread Week from The Great British Bake Off. This explores different bread making methods and ingredients.</p>	<p>Visit your local supermarket and see which Fair Trade products you can find. Then, visit Unicorn Grocery in Chorlton and examine the Fair Trade products there. Is there a difference?</p>
Y9	<p><a href="https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/2">https://www.bbc.co.uk/bitesize/guides/z7fw7p3/revision/2</a> Read this webpage to examine factors affecting food choice.</p> <p><a href="https://www.nhs.uk/conditions/food-intolerance/">https://www.nhs.uk/conditions/food-intolerance/</a> Read this webpage to learn about the allergies and intolerances that affect food choice.</p> <p><a href="https://friendsoftheearth.uk/food/food-production-and-sustainable-farming">https://friendsoftheearth.uk/food/food-production-and-sustainable-farming</a> Read this webpage to learn about sustainable farming.</p>	<p><a href="https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance">https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance</a> Watch the short video about food sensitivity on this webpage to learn about allergies and intolerances.</p>	<p>Visit supermarkets and local food stores to explore food labelling- bring packaging to lesson of a food product that is aimed at allergy or intolerance sufferers. Alternatively bring packaging where allergies have been considered and this is evident.</p>
Y10		<p><a href="https://www.bbc.co.uk/bitesize/guides/znnqghv/video">https://www.bbc.co.uk/bitesize/guides/znnqghv/video</a> Watch this video to learn about the importance of macro and micronutrients in our diet</p>	<p>Visit supermarkets and local food stores to explore food packaging (fortification and additives). Bring packaging to lesson of food that has additives or has been fortified – the sweet and cereal aisle’s will be the most useful.</p>

Y11

<https://www.nhs.uk/conditions/type-2-diabetes/> Read this information to improve your knowledge about Type 2 diabetes for your NEA.

Read these two pieces of information to build your knowledge of starchy carbohydrates for your NEA:

<https://www.nhs.uk/live-well/eat-well/starchy-foods-and-carbohydrates/>

Read this information about British food to deepen your understanding of our British Cuisine NEA topic:

<https://www.historic-uk.com/CultureUK/History-of-British-Food/>

<https://www.bbc.co.uk/programmes/b0071y6r> Watch Great British Menu to see how chefs celebrate British food

<https://www.bbc.co.uk/iplayer/episodes/b0520lz9/eat-well-for-less> In this episode of Eat Well for Less, there are links to Type 2 diabetes. Watch it to see how this relates to the food we eat.

Visit The Maker's Market when it is on in Didsbury or Chorlton to look at the food they sell. This may give you inspiration for your NEA dishes as there is a variety of foods available from around the world.

For dates see the website:

<http://www.themakersmarket.co.uk/markets/chorlton/>