

Fulwell Junior School



Enrichment Friday-Design Technology- Food
29th January 2021 - Week 2



Food Technology Home Learning

TASTE KITCHEN CHALLENGE





Activity 1



Draw a picture of your favourite meal and answer these questions.

- How does it taste?
- How does it look and smell?
- What are the ingredients?
- What is your favourite thing about this dish?
- How is it made or prepared?

Delicious	Sweet	Spicy	Salty	Savoury	Bitter
Sour	Juicy	Colourful	Fresh	Beautiful	Herbs
Spices	Fruits	Vegetables	Best	Flavours	Feel



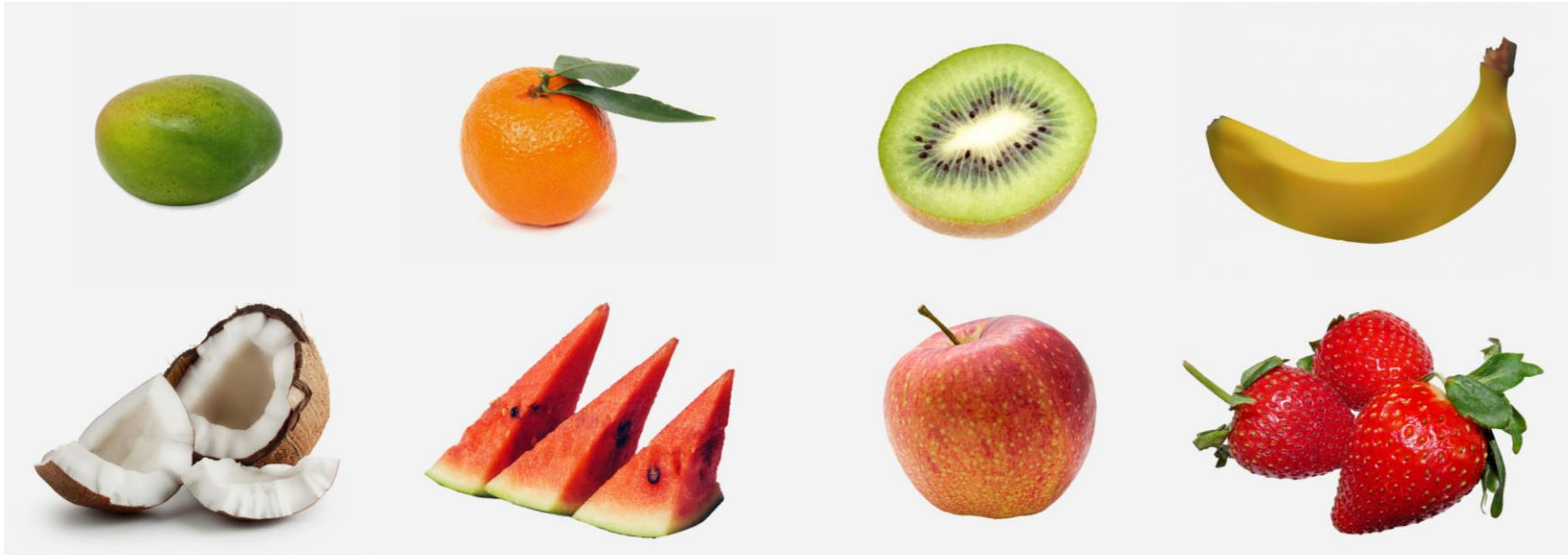


Activity 2



JUST KEEP THREE...

Pick three ingredients from the options below. What could you make?
Draw your creation or write down what it would be.





Activity 2



JUST KEEP THREE...

Pick three ingredients from the options below. What could you make?
Draw your creation or write down what it would be.





Activity 3 – Research Task



The Olympic Games and Team GB

Team GB are the athletes who will represent Great Britain at the Olympic Games this summer in Tokyo, Japan.

The summer Olympics include around 30 different sports and over 400 events or races in sports such as swimming, running, archery, basketball, canoeing, fencing, gymnastics and even table tennis.



TOP TIP: Check out this video from the London 2012 Olympics for inspiration. Click the link below.

[Team GB Golden Moments | London 2012 - YouTube](#)



Activity 3 – Research Task



How many questions can you find the answer to?

- When and where did the Olympic Games begin?
- How often are the Olympic Games held?
- What does the Olympic logo of the rings represent?
- Has the Olympic Games ever been cancelled?
- Which Olympic Games have been held in London?
- Which country has won the most Olympic medals?
- Can you name three winter Olympic sports?
- Which British person has won the most Olympic medals and for which sport?

How will you present your answers?
You could create a fact file, paragraph or even a poster. It's up to you.

Find out even more at [Tokyo 2020 Olympic Games – Homepage](#) or just search “Olympic Games” online.



Activity 4 – Design Task



Think: HOW COULD A RECIPE BE INSPIRED BY TEAM GB OR THE OLYMPIC GAMES 2021?

Athletes



- Healthy foods
- Foods for strength
- Quick to make
- Named after a sport or athlete.
- Medals for winners.

Tokyo is the capital city of Japan.



- Japanese foods
- Red and white (Japanese flag)
- Celebration food (the Olympics are fun)

Great Britain



- British ingredients
- Red, white and blue (Union Jack flag colours)



Meet Lizzie Yarnold. Here she is skeleton racing. She has won 2 Olympic gold medals for Team GB.



Click on the link below to get some inspiration and watch a short video of the former Olympic skeleton racing champion, Lizzie Yarnold creating her own recipe.



[Get Set to Eat Fresh with Aldi | Taste Kitchen Challenge \(getseteatfresh.co.uk\)](https://getseteatfresh.co.uk)



Film discussion points

Watch Ian Haste's and Lizzie Yarnold's spinach and feta salad Taste Kitchen video for some recipe inspiration.

- What fruits and vegetables did Lizzie use in her recipe?
- What other ingredients did she use?
- What does Lizzie say is most important to her in a recipe?
- How do you think the salad will taste?





Activity 4- Design Task.



Create your own healthy recipe inspired by the Olympic Games /Team GB.



Your recipe could be anything – a smoothie, soup, snack or even a full meal!

You MUST include at least two fruits or vegetables! The rest is up to you.

Your Main Activity

- Draw what your meal would look like.
- Label your drawing with the ingredients and words to describe the taste, smell, appearance and anything else that's important.

***Time to get
creative...
Ready, steady,
go!***





Dear parents/ carers,

We would love to see your child's designs. You can share their work by Tweeting us @fulwellschool or by emailing fulwell.junior@schools.sunderland.gov.uk

- Please note that there is no expectation from school for your child to actually make any food (just to design the idea).
- This activity has been adapted from Aldi's "Kitchen Taste Challenge" competition. You can search for this online if you're interested in finding out more and entering their competition (Closing date 12.2.2021).