

YEAR 7

Independent learning to be completed during school closure

FOOD & TEXTILES

**During a two week period you would ordinarily have:
2 food or textiles lessons. Complete both activities below**

Lesson 1 – Fruit and vegetables

We should eat plenty of different fruits and vegetables each day! Fruits and vegetables help us stay healthy? They provide us with the following things:

Water for fluids, such as the blood

Vitamins, like those found in oranges and lemons

Minerals, such as iron, found in green leafy vegetables

Fibre, which helps us digest food and get rid of waste.

Think about how we buy fruit and vegetables. Complete the table below, there is an example to help get you started:

Ways of buying fruit and vegetables	Examples of fruit of vegetables
Fresh	Papaya
Frozen	
Tinned	
Dried	
Juice	
Glaze (coated in sugar – glossy)	

Think about and answer the following questions, in complete sentences, you may find websites like food a fact of life, the NHS and the British nutrition foundation helpful:

1. Which fruit and vegetables do you enjoy eating?
2. What is meant by 5 a day?
3. Different fruit and vegetables need to be eaten in different amounts, to be classed as a portion. Find out the portion sizes of at least 5 fruits and 5 vegetables.
4. How many fruit and vegetables do you estimate that you eat each day?



Lesson 2 – Fruit Practical work

Try to have a go at making a fruit based product. This could be something that you have never tried making or tasting before, it could be something like:

- Fruit muesli
- Fruit smoothie
- Fruit salad
- Fruit kebabs
- Fruit juice
- Fruit yoghurt

All of these recipes can be found in your Unit 2 recipe booklet (p6-9). This is also attached to your homework. In here you will find basic recipes for these products. Don't worry if you haven't got the exact ingredients, experiment and try creating something that you think you will like. When you have made the product evaluate your success by completing the table below:

Name of Product	Taste Comment	Taste Score (out of 10)	Texture Comment	Texture score (out of 10)	Appearance Comment	Appearance Score (out of 10)	TOTAL SCORE

If you want to take a photograph of your dish that would be great, your teachers would love to see what you have made!

Get Cooking!

If you require further information please email:

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