**FOOD TECHNOLOGY CHALLENGE**

Each challenge you complete try to take or draw a picture if you can!

FOR KS4 (YEARS 9, 10 & 11)

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| Write down 10 healthy and safety rules for the kitchen. | Using the internet or recipe books write down a 3-course meal that you would like to eat. | Can you name all the nutrition groups? | Can you go into your food cupboard at home and see if you have more of heathy or unhealthy foods using the food traffic lights? | Can you write down 8 different methods and what you can cook using those methods. |
| Write a food journal for a week. | Watch ready steady cook and try to get some ideas for different dishes. | Write down safety rules for 6 different methods of cooking. | Re-design the packaging for your favourite chocolate bar. | Chose 6 items from the fridge and plan a meal from them. |
| Make your own food crossword. | Review and make some notes on how you could improve your dinner. | Design a poster for the classroom promoting healthy eating. | Watch master chief and review on how you would improve their dishes. | Review how healthy your breakfast was and how you can improve it. |
| Write a list of pros and cons for convenience cooking. | Write down 8 different pieces of cooking equipment and how to use them safety. | After dinner do the washing up and clean down the sides as you would in class. | Make breakfast for a family member and get them to review it. | Watch some episodes of Inside the factory to see how different products are made. |