

## INSTRUCTIONS

Log on to the following website

<https://www.foodafactoflife.org.uk>

Go to recipes and find recipes the use either RICE or PASTA.

Make a dish and take a photo on your phone.

There are video clips of skills that can be found on this website.

There are 3 worksheets related TO FOOD HYGIENE, FOOD CONTAMINATION AND FOOD POISONING.

The answers can be types directly onto the sheets and save for printing off later or e-mailing to school.