



FOOD AND NUTRITION

YEAR 8

HOMEWORK

BOOKLET



Name:		Group:	
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Week	Task title	Pages	Date due
1	Shopping, Storing & Cooking Food Safely	2	
2	Eatwell Guide	3	
3	Evaluating a Diet	4	
4	Specialist Equipment	5	
5	Food And Culture Research	6	
6	UK Food Provenance	7	
7	Food Marketing	8	
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WEEK 1: SHOPPING, STORING & COOKING FOOD SAFELY

Food safety starts when we buy our food. Complete the missing words to form a set of rules to keep yourself and your food safe!



Challenge yourself: Identify the hazards if we do not follow these rules

- Always shop at places that look c_____ and h_____.



- Don't buy d_____ cans or d_____ packets of food



- Don't buy food from counters where c_____ and r____ m_____ are not separated.



- Use cool bags or freezer bags to take home c_____ f _____ to keep it cold.



- Always check the b_____ b_____ and u_____ b_____ dates and ensure the food is w_____ these dates.



Word Bank

use by damaged cooked clean dented raw meat
hygienic chilled food best before within

WEEK 2: EATWELL GUIDE

The Eatwell Guide shows the proportions in which different groups of foods are needed in order to have a **well-balanced and healthy** diet. The proportions shown are representative of food eaten over a day or more, not necessarily at each mealtime.

Choose a **variety of different foods from each food group** to help get the wide range of nutrients the body needs to stay healthy.

The Eatwell Guide applies to most people regardless of weight, dietary restrictions/preferences or ethnic origin. **It doesn't apply to children under two years** because they have different nutritional needs. Children aged two to five years should gradually move to eating the same foods as the rest of their family, in the proportions shown on the Eatwell Guide.

The Eatwell Guide divides foods into groups, **depending on their nutritional role** and shows the **proportions** of each of the groups needed for a healthy, varied diet.

<https://www.youtube.com/watch?v=7MIE4G8ntss>

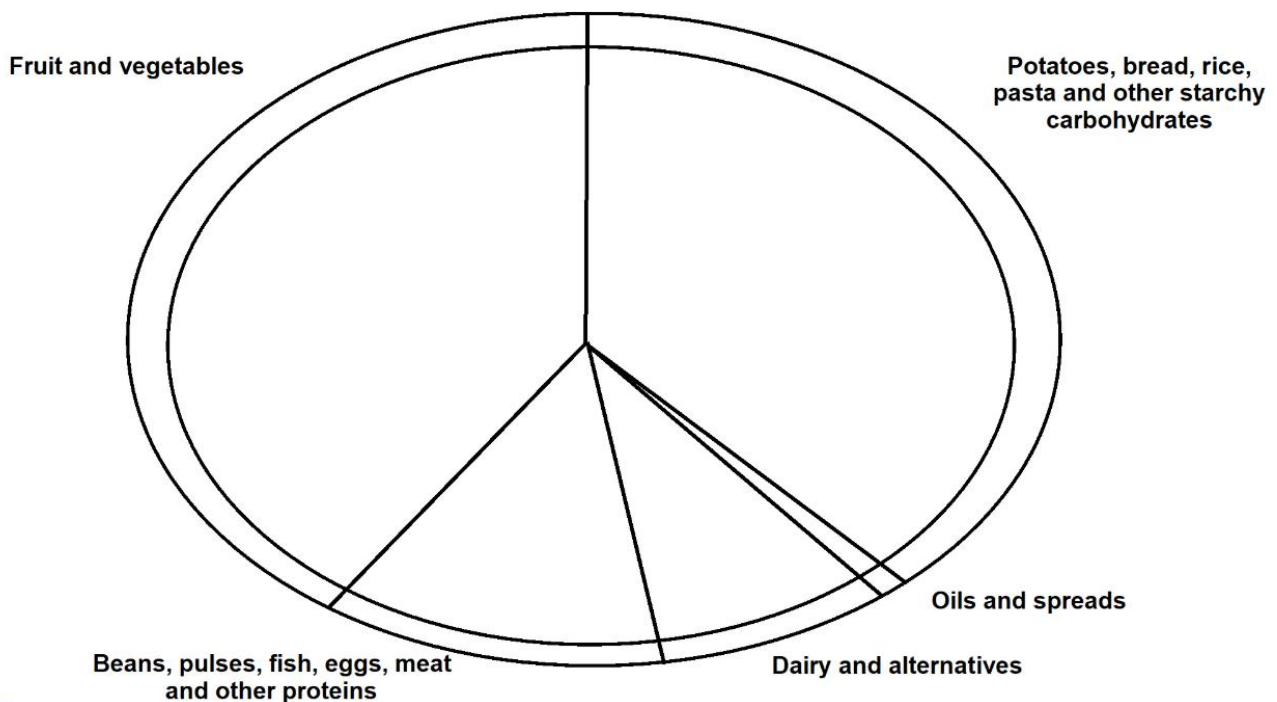


Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

TASK 1: How many glasses of water should we drink each day →

TASK 2: Add examples of foods for each food group in the blank Eatwell Guide below:



WEEK 3: EVALUATING A DIET

Look at the one-day diet below and answer the following questions:

Frosties with whole milk	Chicken sandwich on white bread with butter Twix chocolate bar Bottle of Dr Pepper	Pepperoni Pizza with Potato wedges Salted caramel Mousse Cup of tea
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Q1 Which sections of the Eatwell Guide has this person eaten foods from? (5 marks)

	YES	NO
Starchy foods		
Milk, cheese or yogurt		
Meat, fish, eggs, beans and other non-dairy sources of protein		
Fruit and vegetables		
Oils and spreads		

Q2 Give three detailed suggestions of how this person's diet could be improved using specific food examples and why. (9 marks - 3x3 marks)

- ✓ *Example sentence structure:*
*I would change ***** to ***** because******
- ✓ *Don't forget to refer to the Eatwell guide and the 8 Healthy Eating Guidelines*
- ✓ *Don't say its 'healthy' without explaining how and why*

CUSTARD

Exam Technique

Circle the **command word**

Underline other **key words**


Scribble down **relevant points**

Think it through

Answer **all parts** of the question

Read through your answer





Don't rush or give up



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the paper is otherwise completely blank.

WEEK 4: SPECIALIST EQUIPMENT

Give the name and use of the specialist equipment used in Food Technology:

Image of equipment	Name	Description of use
		
		
		
		
		

WEEK 5: FOOD AND CULTURE RESEARCH

Choose a foreign country (not the UK!) and find out the following information:

1. Name of the country:	
2. Name the capital city:	
3. Language(s) spoken:	
4. Population:	
5. Main religion(s):	
6. Are different foods eaten because of their religious beliefs? If yes, how?	
7. What crops are grown in this country?	
8. What is the staple food eaten?	
9. Name 2 food dishes from this country:	
10. Name 4 commonly used herbs or spices:	
11. Give 5 interesting facts about this country:	<div style="display: flex; flex-direction: column; align-items: flex-start;"> <div>1.</div> <div>2.</div> <div>3.</div> <div>4.</div> <div>5.</div> </div>





WEEK 6: UK FOOD PROVENANCE

1. Identify on the map of the United Kingdom which area the local food or dish originates from. I have done the first one for you as an example:

- A. Cornish Pasty
- B. Welsh Lamb
- C. Cheddar Cheese
- D. Yorkshire Rhubarb
- E. Melton Mowbray Pork Pie
- F. Scottish Wild Salmon
- G. Kentish Huffkin
- H. Cumberland Sausage



2. Research the following dishes and complete the table:

	Picture	Description
Cheddar Cheese		A hard cheese made from cows milk.
Cornish Pasty		
Melton Mowbray Pork Pie		
Kentish Huffkin		

WEEK 7: FOOD MARKETING

You find food adverts everywhere — from TV ads and social media to magazines and posters. There's more to marketing than just ads though. This page covers some of the clever tricks used to pull in customers.

Special Offers — the Oldest Trick in the Trolley

- 1) Special offers on food are a common sight in supermarkets.
- 2) Offers are used to convince customers to buy a product (or a quantity of it) that they wouldn't normally buy, by making it feel like they're getting a bargain.

Examples of special offers are:

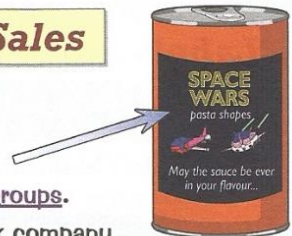
- 'Buy one get one free' (BOGOF) or 'buy two, get the third free'
- Reduced price (e.g. '30% off', or 'save £1.50')
- Meal deals (e.g. main meal, dessert and a drink for £10)



- 3) Loyalty card schemes (where you get points for your shopping) allow supermarkets to record data about what you're buying, which they can use to send you offers matched to your buying habits.
- 4) Point of sale marketing is used near the till — carefully chosen items (chocolate, sweets, magazines, vouchers) are put on display in the hope that you'll eventually be tempted while you're queuing.

Celebrity or Brand Endorsement Can Increase Sales

- 1) Some companies use endorsement by celebrity chefs to boost sales — the chef's name is used to convince you that it's a quality product.
- 2) Food companies may partner up with big film or TV brands like 'Space Wars' — using 'Space Wars' on their products or adverts helps target certain age groups.
- 3) Food companies may sponsor sports and sportspersons, e.g. an energy drink company might sponsor a televised car rally. They'll pay money to put their name on advertising banners, cars, helmets, ... and benefit from it being seen by a wide audience.



1. Give two examples of special offers that may be used to increase food sales. (2)

1. Explain how data collected from loyalty card scheme can be used by supermarkets. (3)

2. Explain how celebrities and film brands can be used to boost sales of food products. (3)

3. Name 3 food products that are endorsed or advertised by a celebrity. (6)

Food Product / Brand	Name of Celebrity