



FOOD AND NUTRITION

YEAR 7

HOMEWORK

BOOKLET

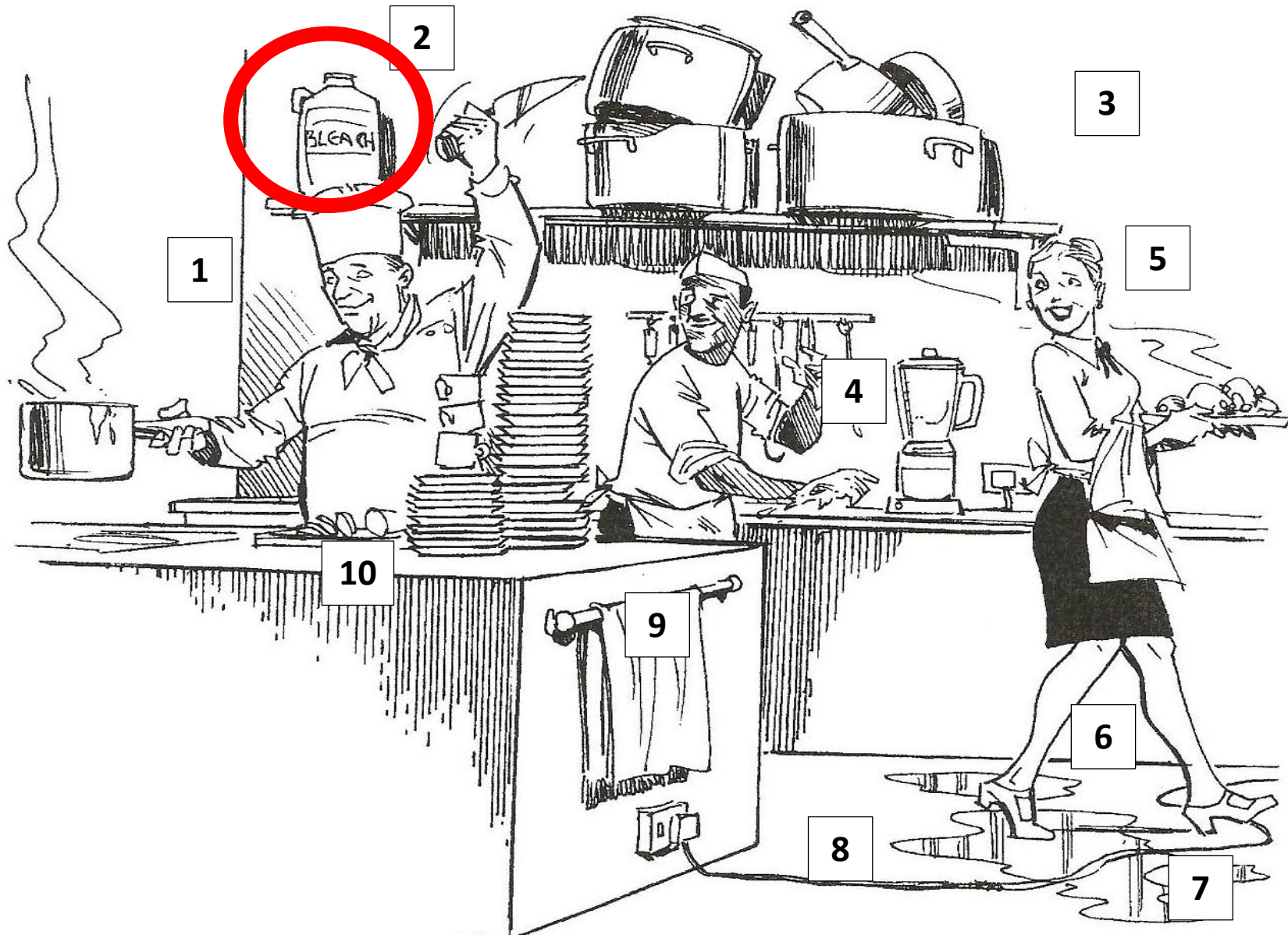


Name:		Group:	
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Week	Task Title	Pages	Date due
1	Health And Safety	2-3	
2	Safety and Success in Food and Nutrition	4	
3	Washing Up	5	
4	Food Diary	6	
5	Breakfast	7	
6	Nutrition	8	
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8	Revision	10	

WEEK 1: KITCHEN SAFETY

Identify the **10** key health and safety faults in the picture below. No. 2 is shown as an example.



No.	Can you describe how the fault may cause harm? No. 1 is shown as an example
1	The chef is doing two things at once and could cut or burn someone.
2	
3	
4	
5	
6	
7	
8	
9	
10	

Use these key words to complete your 'harm caused' sentences: 1. burn – cut; 2. bleach – poisoning; 3 high - stacked – fall; 4 wet hands – electric shock (electrocute); 5. bump – burn; 6. high heels – fall; 7. Water – slip; 8. Wire – trip; 9. Towel – germs (bacteria); 10. Stacked – smash – cut

WEEK 2: SAFETY AND SUCCESS IN FOOD AND NUTRITION

Complete this page using the word bank at the top of the page.

independently, ingredients, carefully, measuring, wash, quietly, paper towels, container, jewellery, apron, protect, sanitising, soapy, bacteria, blue food tray, equipment, oven gloves, tea towel, hot soapy water, draining board, photographs, dish cloth, End of the day, wiped, plughole, bin, washing basket, named

- Before a practical lesson, I should read my recipe booklet _____ so I know which _____ to bring, _____ them accurately before putting them in a named _____ ready for school.
- I should always _____ my hands before starting any practical work, drying them on _____, removing watches and _____, tying up long hair.
- I should wear an _____ to _____ the food from me when cooking.
- I will need to run a bowl of hot _____ water before _____ my work surface, wiping it with a damp dishcloth.
- I should place my ingredients on a _____
- I will always use _____ when putting items in or out of the oven or grill.
- All my dirty washing up should be stacked next to the sink and never on the _____.
- I must use _____ and a _____ to wash up. I should only ever dry up my clean washed equipment with a _____ and never use it for anything else!
- I will empty my _____ into the main large bin before washing and drying it. My washing up bowl must be emptied and _____ out before being put on top of the bin on the draining board.
- Dirty laundry should be put in the _____ and new laundry put on top of the weighing scales on my workstation.
- I will need to check my sink and _____ are clean and empty before I finish.
- Finally my food should be put in my _____ container and stored in the fridge or at the side of the room ready to collect at the _____

WEEK 3: WASHING UP

2

A major part of kitchen hygiene will be the washing up of your equipment when you have used it.

At home, you may have a dishwasher, which is an excellent way to clean your crockery and cutlery. The machine reaches very high temperatures that can kill the bacteria that could make us ill. However we do not have a machine here at school so this means we all have to wash up our equipment by hand!!!

You need to run a bowl of **hot** water, add washing up liquid, which is known as detergent. Stack all your dirty equipment at the side of your sink and **never on** your draining board.

Your dirty equipment should be washed in a certain order. Place the following items in the correct order. Think about which will make your water dirtiest? Should these items be washed last? What will need to be washed first to prevent grease getting on to them?

1	
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2	
---	--

3	
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4	
---	--

5	
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Plates



Saucepans



Cutlery



Glassware



Utensils

WEEK 4: FOOD DIARY

1. List the food and drink you had yesterday.

Breakfast	Lunch	Dinner	Snack/Drinks

2. Compare what you ate to the food in The Eatwell Guide.



Comments:

3. List the types of starchy carbohydrate you had.

4. How many portions of fruit and vegetables did you have?

5. My diet:

- List what is good about your diet.
- Describe what needs improving.
- Explain how you can make these changes.

WEEK 5: BREAKFAST RESEARCH

Answer these questions about breakfast .

You will need to do some research to help you answer some of them.

1. What does the word 'breakfast' mean?

2. Give three reasons why it is important to eat breakfast:

i) _____

ii) _____

iii) _____

3. List the three features you think all breakfasts should include. Explain your answers.

i) _____

ii) _____

iii) _____

4. Create three healthy breakfasts.

5. Name two ways to cook eggs for breakfast:

SELF ASSESSMENT: What have you learned from carrying out this research?



WEEK 6: NUTRITION CASE STUDY

Georgie is a 13 year old student who often feels tired and lacking in energy. He frequently stays up late, so he doesn't wake up in time to have breakfast before school.

Below is a typical day's intake for Georgie.

Breakfast - Nothing, or sometimes a chocolate bar or biscuits

Mid-morning - Cake and squash

Lunch - Chips or pizza and biscuits

After school - Crisps, fizzy drink, biscuits

Evening Meal - 3 large sausages, spoon of mashed potato, gravy and a few peas

Bedtime - Coca cola, slice of cake and biscuits

Suggest some alternative meals/snacks for Georgie

Meal/Snack time	Healthier option

Challenge: Describe how one of your selection would help Georgia's healthy diet.

WEEK 7: FOOD LABELS

Food is labelled on packaging to provide customers with information allowing them to make choices. What key information is on packaging? Use the word bank at the bottom of the page to complete the gaps

S _____
I _____

U _____ B _____
B _____

W _____

P _____
N _____



N _____
I _____

I _____

A _____
v _____

P _____
O _____

C _____ /
R _____
I _____

M _____
A _____

Weight - Manufacturers Address - Place of Origin - Product Name - Allergy Advice -
Storage Instructions - Ingredients - Nutritional Information - Use by or Best Before -
Date - Cooking/Reheating Instructions