



Year 7 Food Technology



Task	Details	Points
Healthy Eating	Look at the “Food a Fact of Life” website and create a fact file about what is needed for a healthy diet Healthy eating (11-14 Years) - Food A Fact Of Life	5pts
Eat Well Guide	Explore the Eat Well Guide and create 8 Healthy Eating Tips - present this as a poster	5pts
Food Quality	Research the specific requirements and standards needed for a restaurant to be awarded a Michelin Star. Consider also the history of the award - where did it start?	5pts
Chefs	Read about Jamie Oliver’s career - how has he helped schools through the school food plan? What are the key messages for schools to improve their food offer? Summarise your findings in 200 words	10pts
Butchers	Visit your local butcher and find out about different cuts of meat - what recipes use unusual cuts of meat? Create a poster of your findings.	10pts
Cooking	Find a new way to present a recipe - take a photo of your idea	10pts
Vegetarianism	Find a vegetarian and interview them. What meat/protein alternatives do they eat on a daily basis? Present their argument for this diet in a 300 word piece of persuasive writing.	15pts
Cooking for others	Cook your favourite recipe from a country of your choice. Take a photo of a family member enjoying the meal.	15pts
Improving recipes	Re-make a dish you cooked in primary school to a better standard. Document the process with photos and a review of the dish.	10pts
Batch cooking	Find out the benefits of batch cooking and then make a suitable meal you could batch cook at home. Take a photo as evidence of your hard work.	20pts

Bake-off practical	Choose a recipe from the “Great British Bake Off” and make it at home. Take a photo as evidence of your hard work. Recipes from The Great British Bake Off	20pts
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