

Design & Technology

These are a number of mini projects intended for pupils to undertake during school closure

Work can be done on paper or on the PC.

Pupils can contact staff via email for any clarification needed.

Work on Hwb can be shared with teachers directly, work on paper can be photographed and then shared on Hwb

Thank you

Pack 4
YEAR 8

1 Research the 5 main nutrients - protein, carbohydrates, fat, vitamins and minerals. Create a poster explaining what each one does for the body and what foods they are found in.

2 With recent events, we need to think carefully when it comes to the supply of food. Create a meal using the maximum of 5 ingredients. Look at tins, flour, rice, pasta, potatoes etc. and produce a meal to feed your family. Take a photo and upload on Teams

3 Organic food is becoming more popular. Write a definition of Organic foods and discuss the advantages & disadvantages of organic foods. Using a supermarket website, list the range of organic foods available to shoppers.

4 There are many different cooking methods and the one we choose depends on what we are cooking. Give an explanation of DEEP FRYING, STEAMING, STIR FRYING AND BAKING and suggest suitable foods that can be cooked using these methods and examples of dishes.

5 Research and make a cake of your choice. Upload a picture of the cake onto Teams.

6 Many people are becoming Vegan and it is becoming a popular option for many. Explain what Veganism is and reasons why people may choose to be. What foods can't they eat?

7 Food packaging produces a lot of waste. Research what supermarkets are doing to reduce packaging waste and give your opinion on what they are doing e.g. Tesco have stopped selling Baked Beans in multipacks to reduce the use of plastic packaging.

8 Choose one store cupboard ingredient e.g. flour/sugar/rice/eggs. Research and make a dish that best uses that ingredient. Take a photo and upload on Teams

Email Contacts for pupils:

Mr Thomas Thomasc29@hwbcymru.net - Mrs Roberts EvansB12@hwbcymru.net - Mr Howe HoweJ2@hwbcymru.net - Mr Lewis LewisD70@hwbcymru.net - Ms Zoefitg ZoefitgA@hwbcymru.net