

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 9

1 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 Research the 3 Macronutrients - Protein, Carbohydrates and Fat. Explain what each nutrient does for the body, what foods they are found in, what happens if you get too much of the nutrients and what happens if you do not get enough of the nutrient.

5 Research the 2 Micronutrients - Vitamin A, B, C, D, E & K and the main Minerals Iron, Calcium, Zinc, Sodium and Phosphorus. Explain what each nutrient does for the body, what foods they are found in, what happens if you get too much of the nutrients and what happens if you do not get enough of the nutrient.

7 Research and make a food product using one main ingredient from the yellow section of the Eatwell Guide. Take a picture and upload on Teams.

2 Create a poster exploring seasonal foods in the UK. For each of the FOUR seasons, suggest a well balanced meal that could be made using the ingredients discussed. The work must be done on A4 (word processed or written) and must be visual and interesting.

4 Research Gluten intolerance & Coeliac Disease. Produce a poster explaining all about the two illnesses, what foods need to be avoided, symptoms, what the differences between the two are and any other relevant information.

6 What is Fairtrade? Discuss the advantages and disadvantages of buying Fairtrade ingredients. www.fairtrade.org.uk Name 8 popular Fairtrade ingredients and list some interesting Fairtrade recipes.

8 There are many different cooking methods and the one we choose depends on what we are cooking. Give an explanation of BOILING, ROASTING, GRILLING AND BAKING and suggest suitable foods that can be cooked using these methods and examples of dishes.