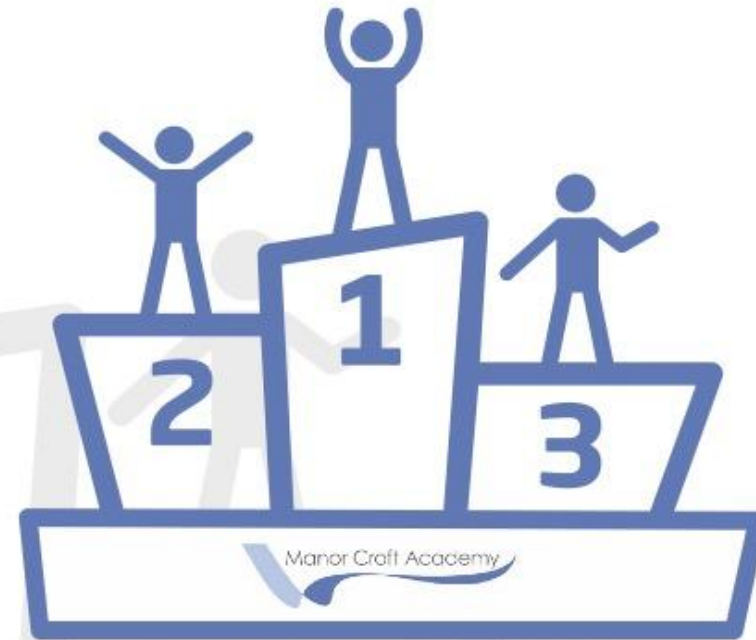


# EXTENDED LEARNING GOALS

You need to select enough ELG's from the medal table to score a **MINIMUM OF 20 POINTS** over each half term...  
**REMEMBER THAT POINTS MEAN PRIZES!!!**



## Food Technology, Year 7

### PLATINUM 12 POINTS

Design a power point explain the "Germometer" and all of the important temperatures for bacteria.

Research the different functions of an egg in cooking.

What is Sensory Analysis?  
Design a presentation for other year 7 students explaining about this type of analysis.

Keep a food diary for 3 days.  
Compare your meals with the eatwell plate. How healthy were your choices?

### GOLD 8 POINTS

Find out about the different types of vegetarians and present them in a leaflet.

Learn about the dietary needs of babies, children and teenagers, adults and older people. Present a fact sheet.

Draw an image of a food worker ready to cook. Label all of the personal hygiene rules they are following.

Learn about different types of flour used in baking cakes and breads.

### SILVER 6 POINTS

Research an exotic piece of fruit and present it effectively for a classroom display.

Research five different types of bread from five different countries.

Find out what cous-cous is, where it comes from and a few dishes and seasonings that can be used in cous-cous.

Find out about different types of pasta!  
Find out at least ten facts and present what you have learned!

### BRONZE 4 POINTS

Create a Health and Safety Poster for the Food room.

Design a poster explaining the two main knife techniques we use in food and what we use them for.

Draw and label the different parts of the oven and hob.

List the different coloured chopping boards and what types of food we use on each colour.