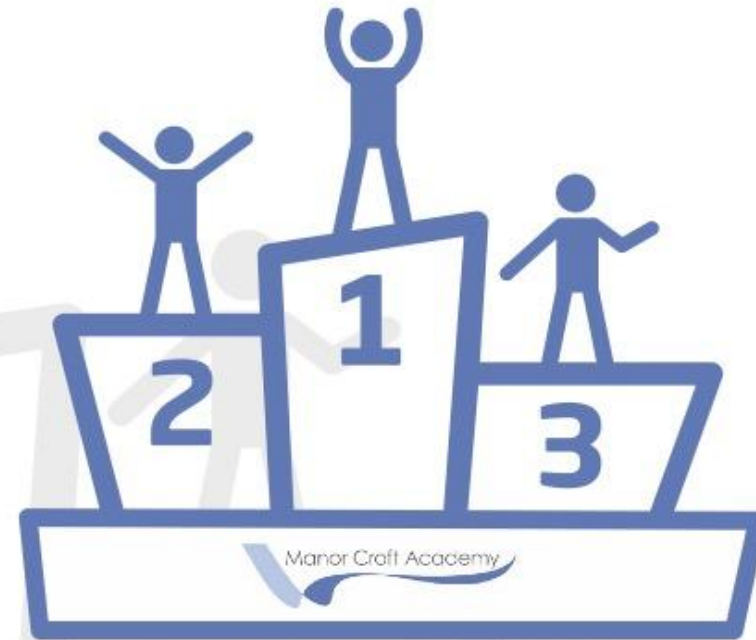


EXTENDED LEARNING GOALS

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 8

PLATINUM 12 POINTS

GM Foods
Carry out research about these foods and make a table explaining the advantages and disadvantages.

Micronutrients
Draw a chart explaining the following: vitamins A, B complex, C, D, E, K and mineral calcium, fluorine, iron and sodium.

Learn about the link between illness and a poor diet throughout life. Prepare a presentation for teens to encourage healthy food choices.

What are the Macronutrients? Design an information poster explaining each!

GOLD 8 POINTS

Seasonal Foods
Explain the term and present foods in season at different times of the year in the UK.

What are Food Miles? Prepare a presentation explaining what they are and why it is important. Give examples!

Make a poster explaining the 6Rs and how we can use them in food production.

Learn about Protein. Explain what animal source protein vs plant sources of protein are. List a variety of each and dishes to use them in.

SILVER 6 POINTS

What are high risk/low risk foods? Prepare a presentation explaining both terms.

Explain how you could adapt a pizza for:
A vegetarian
Gluten free diet
Lactose intolerance

Packaging
Prepare a sign for a food store explaining why we need to package food.

Research a presentation about organic foods.

BRONZE 4 POINTS

Create an image board of curry! Annotate your images.

Choose a consumer group to design a pizza for; child, teenager, adult. Make a list of 10 needs and wants.

Design a poster of the equipment you need when preparing a fajita.

Kitchen hygiene and safety. List between 7 and 10 precautions we need to take to prevent food poisoning.