

FOOD & NUTRITION

Healthy Eating

HOMEWORK

YEAR 8 -TERM 3

Complete the following activities for homework, in a project format. It can be word processed or handwritten.

NAME AND FORM:

DATE FOR HANDING IN:

Brief:

Plan and make a two course family meal which shows your knowledge and understanding of the 'Balance of Good Health Plate'. Show cooking skills in your meal that you have learnt in class or at home.

TASK 1

RESEARCH SUITABLE RECIPES

Show the recipes for your dishes which include ingredients lists, equipment lists and the methods for making.

TASK 2

PREPARATION AND COOKING

Make the dishes and show labelled photos or drawn pictures/diagrams of each stage of preparation, cooking and also of the finished meal.

TASK 3

EVALUATION

Complete an extended piece of writing which gives an evaluation of your dish (see level descriptors for literacy attached). Ask your family to give feedback on the appearance, texture and flavour, analyse the results with pie or bar charts and give a final conclusion with suggestions for improvement.

EXTENSION TASK

*Show a **labelled** diagram or photograph of the table layout for your meal. Include cutlery, serving dishes and decoration.*

FOOD & NUTRITION HOMEWORK MARKING

	Grade 1-3	Grade 4-5	Grade 6-9
Research	I can use 1 or 2 research methods	I can use 3 or more research methods	I can use a wide variety of research methods
	I can show results in a tally chart	I can show results in pie or bar charts	I can show results in pie or bar charts and analyse findings
	I can write a brief conclusion	I can write a detailed conclusion suggesting some improvements	I can write a detailed conclusion and explain improvements

THE LITERACY PYRAMID

I can:

9-10 marks

Write in an engaging style appropriate to the task with a variety of the task with a variety of sentence types. Use a full range of punctuation accurately to improve the style and effect of my writing. Always spell accurately.

7-8 marks

Use different types of sentence to engage the reader. Use all common types of punctuation correctly, including colons and semi-colons. Spell most words accurately, including technical vocabulary.

5-6 marks

Use different types of long complicated sentence. E.g. "Suddenly, without any warning, I heard a terrible scream." Always use full stops, commas, question marks, and speech marks correctly. Spell commonly used words correctly all of the time; usually spell more difficult words correctly.

3-4 marks

Use longer, more complicated sentence. E.g. "I opened the door and stepped in the dark house." Use capital letters, full stops, commas and question marks accurately most of the time. Spell common words accurately most of the time; spell some difficult correctly.

1-2 marks

Use simple sentences that are sometimes made longer with words like "and", "but" and "because". E.g. "I visited the big old house". Write in sentences that use punctuation like full stops, commas and question marks, although sometimes with mistakes. Spell simple words correctly.

Marking Criteria

Research Methods

Topic Covered

Results & Conclusions

Presentation

Overall grade

Research Methods

Internet

Questionnaires & Surveys

Books & Magazines

Own product making and testing with experimentation and analysis

Interviews

Comparisons

Nutritional analysis