

# FOOD & NUTRITION

## **Healthy Eating**

HOMework

YEAR 8 -TERM 1

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

NAME AND FORM: .....

DATE FOR HANDING IN: .....

## ***TASK 1***

### ***FOOD DIARY***

*Choose the Bronze, Silver or Gold activity to complete:*

#### ***Bronze:***

*Keep a food diary to record what you eat in one day. Compare the foods against the Eatwell Plate and comment on how well balanced your diet is. Then, explain how you could make your diet healthier.*

#### ***Silver:***

*Keep a food diary to record what you eat over two days. Discuss what you have eaten in relation to the Eatwell Plate, comparing the two days. Then write a one-day meal plan that you could follow to make your diet healthier, explaining your food choices.*

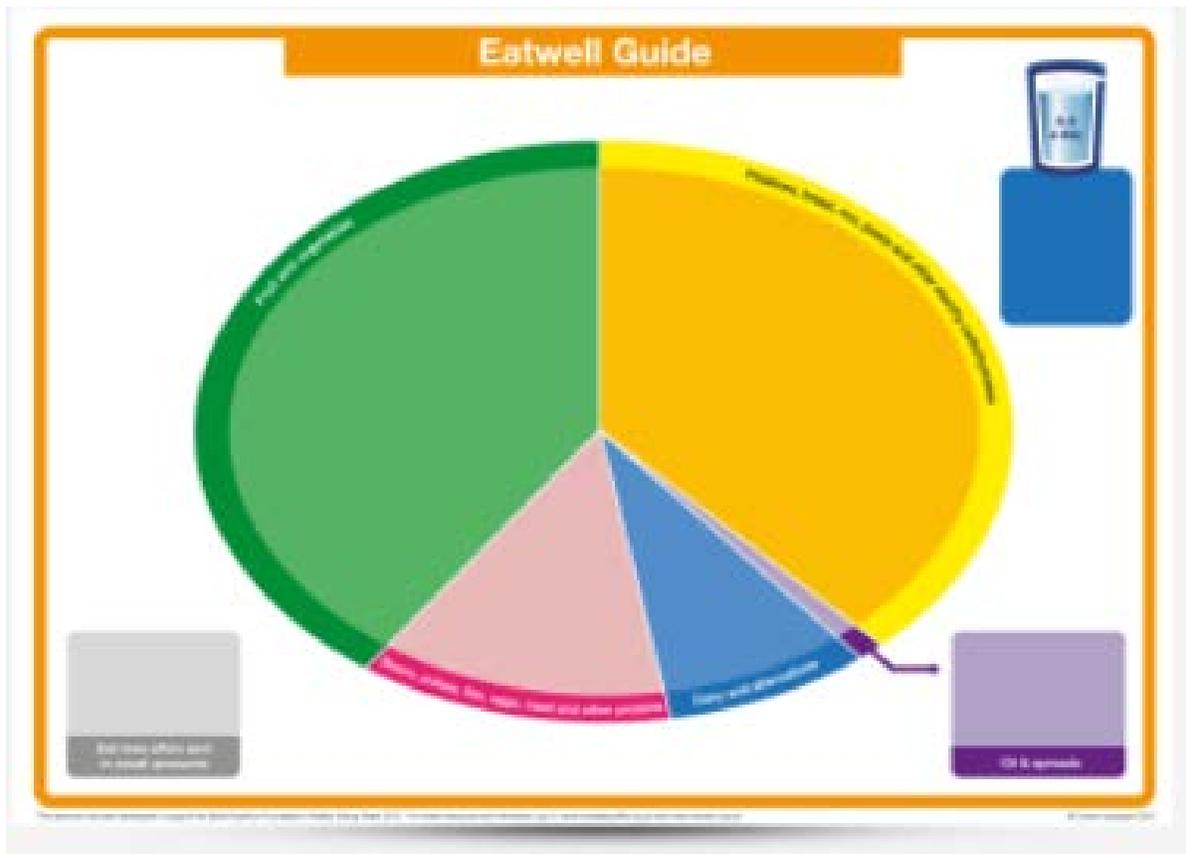
#### ***Gold:***

*Keep a food diary to record what you eat over five days. Analyse what you have eaten against the Eatwell Plate. Then, write an eating plan that you could follow to make your diet healthier, explaining your choices. Consider the nutrients that different foods would provide, along with the functions they perform in your body.*

## TASK 2

### EATWELL/BALANCE OF GOOD HEALTH GUIDE

Write the components of your food diary on the 'Eatwell Guide' in the correct sections.



# 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*