

# FOOD & NUTRITION



## HOMework YEAR 7: 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

### PERSONAL HYGIENE

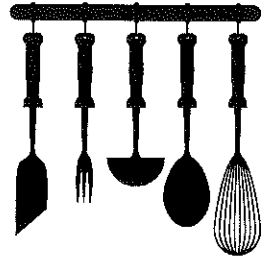
A: Draw and label (annotate) a picture of yourself fully prepared for a practical lesson. Think about what you will have to wear, what you will have to tie back and what you will have to remove. Remember good personal hygiene is essential for a successful practical lesson.

B: Answer the following questions:

1. What may happen if you do not have good personal hygiene when handling food?
2. Why must we wear a clean apron during a practical lesson?
3. How should we prepare our hands for a practical lesson?
4. Why should we use blue plasters to cover cuts and sores when we are handling food?
5. a) Name two other personal hygiene rules that we should follow in a food room.  
b) Draw and label a diagram to show one of the rules that you have listed above.

## TASK 2

### KITCHEN EQUIPMENT



In the preparation of food it is important to understand why we should use the correct equipment.

Research the following pieces of equipment. Include:

- A drawing or picture of each.
  - An example of a task the piece of equipment could be used for.
1. Colander
  2. Sieve
  3. Spatula
  4. Vegetable knife
  5. Chopping board
  6. Cooling rack
  7. Fish slice
  8. Frying pan
  9. Palette knife
  10. Mixing bowl

Extension: Add some equipment of your own.

# FOOD & NUTRITION HOMEWORK MARKING

	Grade 1-3	Grade 4-5	Grade 6-9
<b>Research</b>	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. Eg. "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. Eg. "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". Eg. "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