

Year 7 8 & 9

Your last task before the summer holiday is to choose 4 out of the 10 mini tasks that are on the next slide.

I need pictures or confirmation from parents where appropriate that you have done this no later than **Wednesday 15th July.**

The Tasks

Explain the function of carbohydrates and list 6 foods from this group

Make a list of 10 recipes that use eggs as an ingredient

List as many vitamins and minerals as you can

Watch a cooking programme eg Saturday kitchen and describe one of the dishes made

Make a food crossword or word search
www.puzzlemake.com/cw

Re-design the packaging for your favourite chocolate bar

Work out the food miles for the food you ate yesterday
www.foodmiles.com

Read and follow a recipe that you can cook at home

Design your dream menu for a day including drinks

Wash up or stack and empty the dishwasher