

HOME SCHOOLING: Home Economics

Choose one activity from the menu . Use the peri-meter to challenge yourself (**GREEN** is easier **BURGUNDY** is harder)



<p>Find a recipe you like, adapt it for the ingredients you have at home, cook it, photograph it (if you can) and evaluate it.</p> <p>https://docs.google.com/document/d/1k_ehv9Cym28Pv7r7X97r5frVyoCo-zTGiOGHk4e90DYr/edit#heading=h.gidexs</p> <p>https://docs.google.com/document/d/1fMUJdsYh93ProBa70fi7NmFx-w4paapbNdojLW1_4e4k/edit</p>	<p>Carry out some research into the main types of food poisoning bacteria (pathogens). Give information about foods which are most likely to be contaminated, incubation time, who is most at risk, and signs & symptoms</p> <p>https://www.foodfactoflife.org.uk/media/2035/sources-signs-symptoms-ppt-1114c4.pptx</p>	<p>Prepare and cook a two-course evening or weekend meal for your family. Wash, dry up and tidy up after yourself</p> <p>Take a photo of your family lunch</p>	<p>Carry out some research into one of the following dietary diseases:</p> <ul style="list-style-type: none"> • Coronary heart disease • Anaemia • Osteoporosis • High blood pressure • Obesity <p>Collect any interesting newspaper, magazine or web articles about your chosen dietary disease</p>	<p>Write a fact sheet about Food Hygiene and Safety procedures that should be followed in and around the home.</p> <p>Include the kitchen, bathroom and looking after animals</p>	<p>Sticky Toffee Pudding</p> <p><i>Recipe in a separate Google Slide</i></p>
<p>Make a presentation about how food shortages have affected you and your family</p>	<p>Create a Kahoot! Quiz for the correct storage of different types of food</p> <p>Ask 5 friends to attempt your Kahoot! quiz</p>	<p>Prepare and cook an evening meal for your family. Wash, dry up and tidy up after yourself</p> <p>Take a photo of your family lunch</p>	<p>Lack of sunshine can cause a deficiency of Vitamin D. Research which foods are a good source of Vitamin D and cook a dish with some of these ingredients</p> <p>Take a photo of the dish</p>	<p>Watch an episode of the Food Inspectors and write down everything you see them do wrong.</p> <p>https://youtu.be/0k057o9n1u0</p>	<p>Chocolate Cake or Muffins</p> <p><i>Recipe in a separate Google Slide</i></p>
<p>Make a meal plan using the ingredients you already have in your store cupboards and freezer</p>	<p>Create a poster or Google slide which shows food correctly stored in a refrigerator</p>	<p>Make/cook lunch for your family. Wash, dry up and tidy up after yourself</p> <p>Take a photo of your family lunch</p>	<p>Lack of sunshine can cause a deficiency of Vitamin D. Research which foods are a good source of Vitamin D and create a fact sheet about why Vitamin D is necessary and what we need to eat if we do not get any sunshine</p>	<p>Watch an episode of the Food Inspectors and write down everything you see them do wrong.</p> <p>https://youtu.be/0k057o9n1u0</p>	<p>Curry and Flatbread</p> <p><i>Recipe in a separate Google Slide</i></p>
<p>Empty a food cupboard, clean it out and organise it in a tidy manner. Group the ingredients in the same category together.</p> <p>Take a photo before and after</p>	<p>Empty the refrigerator, clean it out and organise it correctly (link to fridge storage)</p> <p>Take a photo before and after</p>	<p>Make/cook breakfast for your family. Wash, dry up and tidy up after yourself</p> <p>Take a photo of your family breakfast</p>	<p>Check up on a loved one or elderly neighbour.</p> <p>Write a letter or make a card to give them.</p> <p>See if they need any shopping</p>	<p>Create a short video demonstrating correct handwashing procedures</p> <p>Try and choose a new theme song</p> <p>https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/</p>	<p>Macaroni Cheese</p> <p><i>Recipe in a separate Google Slide</i></p>
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