

Y11 Food Homework:

Please find detailed below the homework which should be completed over the summer in preparation for year 11.

Task 1:

Read through the information pack provided.

Use the information to produce an advice leaflet for parents explaining how to ensure their children are healthy **at each stage** (babies, young children and teenagers). Make sure you have included all of the points in the '**check your understanding**' sections.

Task 2:

Complete a nutritional and sensory analysis on at least three dishes which you eat over the holidays. Include what the product **looks, smells and tastes like as well as the texture**. Explain which **nutrients** you think it provides and make suggestions for how you could make it **healthier**. If this is a packaged item, keep the food label (or photograph it). Also include the **cost**. If possible this should be typed up. It must include a picture of the dish. If you are unable to access a printer this can be done in school in the first week back. If you don't have access to a computer to type it up, hand written is acceptable.

This homework will help to prepare you for year 11 and should be a substantial piece of work. It should take approximately six hours to complete (that's only one hour for each week you are off).

This will be used in the lesson and must be handed in no later than Monday 12 September.