

Subject: Food Technology
Year: 8
Practical Lessons: tomato soup; biscuits; beef burgers; vegetable stir fry; chicken nuggets.

Quiz 1:

Reared foods	Foods that come from animals kept on a farm .
Seasonal produce	Foods that are only available at certain times of the year .
Organic farming	A type of farming where no artificial chemicals are used, e.g. artificial herbicides and pesticides.
Intensive farming	A type of farming that uses artificial chemicals and restricted space to make as much of the product as possible .
Free range farming	A type of farming where animals can have access to outdoor space .

Quiz 2:

Global warming	A gradual increase in temperature of the Earth's atmosphere caused by greenhouse gases.
Carbon footprint	How much greenhouse gas is produced when making and transporting a food product.
Food miles	The distance that a food has travelled .
Local produce	Foods that are grown/ produced near to the consumer .
Sustainable	Using food in a way so that it does not run out , e.g. fish supplies.

Quiz 3:

Fair trade	Where producers are paid a fair wage , for products such as bananas, coffee and chocolate.
Food security	When all people , at all times have enough, safe food .
Culture	Our laws, morals, customs and habits .
Vegan	A person who does not eat any food from animals , including meat, fish, eggs and dairy products.
Vegetarian	A person who does not eat meat or fish .

Quiz 4:

Source	Foods that contain a nutrient .
Function	The job that a nutrient does in the body .
Proteins	A nutrient needed for growth, repair and energy ; found in meat, fish, eggs, beans and dairy foods.
Fats	A nutrient needed for warmth, protection and energy ; found in meat, oils, nuts and dairy foods.
Carbohydrates	A nutrient needed for energy ; found in wheat (bread, pasta, cakes), potatoes , and rice .

Quiz 5:

Fibre	A substance to help food travel through the digestive system .
Water	A substance for healthy skin, brain function and to replace water lost.
Calcium	A nutrient needed for strong bones and teeth ; found in dairy foods.
Iron	A nutrient needed for healthy blood ; found in red meat and dark green vegetables .
Malnutrition	A condition caused by not getting the correct amount of nutrients .

Home Learning Tasks

- Your first homework task is to learn the keyword definitions/ key facts, as close to word for word as you can (the words in **bold** are the most important ones).
 - You could do this using one of the following methods: look, cover, write, check; black pen green pen mindmap; flash cards; any other method that works for you.
 - However, there needs to be **evidence** of you learning the words, you cannot simply read over them!
 - You will have 2 weeks to learn each set of words/ facts, and then you will complete a quiz in class.
 - If you do not do well in the quiz I will ask to see evidence that you revised for the quiz.
- Your second homework task is to complete online skills assessments following each practical lesson. This will enable you to see how you are progressing with these skills, and which ones you need more practice on.

Reminders

- Please email Miss Dickman (dickmanl@theebbsfleetacademy.kent.sch.uk) if you have any food allergies and/ or moral/ religious observations related to food (e.g. halal, vegetarian, etc.).
- Students are required to bring in containers for practical lessons, in order to take their food home. This is part of their required equipment for practical lessons.
- There will be a £10 cost associated with this course, known as the Technology fund, to cover the cost of ingredients and materials used. This must be paid online via ParentPay.