







Name: \_\_\_\_\_

Date: \_\_\_\_\_

GCSE Food Technology Healthy Eating takeaway menu

Pick a task from the menu below. The chilli rating is the level of difficulty. Over the rotation you should have tried at least one of the 'flaming hot' options.

Learning styles...	 <b>Knowledge</b> Mild	 <b>Understanding</b> Mild	 <b>Applying</b> Medium	 <b>Analysing</b> * Medium	 <b>Creating</b> Flaming hot	 <b>Evaluating</b> Flaming hot
<b>Verbal</b> I enjoy reading, writing and speaking.	Explain in your own words Government Healthy eating guidelines. i.e. The Eatwell plate, Eight tips for a healthy diet and 5-a-day.	State at least four of the current healthy eating guidelines and give a reason for each. E.g. Eat less salt because...	Plan a menu for a teenager for a day. Explain how it will meet healthy eating guidelines.	Design a questionnaire to find out what teenagers are eating/not eating. What conclusions can draw?	Prepare a list of criteria that food manufacturers should follow when making healthy meals.	Interview your peers and evaluate their healthy eating habits. What is your opinion of their diets? What changes would you recommend? What are the pros and cons of their diet?
<b>Visual</b> I enjoy painting, drawing and visualising.	Create a poster summarising Healthy eating guidelines. . i.e. The Eatwell plate, Eight tips for a healthy diet and 5-a-day.	Produce a mood board of pictures of popular family recipes that meet/ do not meet healthy eating guidelines. Label to explain your reasons.	Produce a mood board to explain to a primary school child what portion sizes look like for a range of five a day fruit and vegetables.	Construct a graph to show the differences in sugar, fat, fibre and salt content of breakfast cereals or soft drinks.  <i>Need help? Use the tesco.com website – look at nutritional labelling for each product.</i>	Research an unhealthy food that you like to eat on the Tesco website. Create a traffic light nutritional label for it. How does it compare to the nutritional labelling on the packaging.  <i>Need help? have a look at <a href="http://www.waitrose.com/home/inspiration/health_and_nutrition/nutrition_advice_and_healthy_eating/labelling.html">http://www.waitrose.com/home/inspiration/health_and_nutrition/nutrition_advice_and_healthy_eating/labelling.html</a></i>	Supermarket healthy eating products are healthier than normal varieties e.g. healthy eating lasagne healthier than value lasagne.  What information would you use to agree/disagree with this view?  Produce a thought chart to show your information.
<b>Kinaesthetic</b> I enjoy doing hands on activities.	Create an Eatwell plate e.g. using coloured paper.	Produce a PowerPoint which describes healthy and unhealthy eating aimed at teenagers.	Design an animation or movie that summarises key points about healthy eating.	Analyse the effect of unhealthy eating on the body. Create a diagram of the body to show your findings.	Create a challenging quiz of 10-20 questions that you can use with the class on healthy eating.	Evaluate the impact of government spending on healthy eating. Choose your own way of presenting your information.
<b>Intrapersonal</b> I enjoy working by myself.	Collect facts about the importance of eating breakfast.	What is the difference between saturated and unsaturated fats? Respond to it in any way you want. e.g. write a diary entry, letter, report.	Write a speech that David Beckham would give on health eating to teenagers.	Write about the diet followed by Wayne Rooney or Jessie J. How have they followed healthy eating advice?	Ashley is a cook in a nursery school. What important points should be considered when planning healthy meals for school children? Choose your own way of presenting your information.	Write an article that argues about the advantages and disadvantages of ready meals.
<b>Other learning style...</b> Create your own tasks...	Create a quiz based on the topic covered in the lesson today. Make the questions hard and make a list of the answers.	Write 3 to 5 tweets on what you have learned this lesson. No more than 140 characters per tweet. Use the # for key words.	Create a mind map which covers one of the topics that you have learned. Make sure you include all key words. Be creative.	Create an A3 poster on one of the topics that you have covered. Make sure it is eye-catching and contains key words.	Create a factsheet summarising the lesson, but also add additional research and facts. Use correct terminology and use the internet to include extra facts (no copy & paste!).....	Create a board game which revises the topics you have taught this term

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