



Take Away Home Learning

Year 11 - Spring
Food Technology

The Peri-ometer 4 task menu shows the level of challenge of each task ranging from extra mild to extra hot. All tasks should be completed during the term.



Comprehensive Nutritional Analysis of Traditional Cuisines	Research and compile a detailed report on the nutritional content and health benefits of various traditional dishes from around the world. Include macro and micronutrient profiles and dietary relevance.	Helpful links: nutritiondata.self.com https://explorefood.foodafactoflife.org.uk/Calculator/Recipe
Food Science Experiment Write-Up	Conduct a virtual experiment examining the effects of different cooking methods on the nutrient retention in vegetables. Document hypotheses, methods, and conclusions.	Helpful links: sciencebuddies.org/science-fair-projects/project-ideas/FoodSci
Case Study on Special Diets	Research and create a detailed case study on a specific dietary need, such as gluten-free or ketogenic diets, including the nutritional adjustments and substitutions necessary.	Helpful links: eatright.org https://www.nhs.uk/live-well/eat-well/
Food Preservation Techniques Overview	Write a 500 word essay on various food preservation methods and their impact on food safety, shelf life, and nutritional value. Include traditional and modern techniques.	Helpful links: fao.org/food-loss-and-food-waste/food-waste/food-preservation