



Summer Bridging Work

Subject: Food Preparation & Nutrition

Year: 8 (Year 7 into 8)

Topic/Title of what the students will be studying in September for the first half term: **Food Provenance**

Suggested background reading that will help them to understand the context of the topic to be studied:

<https://www.foodafactoflife.org.uk/>

This website has lots of useful power points and quizzes to read and have fun with.

Relevant films/videos to watch:

Watch this video and answer the 10 questions.

<https://www.youtube.com/watch?v=EYfHjE5dDwg>

Activity to undertake:

Task 1:

1. What type of boats are used to catch the fish?
2. How does the fish auction work?
3. What makes a good looking fish?
4. What does the flour do?
5. What makes the fish crunchy?
6. How many years has the UK been growing “spuds”?
7. What nutrients do potatoes provide us with?
8. When are potatoes planted and harvested?
9. What are potato skins full of? (do you know what it’s function in our body is?)
10. Why are wedges healthier for you than French fries?

Task 2: Use google to find out the history of fish and chips. When did we first start eating it as a meal? What is the reason behind it?

Upload task into the **current** Google Classroom

Students to hand in by August 31st