

Food Technology - Home Learning

Here are home learning opportunities that primarily encourage discussion and do not have associated costs:

Food & Nutrition

- **Discussion on Dietary Choices:** discuss the different diets they are familiar with (e.g., vegetarian, vegan, pescatarian) and the reasons people might choose them.
- **Analyse Food Labels:** Using food items already at home, discuss the nutritional information found on labels and what they mean.
- **Meal Planning Debate:** discuss how you might plan a week of meals based on the Scottish Dietary goals, considering any constraints like budget or dietary restrictions

CONSUMER

- **Budgeting Discussions:** Based on hypothetical situations or using mock examples, discuss how a family might budget their income for groceries, clothing, and other necessities.
- **Consumer Choices:** Dive into discussions about why families might choose one product over another (e.g., branded vs. non-branded).
- **Ethics of Consumption:** Discuss topics like fair trade, organic products, and the environmental impact of our purchasing choices

General

- **Family Food Traditions:** engage family members in a discussion about traditional foods, recipes passed down through generations, and the stories behind them.
- **Grocery Shopping Strategy:** Engage family members in a discussion about how they prioritise their grocery shopping. Do they focus on sales, nutritional value, brands, or a combination of factors?

These discussion-centric activities ensure that students are actively engaging with the subject matter without incurring any costs. It also allows for the involvement of family members, promoting shared learning experiences.



DEPARTMENT OF
FOOD TECHNOLOGY

