

Food Technology - Home Learning

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

Food & Nutrition

Vegetable and Herb Gardening: Start a small herb or vegetable garden using seeds and pips from fruit and vegetables.

Nutrition Label Reading: Teach children how to read and understand nutrition labels on food products.

Healthy Recipe Research: Find and discuss simple, nutritious recipes together as a family.

CONSUMER

Price Comparison: Compare prices of different brands and learn about cost-effective shopping.

Understanding Food Marketing: Discuss advertising and marketing techniques used in food promotion.

Meal Planning: Involve the family in weekly meal planning to understand budgeting and nutrition.

General

Cultural Food Exploration: Explore recipes and cooking methods from different cultures.

Food Waste Reduction: Learn about reducing food waste through proper storage and creative use of leftovers.

Family Food Challenges: Organise fun cooking challenges, like designing a meal with a specific ingredient.

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



DEPARTMENT OF
FOOD TECHNOLOGY

