

Key Stage 3

Year 8 Home Learning – Food and Nutrition

- 1) ALL chilli levels: Bring in your ingredients for your protein alternative curry - remember that meat products (chicken/pork/beef and fish) need to be replaced with a suitable alternative protein source (Quorn/chickpeas/broccoli/lentils, etc). You can either use the recipe on the booklet – ingredients below; the one you chose in class or one of your own choosing.

Due week beginning 28 January 2019.

Ingredients

1 clove
1 clove of garlic
1 black peppercorn
1 cardamom pod
1 x 10ml spoon oil
200g lamb leg steaks
1/2 small cauliflower
1/2 green chilli
1/2 x 5ml spoon turmeric
1/2 x 5 ml spoon ground cumin
1/2 x 5ml spoon chilli powder
4 x 15ml spoons plain yogurt
pinch black pepper
1 x 15ml spoon coriander

- 2) Create an information document on your chosen topic on food intolerances/allergy diets/religious diets. Topics that can be covered include: gluten free diets, lactose or dairy intolerance, nut allergy, heart disease, coeliac disease, diabetes, religion and diet.

Due week beginning 4 February.

Cool Chilli: a detailed paragraph on the diet chosen, what causes it and what people should avoid eating.

Medium chilli – two detailed paragraphs on the diet chosen, the causes, the side effects and dietary requirements/adaptions that need to be made.

Hot chilli – an information fact file on the diet chosen (1 page), the causes, side effects/health concerns, dietary requirements and a suggestion for a healthy meal for a person who has this condition/intolerance/religious belief.