

# Year 8 Homework Half Term 2 : Food Promotion and Food Safety

Task	+	++	+++
<b>1</b>	<p><b>Eat-Well Guide</b></p> <p>Write a letter to a parent who is concerned that their child is not eating a balanced diet. Explain how the Eat Well Guide can help them. Your letter should be between 150 and 200 words long.</p> <p>Include: A description on what the Eat Well Guide is. How the guide can help in planning meals and healthy eating. Give examples of healthy meals.</p>	<p><b>Eat-Well Guide</b></p> <p>Write a letter to a parent who is concerned that their child is not eating a balanced diet. Explain how the Eat Well Guide can help them. Your letter should be between 200 and 300 words long.</p> <p>Include: A detailed description of what the Eat Well Guide is. Explain how the proportions on the guide, relate to healthy eating.</p> <p>Extend your answer to include water, fibre and foods to avoid. Plan a range of balanced meals that incorporate the Eat Well Guidelines.</p>	<p><b>Eat-Well Guide</b></p> <p>Write a letter to a parent who is concerned that their child is not eating a balanced diet. Explain how the Eat Well Guide can help them. Your letter should be between 300 and 500 words long.</p> <p>Include: A detailed explanation of the Eat Well Guide and its contribution to healthy eating.</p> <p>Analyse the portions on the guide; relate your answer to nutrients and their functions.</p> <p>Discuss how an unhealthy choice of foods can be adapted to incorporate the guidelines set by the Eat Well Guide.</p>
<b>2</b>	<p><b>Food Choice and Seasonality</b></p> <p>State what “seasonality” means in the context of food production.</p> <p>Give examples of “seasonal foods”.</p> <p>Why should we buy foods that are in season?</p> <p>DO NOT COPY AND PASTE INFORMATION</p>	<p><b>Food Choice and Seasonality</b></p> <p>Describe what “seasonality” means in the context of food production.</p> <p>Give examples of “seasonal foods”.</p> <p>Why should we buy foods that are in season? Relate your answer to the environment</p> <p>DO NOT COPY AND PASTE INFORMATION</p>	<p><b>Food Choice and Seasonality</b></p> <p>Analyse what “seasonality” means in the context of food production.</p> <p>Give examples of “seasonal foods”.</p> <p>Why should we buy foods that are in season? Explain your answer in relation to the environment, giving examples.</p> <p>DO NOT COPY AND PASTE INFORMATION</p>

