

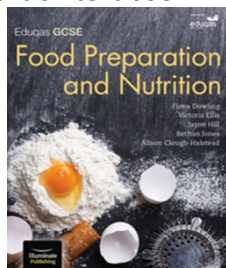
How to help your child

Subject: Food

How to help your child	
Year 7	<p>Help prepare your daughter for practical lessons ensuring that she prepares ingredients e.g., weighing accurately.</p> <p>Reading the recipe so that she is prepared for the lesson.</p> <p>Question what your daughter is learning in the subject.</p> <p>Cook at home to practice skills.</p> <p>Look at recipe books for presentation ideas.</p> <p>Visit supermarket to research ingredients.</p> <p>Help learn keywords and terminology.</p> <p>http://www.foodafactoflife.org.uk/ https://www.bbc.co.uk/bitesize/subjects/zdn9jhv</p>
Year 8	<p>Help prepare your daughter for practical lessons ensuring that she prepares ingredients e.g., weighing accurately.</p> <p>Reading the recipe so that she is prepared for the lesson.</p> <p>Question what your daughter is learning in the subject.</p> <p>Cook at home to practice skills.</p> <p>Look at recipe books for presentation ideas.</p> <p>Visit supermarket to research ingredients.</p> <p>Help learn keywords and terminology.</p> <p>http://www.foodafactoflife.org.uk/ https://www.bbc.co.uk/bitesize/subjects/zdn9jhv</p>
Year 9	<p>Help prepare your daughter for practical lessons ensuring that she prepares ingredients e.g., weighing accurately.</p> <p>Reading the recipe so that she is prepared for the lesson.</p> <p>Question what your daughter is learning in the subject.</p> <p>Cook at home to practice skills.</p> <p>Look at recipe books for presentation ideas.</p> <p>Visit supermarket to research ingredients.</p> <p>Help learn keywords and terminology.</p> <p>http://www.foodafactoflife.org.uk/ https://www.bbc.co.uk/bitesize/subjects/zdn9jhv</p>
Year 10	<p>Encourage your daughter to revise her work on a regular basis especially for end of topic tests and examinations.</p> <p>Question what your daughter is learning in the subject.</p> <p>Encourage her to practice her skills at home.</p> <p>Provide constructive criticism on the dishes she makes to help her improve.</p> <p>Watch food programmes such as In the Factory, James Martin's Master Classes.</p> <p>Encourage her to use the Food Preparation and Nutrition digital textbook.</p> <p>Look at recipe books for presentation ideas.</p>

Choose high skill dishes for her NEA.
Attend revision sessions run by the department.

The department has given students the ability to access the digital version of the Food Preparation and Nutrition text book www.illuminate.digital/eduqasfood



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- eduqas.co.uk/Pages/ResourceByArgs.aspx?subId=52&lvlId=2 (These resources are excellent)
- **Seneca learning**: online revision with sample questions this is useful for the majority of the course.
- **BBC bite size revision topics**<https://www.bbc.co.uk/bitesize>
- **Food - a fact of life - Free education resources for ...**
- <https://www.foodafactoflife.org.uk>.
- <https://www.bing.com/videos/search?q=haccp+youtube&docid=608003353277369835&mid=15E9EC0381B8A0C14B6D15E9EC0381B8A0C14B6D&view=detail&FORM>
- **10 ways to reduce food miles - EcoStreet**
- www.ecostreet.com/10-ways-to-reduce-food-miles/
- =VIRE
- <http://www.foodafactoflife.org.uk/>
- <https://senecalearning.com/en-GB/>

- Learn **keywords** so you know what the question is asking you to do
- Produce **sketch its** which involve you drawing a sketch and labelling this with key information.
- **Fill it boxes** – write a keyword at the top of a post it note then list everything you know about that word on the post it note

Year 11

Encourage your daughter to revise her work on a regular basis especially for end of topic tests and examinations.

Question what your daughter is learning in the subject.

Encourage her to practice her skills at home.

Provide constructive criticism on the dishes she makes to help her improve.

Watch food programmes such as In the Factory, James Martin's Master Classes.

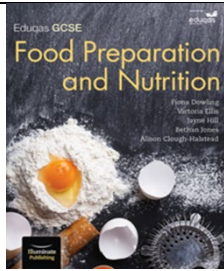
Encourage her to use the Food Preparation and Nutrition digital textbook.

Look at recipe books for presentation ideas.

Choose high skill dishes for her NEA.

Attend revision sessions run by the department.

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