

Hello and welcome to Food Technology!

Here are a few websites for you to look at during the summer holidays. These will help you to develop your knowledge and understanding about food.



Find out some new **facts** about what happens to the food that you eat. Do you know how chocolate mini rolls are rolled without cracking? How are instant noodles made? How is cola made?

Answer these questions by watching the short film clips in this link:

<https://www.bbc.co.uk/bitesize/topics/zrdtsbk/resources/1>

Learn how to **use a nutritional analysis program** to find out which nutrients you are eating each day. <http://explorefood.foodafactoflife.org.uk/>

Download some **apps** on your phone to find out how many calorie and how much salt, sugar and fat is in the food that you eat. For example, **Change4LifeFoodScanner**

Try out some new recipes to **develop your skills** in the kitchen.

Here are some videos showing you how to make some recipes at home:

<https://www.foodafactoflife.org.uk/7-11-years/cooking/interactive-resources/> You

can find more recipes to try out here:

<https://www.foodafactoflife.org.uk/recipes/>

Want to test your knowledge about food? See how many answers you can get right in the quizzes that you can find here: <https://www.foodafactoflife.org.uk/11-14-years/quizzes/interactive-class-quizzes/#HE>