**Year 7 Food Preparation and Nutrition**

**All work to be submitted on Teams class site in Files/ Year 7 Food**

**Documents to support will also be in this folder**

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| Year 7 FPN- Cooking Skills Challenge 1- Breakfast  Week beginning 15 June 2020  Task deadline 29TH June 2020 |
| **Task 1**: Objective- Plan, prepare, cook and present a range of breakfast dishes that meet the dietary needs of a teenager. Present 1 final dish for the challenge  **Plan-** Watch the following video about Breakfast ideas -https://www.youtube.com/watch?v=toolz3sj9xI  What ideas stand out for you? Which would you like to try out?  2- **Prepare:** You have 2 weeks to submit your final dish. Trial 3 or 4 recipes and ask family members where possible to rate your dishes. Use their feedback to improve your trial dishes  3- **Cook –** After choosing your best dish, use all the feedback you got and prepare the final dish. You should aim to demonstrate skills in all aspects of the preparation and presentation of the dish  4- **Present–** Present 1 final dish by taking a picture and emailing it to me for assessment  For authenticity you should label the dish with your name |
| Year 7 FPN- Cooking Skills Challenge 2- Lunch  Week beginning 29TH June 2020  Task deadline 16TH July 2020 |
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| **Task 2**: Plan, prepare, cook and present a range of **Lunch** dishes that meet the dietary needs of a teenager- choose between either a main, starter or dessert . Present 1 final dish for the challenge  1-**Plan-** Watch the following video about Lunch ideas -https://youtu.be/ePdr4pgvpD8  Which ideas do you like the most? Which would you like to try out?  2- **Prepare:** You have 2 weeks to submit your final dish . Trial 3 or 4 recipes and ask family members where possible to rate your dishes. Use their feedback to improve your trial dishes  3- **Cook –** After choosing your best dish, use all the feedback you got and prepare the final dish. You should aim to demonstrate skills in all aspects of the preparation and presentation of the dish  4- **Present–** Present 1 final dish by taking a picture and emailing it to me for assessment  For authenticity you should label the dish with your name |