**Faculty of Technology – Summative Assessment**

**Subject: Year 7/8 Food (Mr Quick, Mrs O’Connell and Mrs Hill)**

If you studied **food** during lockdown, you will be assessed on the following topics when you return to college in September.

**Topics to be Assessed:**

1. Hygiene and Safety
2. Nutrition
3. Accurate weighing and measuring
4. Healthy cooking methods
5. High risk foods

**Resources to Help You:**

1. Hygiene and Safety

<https://www.foodafactoflife.org.uk/11-14-years/cooking/hygiene-and-safety/>

1. Nutrition

<https://www.nutrition.org.uk/healthyliving/healthydiet.html>

<https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/energy-and-nutrients/>

1. Accurate weighing and measuring

<https://www.foodafactoflife.org.uk/media/1230/measuring-ws-711lwssa.docx>

1. Healthy cooking methods

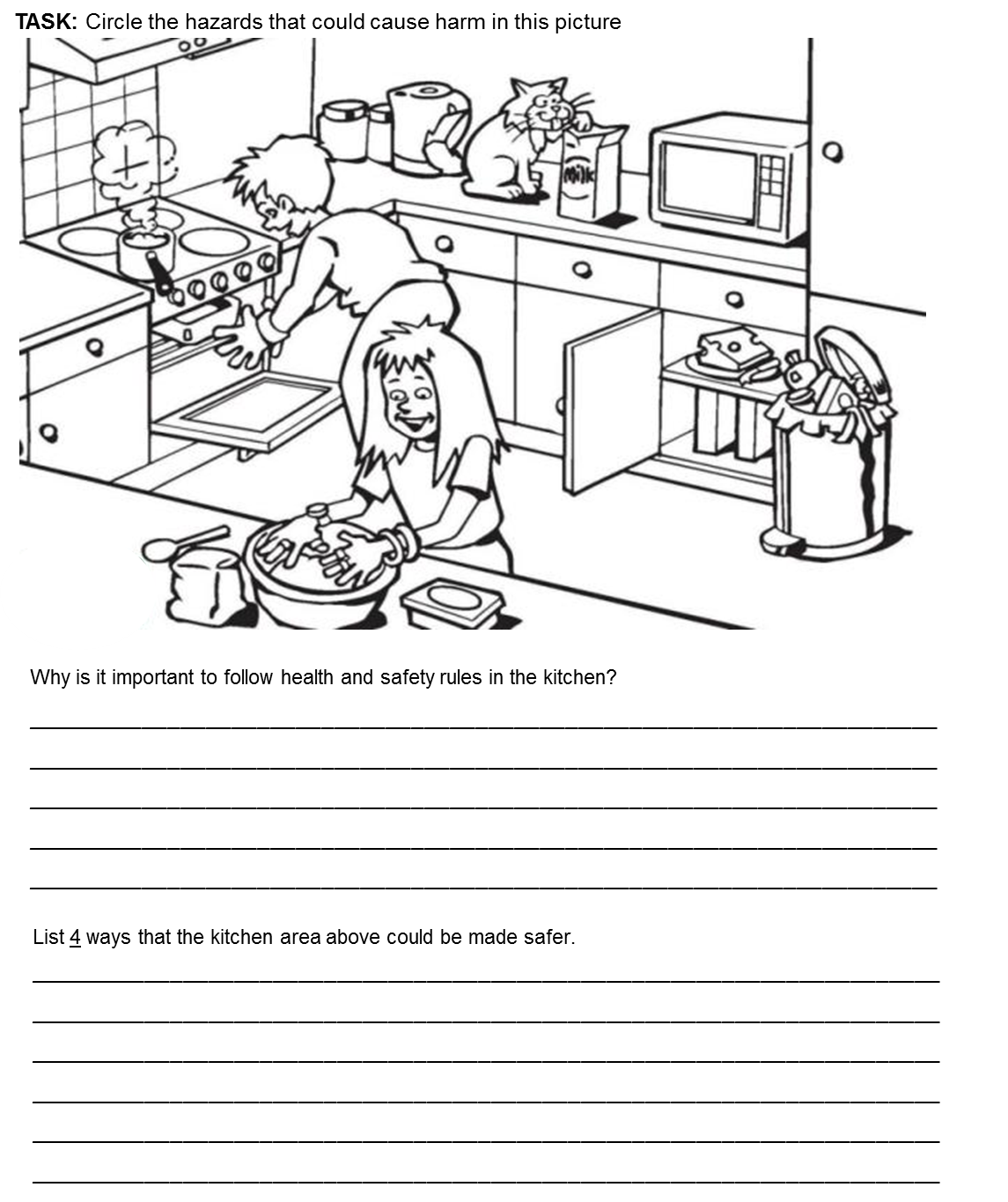
<https://www.bbc.co.uk/bitesize/guides/zdr8y9q/revision/1>

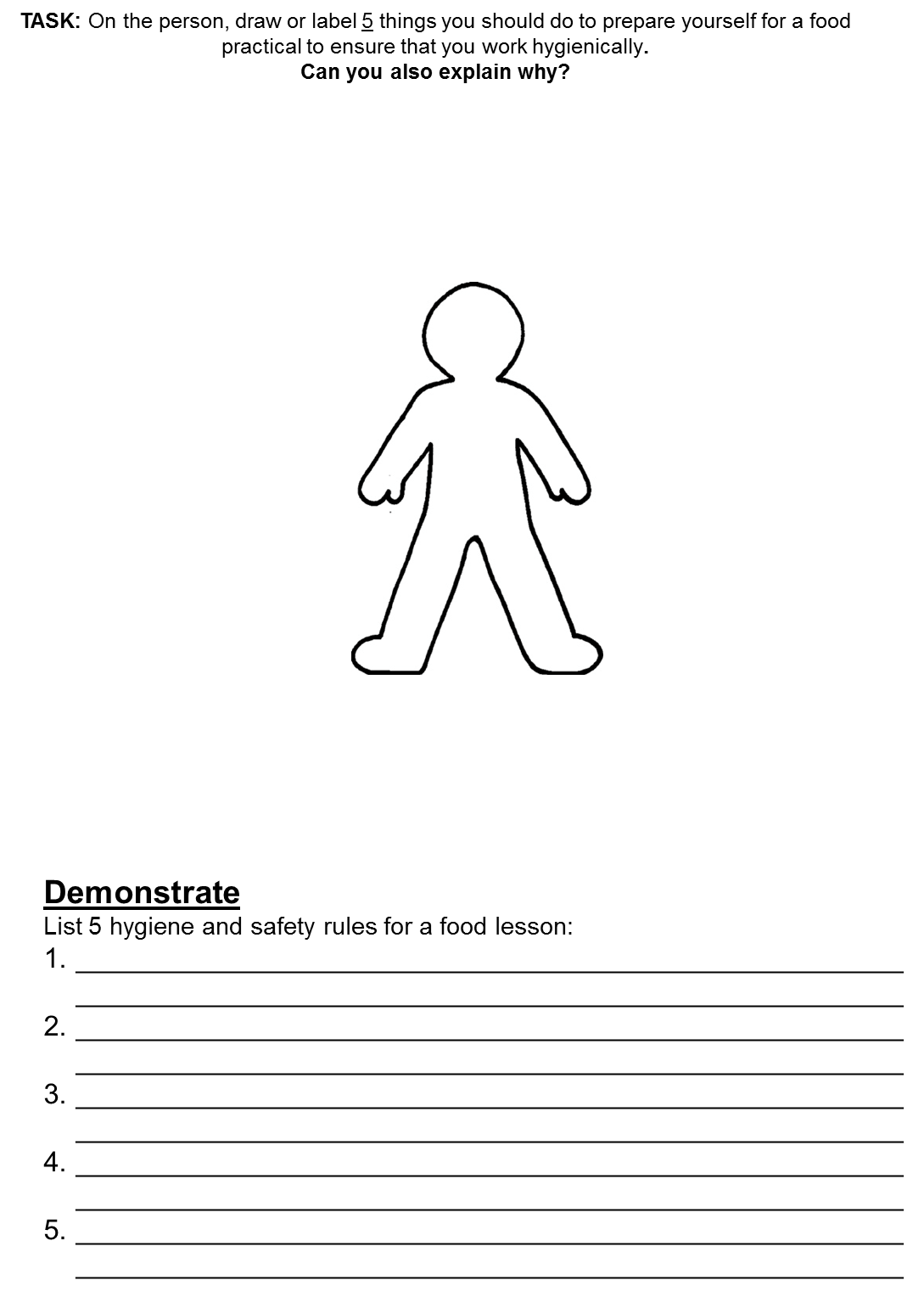
1. High risk foods

<https://www.foodafactoflife.org.uk/11-14-years/cooking/hygiene-and-safety/>

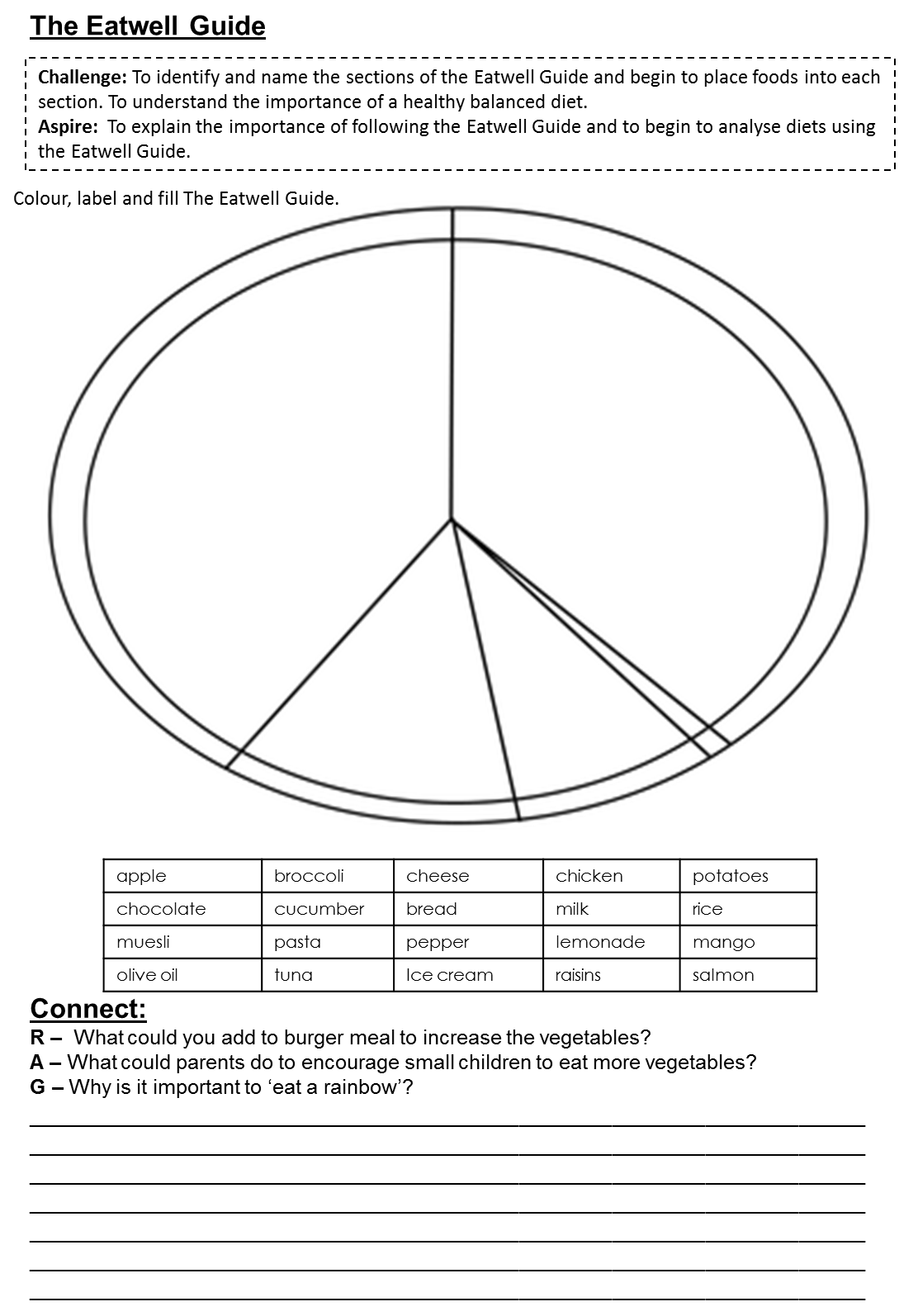
1. Hygiene and Safety

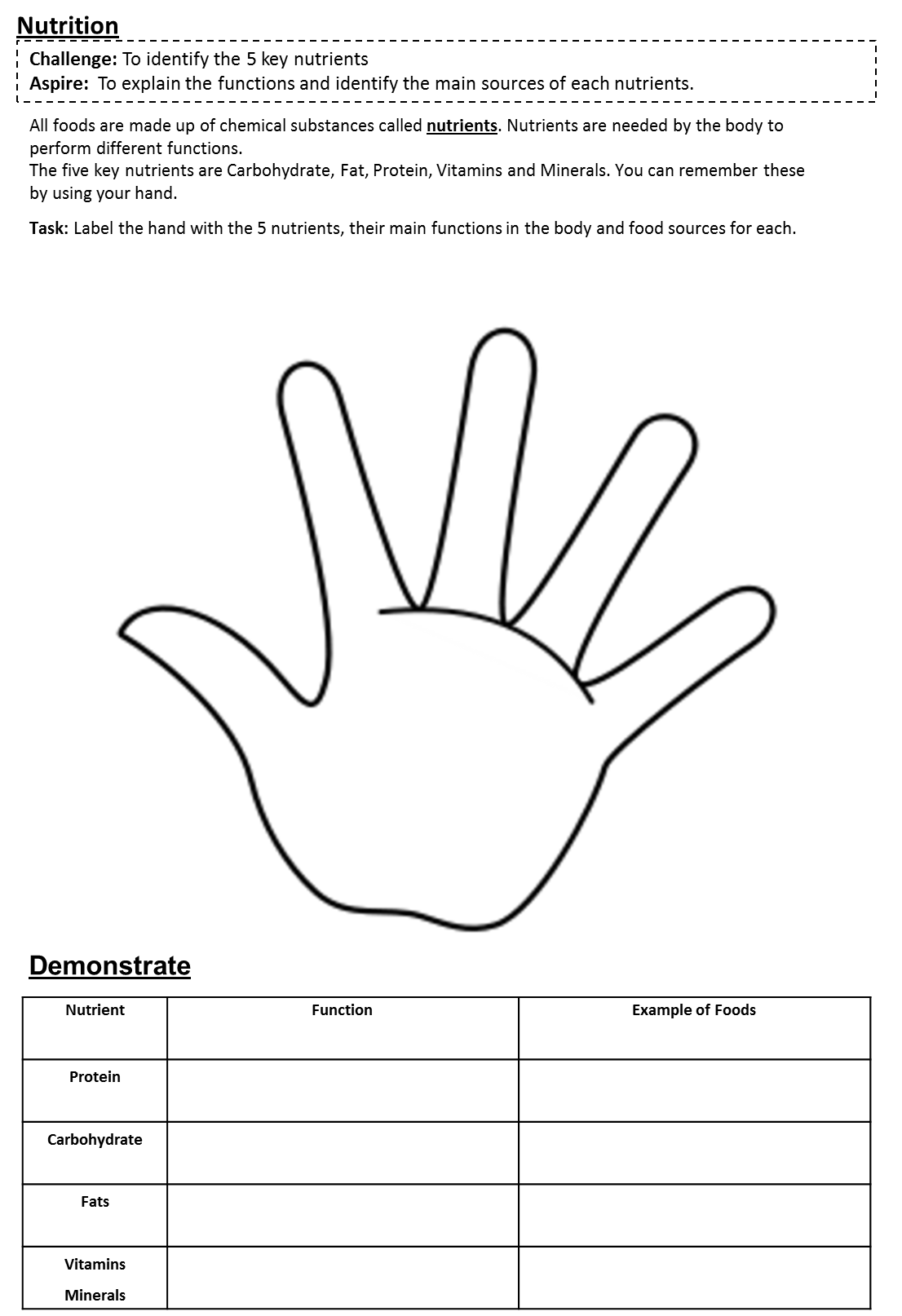
<https://www.foodafactoflife.org.uk/11-14-years/cooking/hygiene-and-safety/>





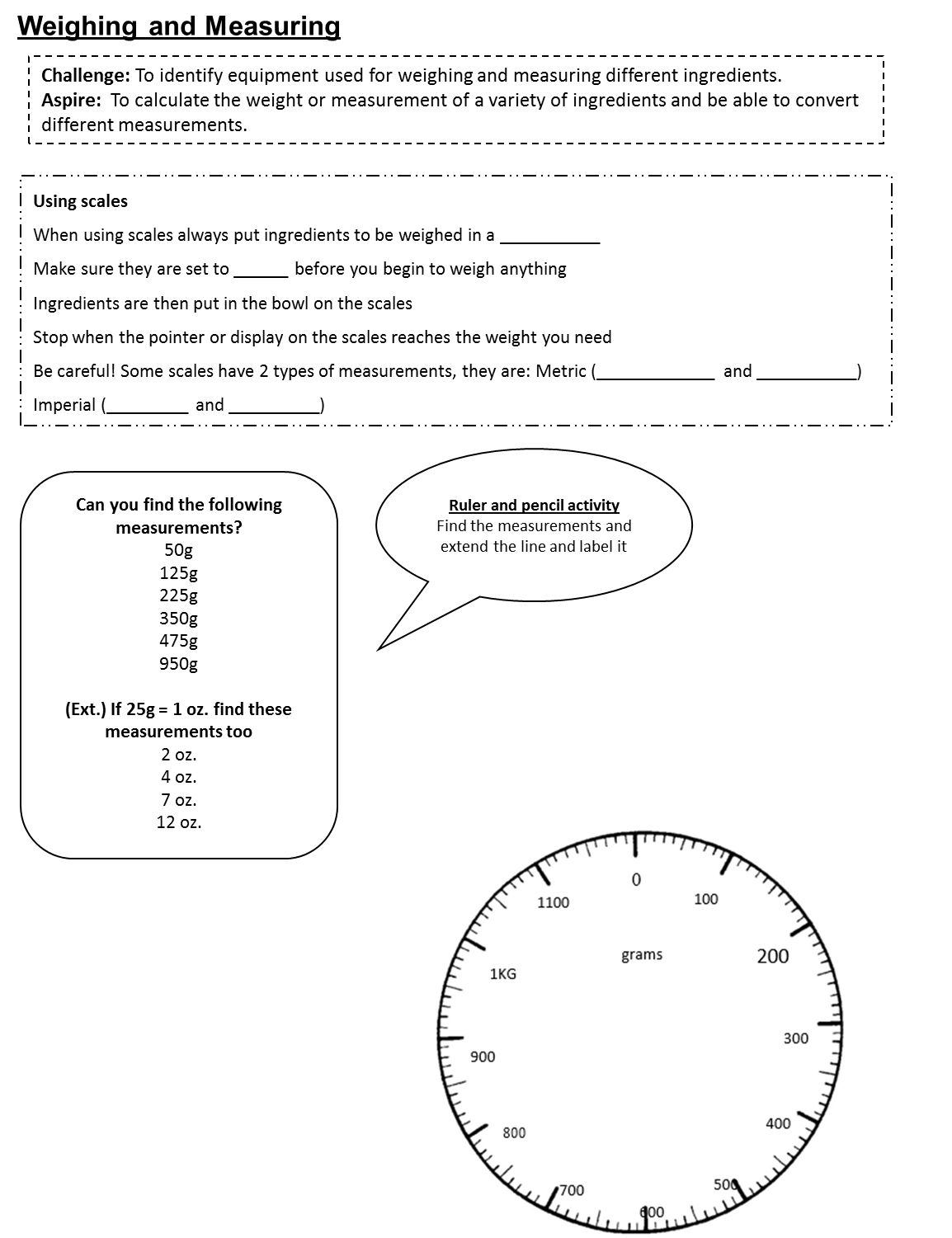
1. Nutrition

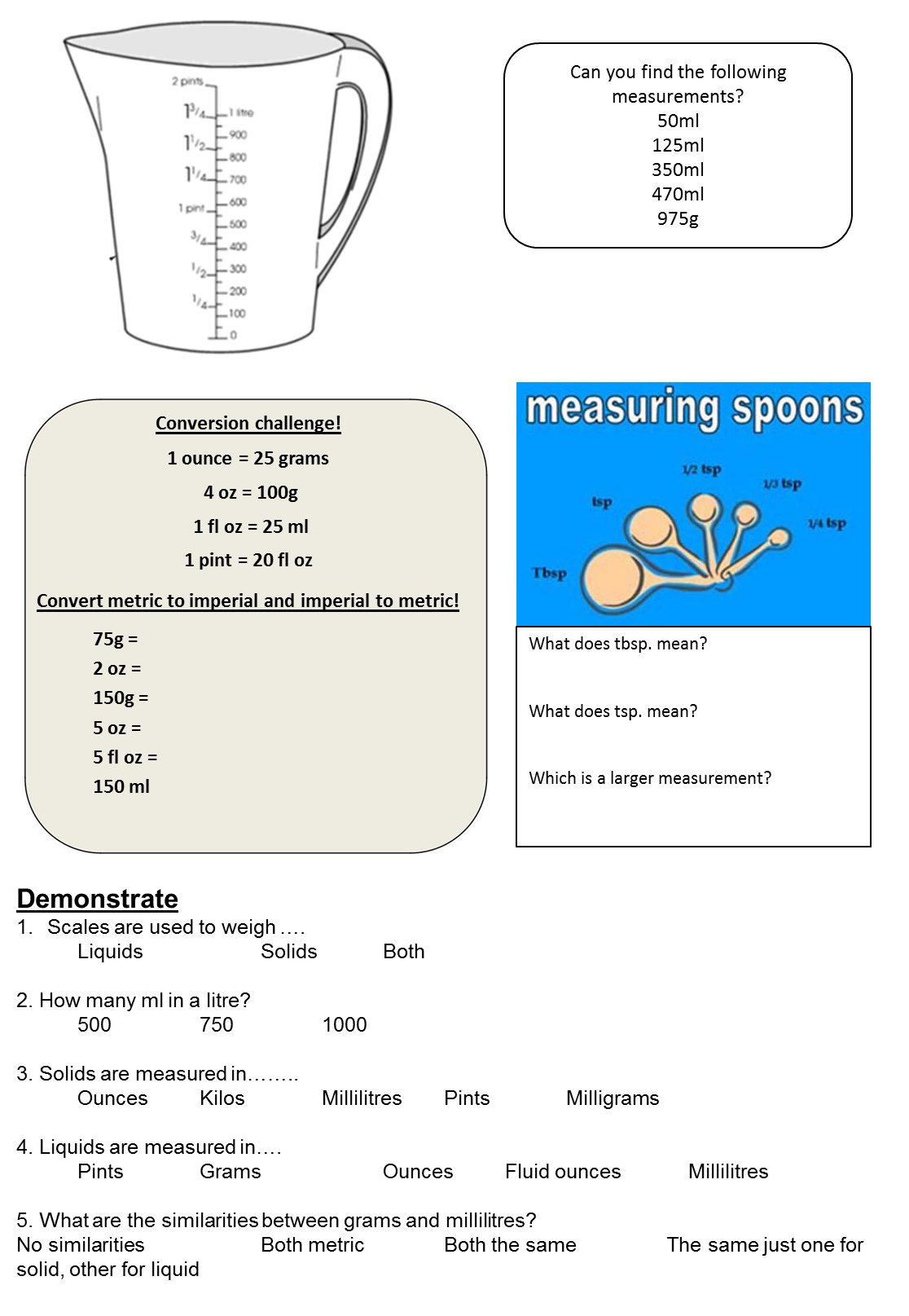
<https://www.nutrition.org.uk/healthyliving/healthydiet.html>

<https://www.foodafactoflife.org.uk/11-14-years/healthy-eating/energy-and-nutrients/>

1. Accurate weighing and measuring

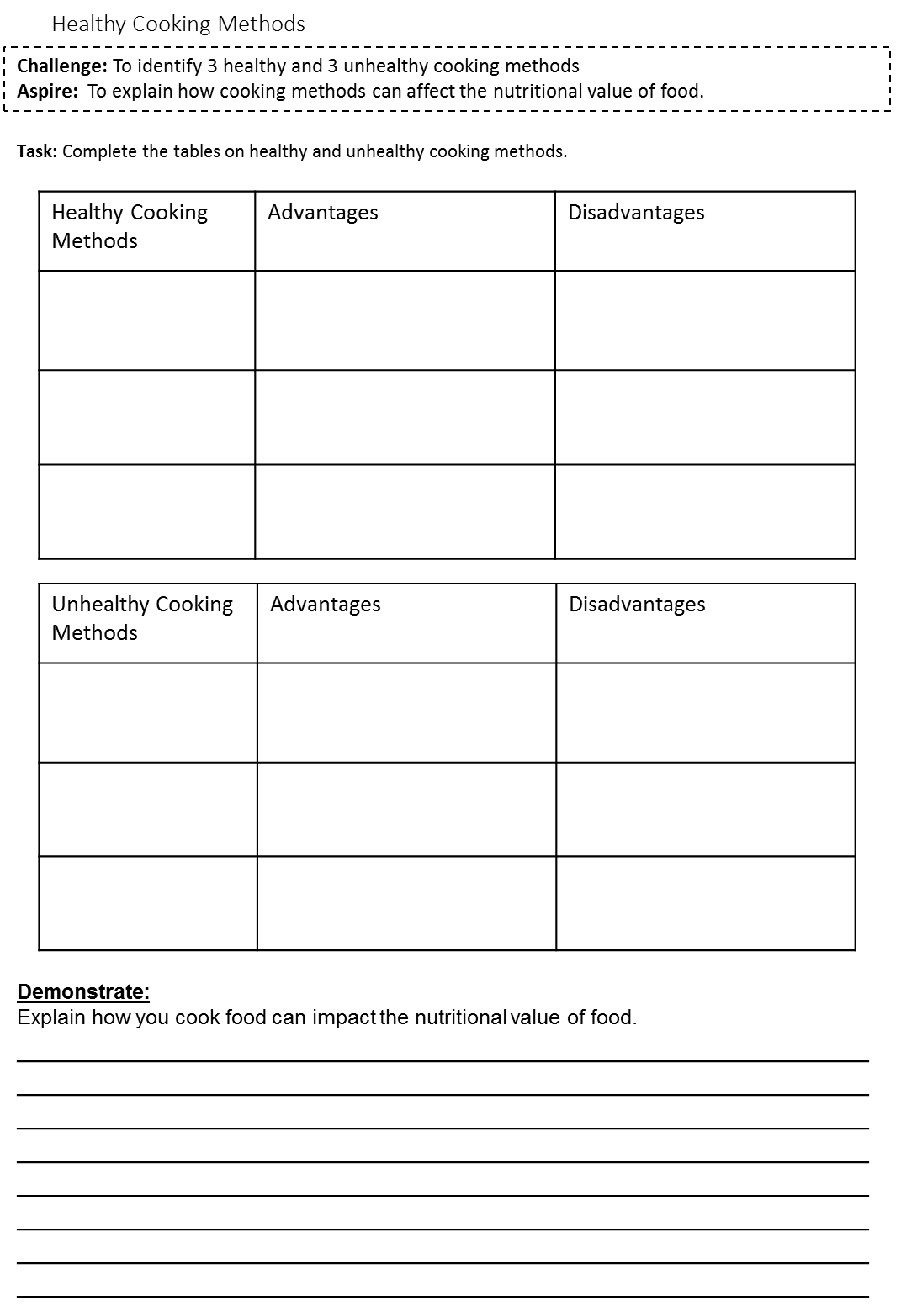
<https://www.foodafactoflife.org.uk/media/1230/measuring-ws-711lwssa.docx>





1. Healthy cooking methods

<https://www.bbc.co.uk/bitesize/guides/zdr8y9q/revision/1>



1. High risk foods

<https://www.foodafactoflife.org.uk/11-14-years/cooking/hygiene-and-safety/>

