

## Independent Learning Task

<b>Subject</b>	Design and Technology – Food and Nutrition module
<b>ILP #1</b>	Research and Revision
<b>Week set:</b>	Week 1 (week commencing 4 <sup>th</sup> September)
<b>Duration:</b>	Students can choose when they complete the independent learning activities in their Food and Nutrition module. The module is 12 weeks long.
<b>Hand in:</b>	Week 12 (week commencing 27 <sup>th</sup> November)
<b>Instructions:</b>	<p>Students are expected to complete at least one of the following independent learning activities in this task:</p> <p><b>Developing</b> Spot 5 'traffic light labels' from different food packaging. Take a picture of each label and then rank each food product healthiest to least healthy. Upload your work to the Independent Learning Task assignment in your Google Classroom.</p> <p><b>Good</b> Choose 5 foods and look at their 'traffic light labels'. Which foods are high in:</p> <ol style="list-style-type: none"> <li>saturated fat</li> <li>sugars</li> <li>Salt</li> </ol> <p>Upload your work to the Independent Learning Task assignment in your Google Classroom.</p> <p><b>World Class!</b> Create a knowledge organiser for your Food and Nutrition module. You should include the following topics:</p> <ol style="list-style-type: none"> <li>Ingredients list for your food practicals</li> <li>Equipment required for each practical</li> <li>Suggested modifications/improvements to make each dish healthier</li> <li>Kitchen safety rules</li> </ol> <p>You can work on the template slide in the Independent Learning Task Assignment in your Google Classroom.</p>

	You can complete more than one activity or choose to complete all three!
Skills:	This task develops your ability to carry out independent research and develops your technical knowledge as well. These skills are needed when you are investigating design opportunities and revising for written assessments.
Marking schema:	Your teacher will be looking for pieces of work that show you have collected research and presented information clearly.  You will be awarded with 2 ePraise Points for completing the 'Good' activity and an ePraise Accolade for successfully completing the 'World Class!' activity.
Additional guidance or help:	Online Resource - <a href="#">Focus eLearning by Focus Educational Software Ltd.</a>  Your teacher will share an example of each outcome with you.