

Independent Learning Task

Subject	Design and Technology – Food and Nutrition module
ILP #1	Research and Revision
Week set:	Week 5 (week commencing 28 th September 2026)
Duration:	1 Week
Hand in:	Week 6 (week commencing 5 th October 2026)
Instructions:	Food and Nutrition Knowledge Organiser Create a knowledge organiser for your Food and Nutrition module. You should include the following topics: 1. Coagulation 2. Macronutrients 3. Fibre 4. Eatwell Guide Complete your work on the template file provided with the Independent Learning Task assignment in MS Teams.
Skills:	This task will help you develop your independent research skills and build your technical knowledge. These skills are important when investigating design opportunities and preparing for written assessments. The task will also help you develop your digital literacy by encouraging you to record your research through photography and present your findings in a digital portfolio.
Marking schema:	Your teacher will be looking for evidence that you have carried out research and presented your findings clearly using digital technology. You will be awarded with 2 Praise Points for completing the independent learning task to a good standard.
Additional guidance or help:	Online Resource - Eatwell Guide, Coagulation, Macronutrients and Fibre Your teacher will share an example of good work with you.