



# Food Bridging Work

Year 10 into 11 for 2022/23



Name: \_\_\_\_\_

Tutor Group: \_\_\_\_\_

Teacher: \_\_\_\_\_

# Bridging work part 1: Debate (MUST BE COMPLETED BY EVERYONE)

**INSTRUCTIONS:**

**Choose one (or more if you wish) of the following topics (or another one-as long as it relevant to our specification):**

- 1. The advantages and disadvantages of genetically modified foods
- 2. The nutritional advantages of eating fish versus the problems of overfishing
- 3. The advantages of eating locally produced products versus the need to fairly support the trade of developing countries
- 4. Does a healthy diet cost more than an unhealthy diet?

**Prepare a debate for the topic you have chosen by completing a table. You should have at least 3 well explained points for each side of your debate.**

**This should fill one side of A4 paper.**

Advantages of GM Foods	Disadvantages of GM Foods
<i>GM foods maybe able to help us feed the growing world population.</i>	

Nutritional advantages of eating fish	Problems of overfishing
<i>Fish are a good source of low fat protein and oily fish provide essential fatty acids such as Omega 3.</i>	

Advantages of eating local produce	Supporting trade of developing countries

A healthy diet DOES cost more	A healthy diet DOESN'T cost more

# **Bridging work part 2: Practical Challenges** (EVERYONE SHOULD COMPLETE AT LEAST 1 BUT I LOOK FORWARD TO

SEEING MORE, HOPEFULLY YOU ENJOY THEM 😊)

## **INSTRUCTIONS:**

Choose one or more of the challenges on the next slides to complete.

You can select your own recipes and make them as simple or as challenging as you wish.

Take photos of some of the skills you show and your final dish.

Write yourself a WWW/EBI and ask your family for feedback too.

There are some blank slides where you can input your photos and evaluative comments.

# Challenge 1

- This challenge is to prepare breakfast and present it beautifully.
- You could make an all-day breakfast, pancakes, crepes, eggs Florentine or scrambled eggs on toast, feel free to choose your own recipe.
- You do not need to eat it for breakfast of course, it could be lunch or pancakes for dessert.
- Upload your photos when you have finished



**Breakfast**





## Challenge 2

- The challenge this week is to prepare lunch and present it beautifully.
- You could make a Caesar salad, salad niçoise, parmesan chicken or halloumi dippers, a frittata, pasta with peas and mushrooms, even a simple but well-presented bagel pizza or pizza toast or choose your own recipe.
- Upload your photos when you have finished



**Lunch**

# Challenge 3

- This challenge is to prepare a recipe that uses seasonal fresh fruit and present it beautifully.
- You could make mini pavlovas, a berry meringue roulade, strawberry roulade, Eton mess, black forest gateau, a fresh fruit salad, a banana split or choose your own recipe. You could even be inventive and try a griddled nectarine in a salad!
- Upload your photos when you have finished



<https://www.nationaltrust.org.uk/features/whats-in-season-august>

## Seasonal Fresh Fruit



# Challenge 4

- The challenge this week is to prepare a recipe that uses seasonal vegetables and present it beautifully. These are the products in season in August: aubergine, beetroot, broccoli, cabbage, cauliflower, carrots, celery, chard, courgette, cucumber, fennel, French beans, runner beans, potatoes, peas, peppers, chillis, lettuce and salad leaves, spring onion and sweetcorn
- You could make courgette fries, potato salad, chargrilled courgette salad, courgette and cheese muffins, put rocket on a pizza, make a sag aloo etc.
- Upload your photos when you have finished



<https://www.nationaltrust.org.uk/features/whats-in-season-august>

<https://www.bbc.co.uk/food/seasons/august>

## Fresh Vegetables





# Challenge 5

- The challenge this week is to prepare a recipe or recipes that use up left over ingredients.
- Beautiful presentation is essential.
- You could make a soup (using leftover vegetables or the carcass from a roast dinner). A banana cake (from over-ripe bananas) Bubble and squeak (using up leftovers from a roast dinner)
- Make sure you write down which ingredients you have used up!
- Upload your photos when you have finished

## Leftovers



**Challenge completed:**  
**Name of dish made:**

Photos of skills shown during making:

Photos of final dish:

Evaluative comments (WWW/EBI):

**Challenge completed:**  
**Name of dish made:**

Photos of skills shown during making:

Photos of final dish:

Evaluative comments (WWW/EBI):



**Challenge completed:**  
**Name of dish made:**

Photos of skills shown during making:

Photos of final dish:

Evaluative comments (WWW/EBI):

**Challenge completed:**

**Name of dish made:**

Photos of skills shown during making:

Photos of final dish:

Evaluative comments (WWW/EBI):



**Challenge completed:**  
**Name of dish made:**

Photos of skills shown during making:

Photos of final dish:

Evaluative comments (WWW/EBI):