

# IF YOU ENJOYED READING AND STUDYING ABOUT FOOD, WHY DON'T YOU...?

WHY DON'T YOU...?

## *Watch this: Panorama*

### *Ultra-Processed Food: A Recipe for Ill Health?*

This documentary discusses the ultra-processed foods contain chemicals that regulators say are safe, but emerging scientific evidence is linking some of these chemicals to illnesses and diseases such as cancer, diabetes and strokes. Watch the documentary to help make your educated decision.

<https://www.bbc.co.uk/iplayer/episode/m001mp67/panorama-ultraprocessed-food-a-recipe-for-ill-health>



## *Read this:*

### *Food a fact of life:*

This website is an informative platform linked to health eating, nutrition and many other exciting activities that can help to achieve a balanced diet.

<https://www.foodafactoflife.org.uk/11-14-years/>



## *Log onto this:*

### *Pinch of Yum*

This website has an array of exciting, mouth watering and creative recipes for you to produce. Have a go and send your picture to your food teacher.



## *Do this:*

### *Visit Borough market*

Walk around and look at the diverse and multicultural food market to inspire your creativity and taste buds.

<https://boroughmarket.org.uk/visit-us/>



## *Revise from this:*

### *BBC Bitesize*

All of the topics we are learning about in your Food lessons have a revision section on Bitesize.

<https://www.bbc.co.uk/bitesize>

