

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

YEAR11

*Watch this: Panorama  
Food Unwrapped*

[Thttps://www.channel4.com/programmes/food-unwrapped](https://www.channel4.com/programmes/food-unwrapped)  
Food Unwrapped travels the world to explore the industry secrets behind our favourite food



*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:  
A taste of home*

This website has exciting recipes for teenagers to create that will help you to master those high level skills required in food production.  
<https://www.tasteofhome.com/collection/recipes-kids-should-know-heart/>



*Do this:  
BBC Good Food shows*

<https://www.bbcgoodfoodshow.com/>  
Visit one of these Food shows to inspire your creativity for cooking traditional, multicultural and diverse dishes.  
Visit these shows during August, November and June.



*Revise from this:  
CGP GCSE Food Preparation & Nutrition  
Revision Guide:*

All of the 6 topics we have cover during the past 2 years have 1 or 2 pages of concise material to support your revision.



WHY DON'T YOU...?