

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

YEAR7

*Watch this:*

*17 Food Safety Facts That You Should Know*

This video highlights many food safety tips to ensure you practice good food handling practices.

<https://www.youtube.com/watch?v=OniPUBYtBp0>

17 Food Safety Facts That You Should Know

*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/7-11-years/>



*Log onto this:*

*BBC recipes*

This website has every type of recipe you would want to cook, from savoury, sweet, hot or cold dishes. Every foodie should take a look.

<https://www.bbcgoodfood.com/recipes>

bbc goodfood

*Do this: Make a French bread pizza*

Ask your parents or carer to buy a French stick, cut it in portions, then half. Spread some tomato puree on the base then sprinkle with cheese and add your own diverse topping. Bake in the oven for eight minutes and serve.



*Revise from this:*

*BBC Bitesize*

Topic to focus on are :  
Good food handling practices.  
Healthy eating guidelines  
<https://www.bbc.co.uk/bitesize>



WHY DON'T YOU...?