

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

YEAR 8

YOU...?

## *Watch this:*

### *The how, when and why of eating*

This video looks into all aspects of having a health diet, not just what we eat but when, how and why. Watch the video to gain a better understanding into your eating habits.

<https://www.nutrition.org.uk/healthy-sustainable-diets/healthy-and-sustainable-diets/how-when-and-why-of-eating/>



## *Read this:*

### *How to achieve a healthy diet.*

This web page dedicates its self to explaining how to maintain a healthy lifestyle. There are many interesting facts and ways to create healthy habits into your daily routines.

<https://www.nhs.uk/live-well/eat-well/>



## *Log onto this:*

### *Simply recipes*

Visit this exciting recipe site and cook some of the mouth watering dishes.

<https://www.simplyrecipes.com/roasted-corn-tomato-and-zucchini-tart-recipe-6260371>



## *Do this:*

### *Food survey*

Create a survey and ask members of your family about different types of take away and restaurant facilities they prefer. Aim you question at personal preferences, quality of food and customer service. Analysis the results and see if there is a gap in the market for a different cuisine style.



## *Revise from this:*

### *BBC Bitesize*

Topic to focus on are:  
macro and micro nutrients.

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



WHY DON'T YOU...?