

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

YEAR 9

WHY DON'T YOU...?

Watch this:

How harmful can ultra-processed foods be for us? - BBC News

This documentary investigates how ultra processed foods affect our bodies , the experiment is conducted between identical twins one is following a healthy diet , the other is following a diet that is high in processed foods. Watch and see the results and draw your own conclusions.



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:

FOOD CALORIE CALCULATOR

Have a little fun and use this website to discover the nutritional value of the foods you love to cook. The results will make you think about how you can develop the dish into a healthier option.

<https://caloriecontrol.org/healthy-weight-tool-kit/food-calorie->



Do this:

Explore local farm shops

Use the Bigbarn website to help you to plan visits to local farm shops. Look at

<https://www.bigbarn.co.uk/places/Greater-London/Coulsdon/Farm-Shop/>



Revise from this:

BBC Bitesize

The science of food.

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

