



S1-S3 Home Economics Tasks

Create your own song for washing your hands. It needs to last at least 20 seconds.	Create a video demonstrating hand washing procedures. ← Add your previously created song to the video.	Research 3 recipes which would help meet the dietary goal of increasing oily fish consumption.	Make your own food crossword.	Watch an episode of the Food Inspectors and write down everything you see them do wrong. https://www.youtube.com/watch?v=AlaSXeycilc
Practice weighing and measuring.	Make a presentation about how food shortages have affected you and your family.	Create a flower from a vegetable or make an apple swan. <i>YouTube can help with this</i>	Set the table and eat together with your household.	Explore the skills you need for different careers in the food industry. http://www.fdfscotland.org.uk/sfdf/careers.aspx
Compare the food labels from two products in your cupboards.	Cook a meal for yourself.	Re-deign the packaging of your favourite chocolate bar.	Design a pizza. <i>Be as creative as possible!</i>	Investigate where food comes from and create an information leaflet. http://www.foodafactoflife.org.uk/11-14-years/where-food-comes-from/videos/
Make your own food word search.	Write out your Home Economics class start up and clean up routines. <i>Do you always follow these?</i>	Practice dicing an onion.	Carry out research into the main types of food poisoning.	Try some home baking http://www.jamieoliver.com/recipes/beautiful-baking/
WASH UP!	Make a list of 20 different dishes you can make with eggs.	Watch an episode of MasterChef on BBCiPlayer.	Make a bread dough product. <i>Share your pictures!</i>	Help younger family members with cooking. https://www.bbc.co.uk/cbeebies/shows/i-can-cook?imzs=uh24k005pimc8psq1c2fp10o53

