

Your teacher will inform you of what task to complete from the list of topics below via **SHOWBIE/GLOW** depending on what topic/stage your class is at. Any materials required to complete these tasks will be posted on **SHOWBIE/GLOW**. If you have issues accessing your classes on **SHOWBIE** please email your teacher through GLOW.

Eat well guide

- Complete the booklet on Showbie and return to your teacher via Showbie/Glow
 - The booklet can be found on Showbie.

Practical work

- Complete some recipes from the following link and send a picture to your teacher via Showbie/Glow
 - <https://www.foodafactoflife.org.uk/recipes/>