

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 – Feed the Family

- Complete the pages document on showbie and return to your teacher via showbie/Glow
- Additional: watch the videos on the link below and take notes on what you have learned.
- <https://www.bbc.co.uk/bitesize/topics/zpfgd2p/resources/1>

Practical work

- Find your recipes for Feed the Family from the following link and send pictures of your dishes to your teacher via showbie/glow.
- <https://www.foodafactoflife.org.uk/recipes/>