**Food Project Specification**

Due date for project is Thursday, May 21st

**The brief:**

**Good nutrition is vital for human health and well-being. Your task is to research the importance of healthy food.**

*Preparation:* Check out the food pyramid poster on the Padlet link and re-familiarize yourself with the different groups. We did them in class, I hope you all remember. Choose one food group to research further. Gather your information. Take notes. Use the template provided to record your notes or use your own copybooks. Include as much information as you like.

You can get your information from books you might have at home (I will assign you some on EPIC KIDS), online research, and food brochures from your local supermarket. I have included a Padlet Link of helpful websites.

Padlet Link: <https://padlet.com/claire_moynihan/8bd6z2ol71recevv>

**How do I lay out my project?**

This depends on what you have available at home. You can:

* complete it on a large piece of poster paper
* use a scrapbook
* use your copybook and take pictures of each page to upload to Aladdin or Seesaw
* use your technology skills and complete a PowerPoint

\*There is no right or wrong way to lay out your project. You choose what works best for you.

**Success criteria:**

* Includes a title
* Clearly presented
* Full of interesting information
* Complete with text (handwritten or word processed) and pictures/images

**Key questions to answer:**

* Name the food groups from the food pyramid
* Why should we eat healthy food?

Choose 1 food group to focus on:

* Name some foods from your chosen group?
* Why do we need to eat foods from this group?
* Any extra information?
* Fun recipes?

**Other ideas you might like to include in your project:**

Food Menu: Create a menu of your favourite foods – remember to include a starter, main course, and desert. Alternatively, keep a food journal and record everything you eat in a day.

Food and Festivals: Food is often an important part of religious festivals. For example, apples dipped in honey is eaten at Rosh Hashanah to symbolise hope for a sweet new year. Similarly, each dish of the Passover or Diwali holds its own special significance.

Food from around the World: People around the world eat a wide variety of food. Some food you might be familiar with and some you may have never seen before, for example, paella, sushi, biryani.

Field to Fork: What is your favourite food? Where does it come from? Did you know that nearly all the food we eat comes from either an animal or a plant?

Food from Other Countries: Some food is produced in other countries as we do not have the right soil or weather for it to grow here. Have a look at the packaging of the food in your home and see where it has come from.

Getting messy in the Kitchen: Maybe at the end of the project you could bake a healthy snack with some foods from your food group and share a picture on Seesaw. Use your Math’s brains for measuring the ingredients.

Any other information: include any other information you feel would add to your project and make it more interesting.

**Good luck!**