

Year 6

Instructions

Activity Sheets

Activity 6a - Food from around the World

Print off the appropriate activity page. Ask pupils to each bring in some food packaging and discuss as a class where the food comes from. Ask the class to research and answer the questions on the activity sheet. Encourage the class to research and share a fun fact about food from around the world.

Resources required:

✓ *Activity 6a* ✓ *Pen or Pencil* ✓ *Food Packaging*

Activity 6b - Recipe Evaluation

Print off the appropriate activity page. Ask your pupils to look at the ingredients list for the 'Pasta in Tomato and Roasted Vegetable Sauce' recipe. Can they write each of the ingredients into the correct section of the Eatwell Guide?

Resources required:

✓ *Activity 6b* ✓ *Pen or Pencil* ✓ *Picture of the Eatwell Guide*
(to refer to at the end of the activity)

Activity 6c - Cooking Techniques

Ask your pupils to record the different techniques they may use when preparing and cooking Pasta in Tomato and Roasted Vegetable Sauce e.g. chopping and boiling. Ask them to write down the purpose and benefits of these techniques.

Resources required:

✓ *Activity 6c* ✓ *Pen or Pencil*

