



Year 7 Homework

Autumn Term 1



**Burnside
College**

Year 7 Half Term 1: Science Skills Homework

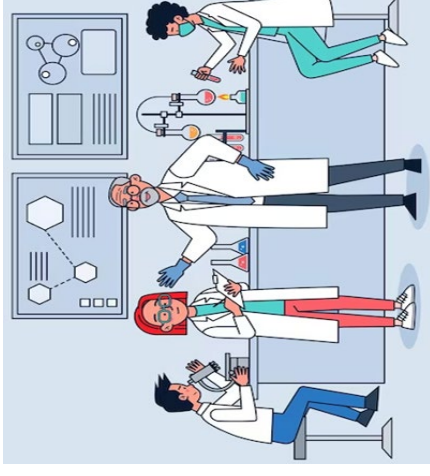
Name: _____
Class: _____
Date due: _____

Instructions:

Complete this over this half term (*this will be due before the October half term*).

The tasks are based around science skills used in experiments which links to your learning in class.

Postcards of praise to be offered for fantastic homework efforts!



STEM Link: Become better scientists in the lab!

Some lab based careers include...

Research technician and assistants
Biomedical scientist
Chemical engineer
Robotics engineer

Teacher Feedback:



Task: Practicing experimental skills

Identifying Variables

The **independent variable** is the variable that you change or select the values for.
The **dependent variable** is the variable that is measured for each change of the independent variable.

Identify the independent variable and the dependent variable in each of the following investigations.

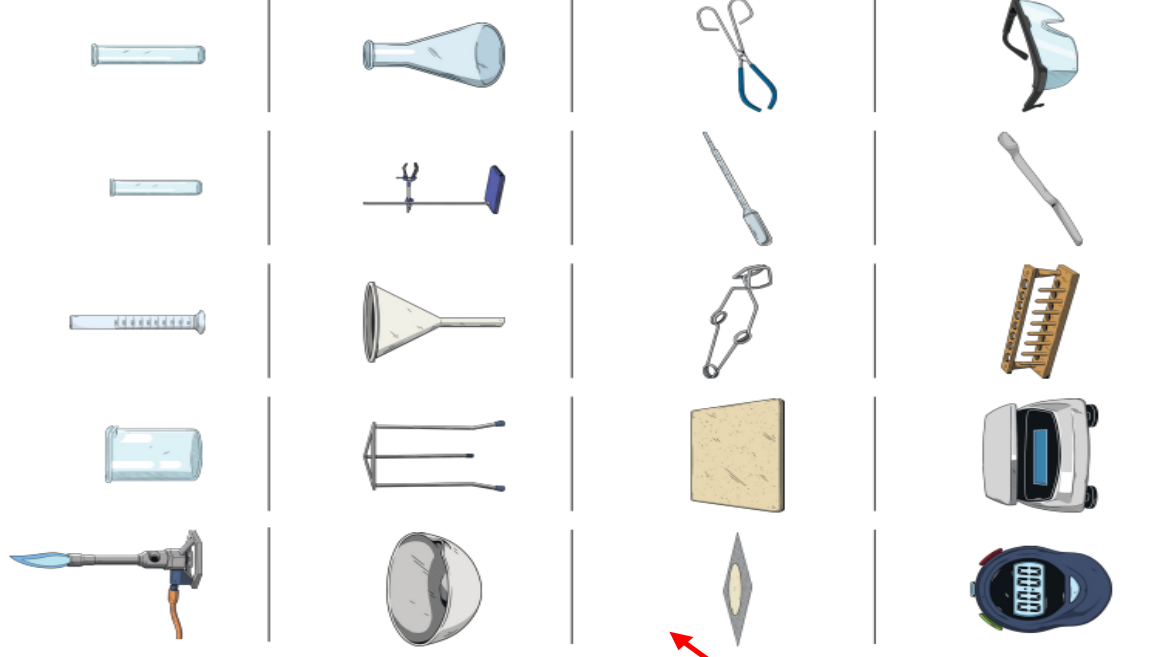
1. A student investigated how the intensity of light affects the surface area of leaves on a tree.
independent variable _____
dependent variable _____
2. A student investigated whether the height of a person affects how fast they can run.
independent variable _____
dependent variable _____
3. A student investigated the amount of energy stored in different brands of crisps.
independent variable _____
dependent variable _____

Equipment List

- Boiling tube
- Test tube
- Measuring cylinder
- Conical flask
- Clamp stand
- Funnel
- Bunsen burner
- Pipette
- Forceps
- Tongs
- Safety goggles
- Heat proof mat
- Gauze
- Spatula
- Test tube rack
- beaker
- Balance
- Stop watch
- Tripod
- Evaporating basin

Naming Scientific Equipment

Give the name of each piece of scientific equipment.



Hazard Symbols Match and Draw

Hazard symbols are used to warn us about the potential hazards of a substance.

Draw **one** line from each symbol to the meaning of that symbol, then draw **one** line from each meaning to the correct description.

Symbol	Meaning	Description
	flammable	Could cause illness or death if taken into the body.
	moderate health hazard	Catches fire when it comes into contact with oxygen and a heat source.
	corrosive	Could irritate the skin.
	harmful to the environment	Could cause damage to animal and plant life if released into water systems.
	serious health hazard	Could burn the skin and damage the eyes. Avoid breathing in vapours.

Name:.....

Class:.....

Date Due.....



HOMEWORK

WOOD Gactus HORROR ABATTIFI

In the graphics world, words can often look like the mean. Rewrite the words given in the spaces provided. Design a font which makes the word look like it means.

In the last box, select your own word. Colour can help too!

FIRE

Silly

Scary

..... (free choice- please name your chosen word here)



Task 1

Identify 5 ways in which the text has been formatted.

BEFORE

AFTER

1.

2.

3.

4.

5.

Menu
Starters
Prawn Cocktail
Soup of the Day
Main Courses
Pasta
Steak and Chips
Chicken Curry
Desserts
Ice Cream and Jelly
Cheesecake

Menu

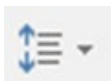
Starters
Prawn Cocktail
Soup of the Day

Main Courses
Pasta
Steak and Chips
Chicken Curry

Desserts
Ice Cream and Jelly
Cheesecake

Task 2

Name the following tool icons from Microsoft Word / Google Docs using the correct terminology:



Task 3

Match the words to their definition:



Word wrap	take out text and place it somewhere else.
Header	create an identical piece of text.
Footer	find a word and change it to another one.
Margin	found at the bottom of every page .
Cut & Paste	automatically go on to the next line if need be.
Copy & Paste	space between text and edge of page.
Search & Replace	pictures to add to a document.
Word count	found at the top of every page.
Clip art	how many words are in my story.



Consider how technology has developed to allow blind/visually impaired people to use computers and software like Google Docs. *Hint: which tools and features in Google Docs could help someone who can't see very well?*

Year 7 Autumn 1 Maths Homework



Due WB 17th October



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Complete the table to show the first five terms of each sequences and write down the rule

First Five Terms of Sequence					Term-to-Term Rule
6	10	14			+ 4
5	3	1			
3		5			
1	3	9			
1.5	1.7		2.1		
	7	2	-3		
80	40	20			
	1		$1\frac{1}{2}$		
8					<i>add 3</i>
2					<i>add 7</i>
	4				<i>subtract 2</i>

HOW TO...

Continue Linear Sequences



7, 11, 15, 19...

How do I know this is a linear sequence?
It increases by adding 4 to each term

How many terms do I need to make this conclusion?

At least 4 terms – two terms only shows one difference not if this difference is constant (a common difference)

How do I continue the sequence?

You continue to repeat the same difference through the next positions in the sequence.

Continue non-linear Sequences



1, 2, 4, 8, 16 ...

How do I know this is a non-linear sequence?

It increases by multiplying the previous term by 2 – this is a geometric sequence because the constant is multiply by 2

How many terms do I need to make this conclusion?

At least 4 terms – two terms only shows one difference not if this difference is constant (a common difference)

How do I continue the sequence?

You continue to repeat the same difference through the next positions in the sequence.

Given that $a = 5$, find the values of:

- | | | | |
|-----|---------------|-----|------------|
| (a) | $a + 6$ | (b) | $a - 3$ |
| (c) | $3a$ | (d) | $5a - 2$ |
| (e) | $\frac{a}{5}$ | (f) | a^2 |
| (g) | $3a - 1$ | (h) | $a^2 + 10$ |
| (i) | $10 - a$ | (j) | $50 - a^2$ |

DAZZLE ME

Given that $b = -3$, find the values of:

- | | | | |
|-----|---------------|-----|------------|
| (a) | $b + 8$ | (b) | $b - 1$ |
| (c) | $4b$ | (d) | $4b - 3$ |
| (e) | $\frac{b}{3}$ | (f) | b^2 |
| (g) | $2b + 2$ | (h) | $b^2 + 1$ |
| (i) | $10 - b$ | (j) | $20 - b^2$ |

Answers:

- a) b) c) d) e) f) g) h) i) j)

Dazzle Me:

- a) b) c) d) e) f) g) h) i) j)

HOW TO...

Substitution into expressions

$$4y \longleftarrow \text{4 lots of 'y'}$$

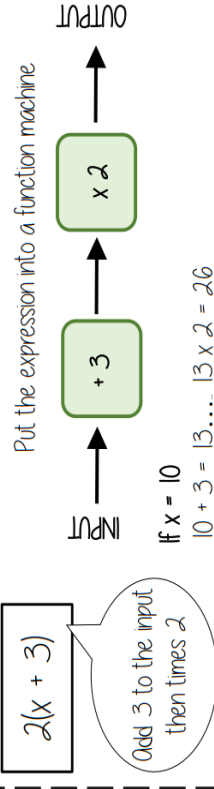
If $y = 7$ this means the expression is asking for 4 'lots of' 7

$$4 \times 7 \text{ OR } 7 + 7 + 7 + 7 \text{ OR } 7 \times 4$$

$$= 28$$

eg: $y - 2$
 $= 7 - 2 = 5$

Substitution into an expression



Answers:

- a)
- b)
- c)
- d)
- e)
- f)
- g)
- h)
- i)
- j)

Dazzle Me:

- a)
- b)
- c)
- d)
- e)
- f)
- g)
- h)
- i)
- j)

Solve:

(a) $x + 3 = 10$	(b) $5 + x = 12$
(c) $x + 7 = 9$	(d) $x + 3.5 = 7.5$
(e) $6.5 = x - 1$	(f) $x - 42 = 73$
(g) $2x = 8$	(h) $15 = 3x$

DAZZLE ME

Solve:

(a) $x - 8 = 15$	(b) $x - 2.5 = 7$
(c) $2x = 134$	(d) $0.5x = 4$
(e) $x + 3 = 9$	(f) $x + 0.3 = 1.7$
(g) $72 = 6x$	(h) $x + 6 = 1.5$
(i) $\frac{x}{2} = 6$	(j) $-40 = 5x$

HOW TO...

Substitution into expressions

$$4y \longleftarrow 4 \text{ lots of 'y'}$$

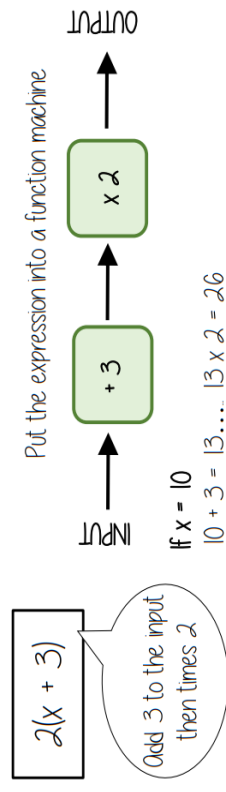
If $y = 7$ this means the expression is asking for 4 'lots of' 7

$$4 \times 7 \text{ OR } 7 + 7 + 7 + 7 \text{ OR } 7 \times 4$$

$$= 28$$

eg: $y - 2$
 $= 7 - 2 = 5$

Substitution into an expression





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Year 7 English Homework Overview: AUT1

Homework will be set on a fortnightly basis in Year 7 (one main writing task, a language focus task and a SPaG task). To get a "3" (compliant) for homework on your report you need to have completed at least **one piece** of homework per half term. To get a "2" (engaged) you need to have completed **all three pieces**. To get a "1" (love of learning) all three need to have been completed to a high standard. All homework slides will be uploaded onto ClassCharts and Google Classroom and you can submit homework either via email OR on paper. Your class teacher will set the homeworks and inform you of the dates that they due in.

<u>Writing Task</u>	<u>You need to make sure you know...</u>	<u>Language Focus</u>	<u>SPaG</u>
Write a supplementary extract for a short story you have read this half term. This will be set in Week 5	• How to write in first or third person successfully. • How to use language, punctuation and grammar effectively to engage and enthral the reader. • Include language devices to create vivid images.	Your task will be decided by your teacher. Example: Exploration of how the English language uses personification vs anthropomorphism. Complete the revision worksheet, using Google to help find your answers. This will be set in Week 3.	Your task will be decided by your teacher. Example: Parenthesis Complete the revision worksheet, using Google to help find your answers. This will be set in Week 1.

[Additional homework:](#) Reading for Pleasure - read a book of choice and prepare to discuss key characters and plot development by the end of term. Discussions about your book will take place throughout the term.



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SPaG Homework: Parenthesis

What is the dictionary definition of parenthesis? Write it below.

Parenthesis is....

How would you explain parenthesis to a Year 3 student?

DAZZLE: Write a short paragraph describing space. Include as many examples of parenthesis as possible.

What is the key difference between parenthesis and brackets?

How is parenthesis used? Write 3 sentences, each containing an example.



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Language Homework: Figurative Language

Anthropomorphism Dictionary Definition:



How does anthropomorphism and personification in literature engage the reader?

Personification Dictionary Definition:



What book of film characters do you know of that have been personified or anthropomorphised? Why are they memorable?

Dazzle 1:

Write 3 sentences each containing an example of anthropomorphism.

Dazzle 2:

Write 3 sentences each containing an example of personification.



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Writing Homework

English Homework: Writing Task

This half term, you are reading some short stories. Your task is to write an extract you could add to the story you have read with the class...

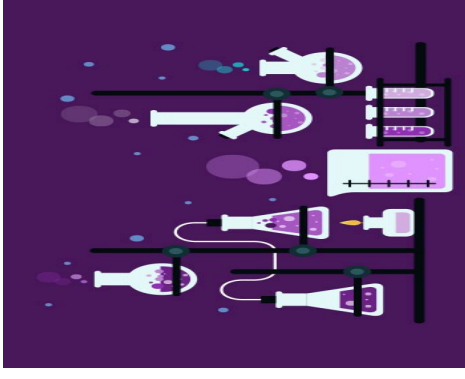
Ideas:

You could give a **character** more backstory. For example, in The Darkness Out There, what was Mrs Rutter's husband like? What was her experience of the war?

You could add more detail about **setting**. For example, could you describe Packer's End (the wood in The Darkness Out There) in more detail?

You could write a **hidden conversation** between two characters. For example, Mrs Rutter and the soldier.

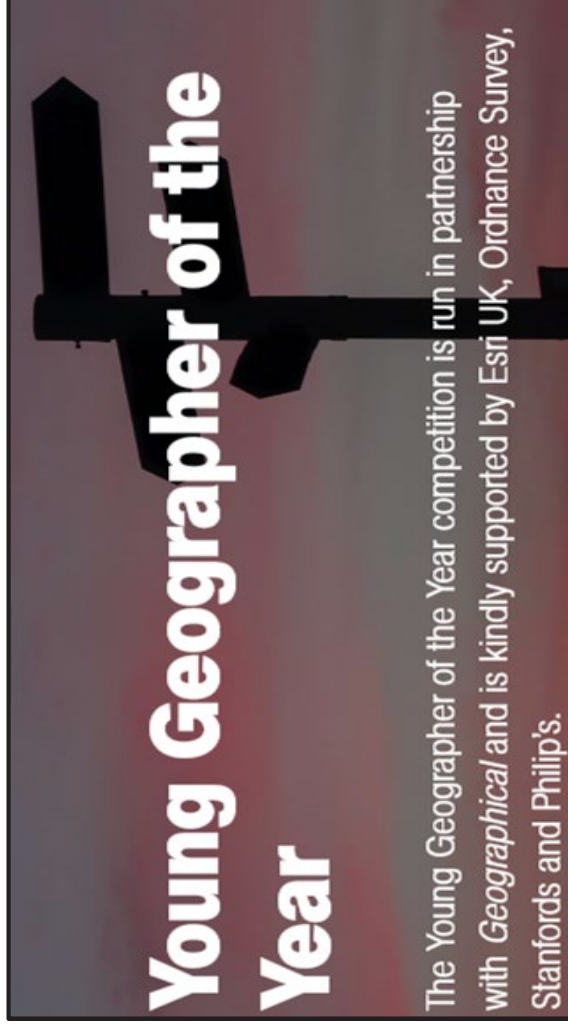
Most importantly, be CREATIVE!





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Geography homework 1 - Where, how and why?



2023 competition

The theme for the Young Geographer of the Year competition 2023 is:

A blueprint for the future

The Society invites you to create your own blueprint for the future. We are looking for innovative ideas to address problems in areas such as food production and supply, energy and sustainability, water security, resources, population growth, economic crisis, transport, travel, urbanisation, risk management, trade, environmental management, biodiversity and more.

Homework competition

- Where, How and Why?

This year, for the very first time, all KS3 Geographers will be entering a national competition ran by the 'Royal Geographical Society'.

The task is to produce a short piece of writing based on the criteria below. Further information can be found on the link provided above.

ONLY x10 students work will be chosen to enter from Burnside, to compete against other schools nationally.

The winner will have their work published nationally.

The x10 chosen from Burnside will receive a prize! - <https://www.rgs.org/schools/competitions/young-geographer-of-the-year/2023-competition/>

Remember to take

P R I D E



in your work

Competition Deadline
- Monday 2 October
2023 at 5.00pm

Set date:

Due date:

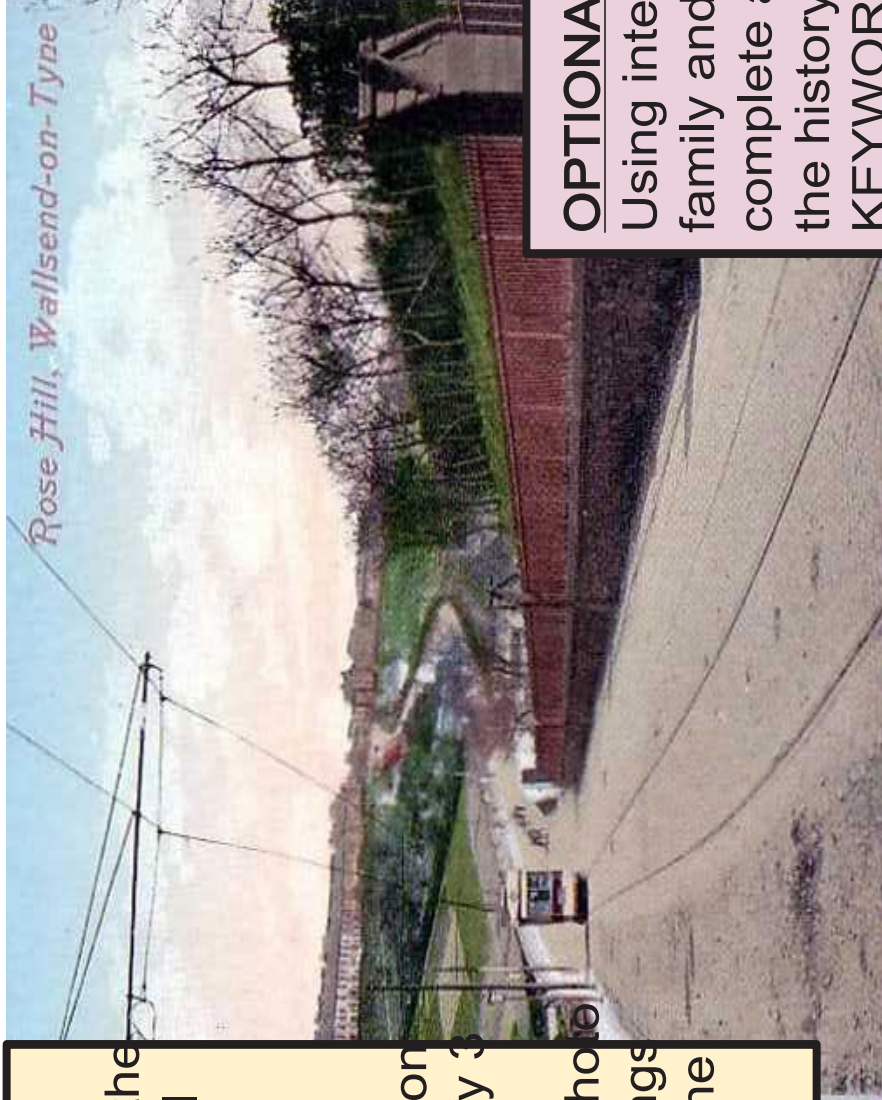


How and Why has Wallsend developed?

TASK

Your picture shows the view from our school towards Howdon in 1910.

Around your picture on the next page identify 3 things which have changed since the photo was taken and 3 things which have stayed the same.



Keywords

- Segedunum
- Romans
- Hadrian's Wall
- Medieval
- Settlement
- Industrial
- Revolution
- Coal mining
- Shipbuilding
- Museum
- Tourism

OPTIONAL DAZZLE TASK

Using interviews with your family and your own research, complete a factfile/ brochure or the history of Wallsend. Use the KEYWORDS to help you. BE CREATIVE!

Grade 5 target

Explain how Wallsend has changed over time and why this has happened

Grade 3 target

Describe change and continuity and suggest some reasons for the changes

Grade 1 target

Identify change and continuity using an image

Changes in Wallsend





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Year 7 Religious Studies H/W

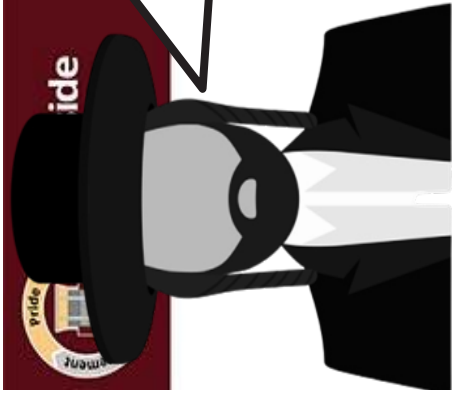
Autumn 1 - What is God?

**Due: w/c 10th
October or later**
(your teacher will
set a specific
deadline)

Religious Studies homework will be set after each lesson, and the more pieces you complete the more merits you will get (and the more likely it is you will get the best possible homework grade on your school report) The first two pieces of homework do not need to be handed in, although I will mark *all* pieces of Dazzle me homework. The third piece needs to be completed and handed in (either on paper or electronically) by the deadline above. All lessons will be uploaded onto the Google Classroom and you can submit homework either via email OR on paper. Unless I am collecting your exercise books in to be marked, you are free to take them home to help with your homework (as long as you remember to bring them back!)

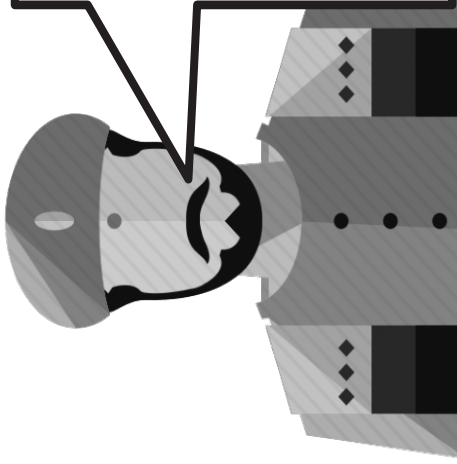
After our lesson on...	You need to make sure you know...	So your homework is to...	OR Dazzle me by...
Jewish beliefs about God	- The meanings of the words theism, atheism, agnosticism and monotheism - Basic facts about the Tenakh, the Torah and the Shema prayer - Reasons why Jewish people are monotheists	Prepare for a mini quiz next lesson which will test you on the knowledge to the left. You can do this by: making a mindmap of the information; making some flashcards of the information; reading / covering / checking the information	Judaism is a strongly monotheistic faith. So are Islam, Sikhism and Christianity. Why do you think so many religions are monotheistic? What might the advantages be of only believing in one singular god? What are the challenges?
Hindu beliefs about Brahman	- The meanings of the words polytheism, Brahman, Trimurti - Key beliefs about Brahma, Shiva and Vishnu - Reasons why Hindus might be described as both monotheistic and polytheistic	Prepare for a mini quiz next lesson which will test you on the knowledge to the left.	Some religious scholars (experts) say that in fact Hinduism is neither monotheistic or polytheistic. Why might they say this? Do you agree, or do you think one (or both) of the labels can be applied to Hinduism?
Buddhist beliefs about the Buddha	- Key beliefs about who the Buddha was (and that he was not a god) - Why Buddhists do not believe in a god	Complete the speech bubble task as a summary of what each religion believes about God. You can make the boxes bigger OR ask for two sheets if you need more space.	Complete the homework as a dialogue/debate between the three religions where they speak back and forth, agreeing and disagreeing with each other.

Alternative creative homework (optional): Click [here](#) to learn more about the Spirited Arts project. Although the deadline to actually enter has passed, the creative homework option is to create a piece of art, poetry, photography, dance, music, drama or sculpture for the "Searching for God" theme. If you don't have access to a computer and would like this information printed instead, please ask your teacher.



Jewish:

Empty rectangular box for notes related to the Jewish character.

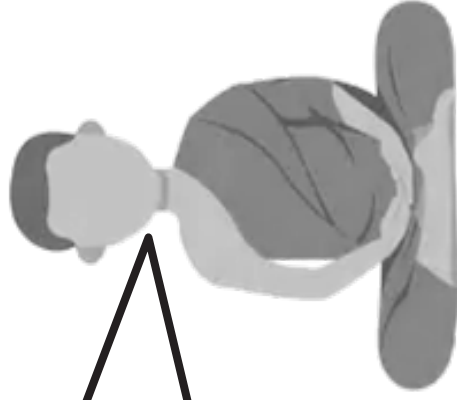


Hindu:

Empty rectangular box for notes related to the Hindu character.

Empty rectangular box for notes related to the Buddhist character.

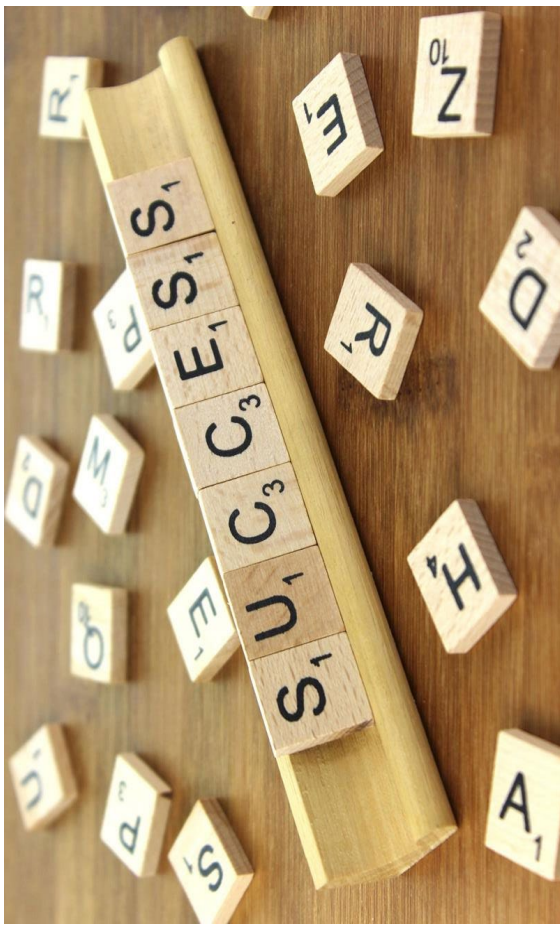
Buddhist:





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Y7 Spanish homework - Term 1





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Homework 1 - Sounds

Look at the sounds on the left and match each sound to a Spanish word below. Some words contain two sounds!!

Extension: Do you know what the words mean in English?

ca

qui

cu

gui

a

co

ci

ce

ga

gue

que

j

ll

h

gu

ge

gi

ñ

go

z

v

u

o

i

e

EG: gato - 'ga' - cat

Arana

Olvidar

Elefante

Idea

Universo

Ciclista

Cerdo

Coche

Casa

cucaracha

Quince

Queso

Jardin

Gimnasia

Gemelos

Gol

guitarra

Guepardo

Gusano

Hamburguesa

Espana

Llave

Zumo

Ask someone at home to test you and sign below:

Signature: _____



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Homework 2 - Classroom language

A Necesito un boli
B No lo sé
C Tengo un problema
D Escucha/ Escuchad
E Repite por favor
F Lee / Leed
G ¿Necesitas un boli?
H Escribe/ Escribid
I No entiendo
J Habla / Hablad
K Empareja / Emparejad
L He terminado
M Silencio
N ¿Como se dice....?
O Abre / Abrid el cuaderno
P Da la vuelta
Q ¿En inglés?
R Ponte bien en la silla
S Mira / Mirad

1 Listen
2 Sit properly on your seat
3 Do you need a pen?
4 Look
5 Face the front
6 Match up
7 I have a problem
8 In English?
9 How do you say...?
10 Write
11 Read
12 I don't understand
13 I've finished
14 Silence
15 I need a pen
16 I don't know
17 Repeat please
18 Speak / Talk
19 Open your book

Match up the Spanish with the English.
Extension: Write T if the teacher would
say it and S if the student would say it

EG: A = 15 = **Student**

B C D E F G H I J K L M N O P Q R S

Ask someone at home to test you and sign
below:
Signature: _____



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Homework 3 - THE ALPHABET

Aa	Bb	Cc	Dd	Ee	Ff	Gg	Hh	Ii	Jj	Kk	Ll	Mm	Nn
ah	beh	theh	deh	eh	efeh	heh	acheh	ee	hota	kah	eleh	emeh	eneh
Ññ	Oo	Pp	Qq	Rr	Ss	Tt	Uu	Vv	Ww	Xx	Yy	Zz	
eneyeh	oh	peh	koo	ereh	eseh	teh	oo	ooveh	ooveh dobleh	ekis	ee griehga	theta	

Practice the Spanish alphabet with an adult at home.
Spell out the names of your family members

Ask someone at home to test you and sign below when you
are confident using the Spanish alphabet sounds:

Signature: _____



Homework 4 - Introductions

6  Escucha y completa los textos con las palabras correctas que faltan.

- a** – ¡Hola! ¿Qué tal, Iris?
– _____, ¿y tú?
- b** – ¡Buenos días! ¿Qué _____, Esteban?
– _____, gracias.
- c** – ¡Buenas tardes! ¿Cómo estás, Karima?
– _____, ¿Y tú?
- d** – ¡Hola Juan! ¿Qué tal?
– Yo, bien. Y _____, ¿cómo estás?
– Bien, _____.

Fenomenal

Bien

tal

gracias

tú

Regular

Complete the conversation using the correct word from the options beneath it.

Practise it at home with a sibling who is also studying Spanish or an adult.

EXT: Translate the conversation into English

Ask someone at home to sign below:

Signature: _____



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Homework 6 - Spanish dates



Circle each month in the snake.
Match the dates.

EXT: Write in Spanish any
special dates in your household.
EG birthday dates

Ask someone at home to test you
and sign below:

Signature: _____

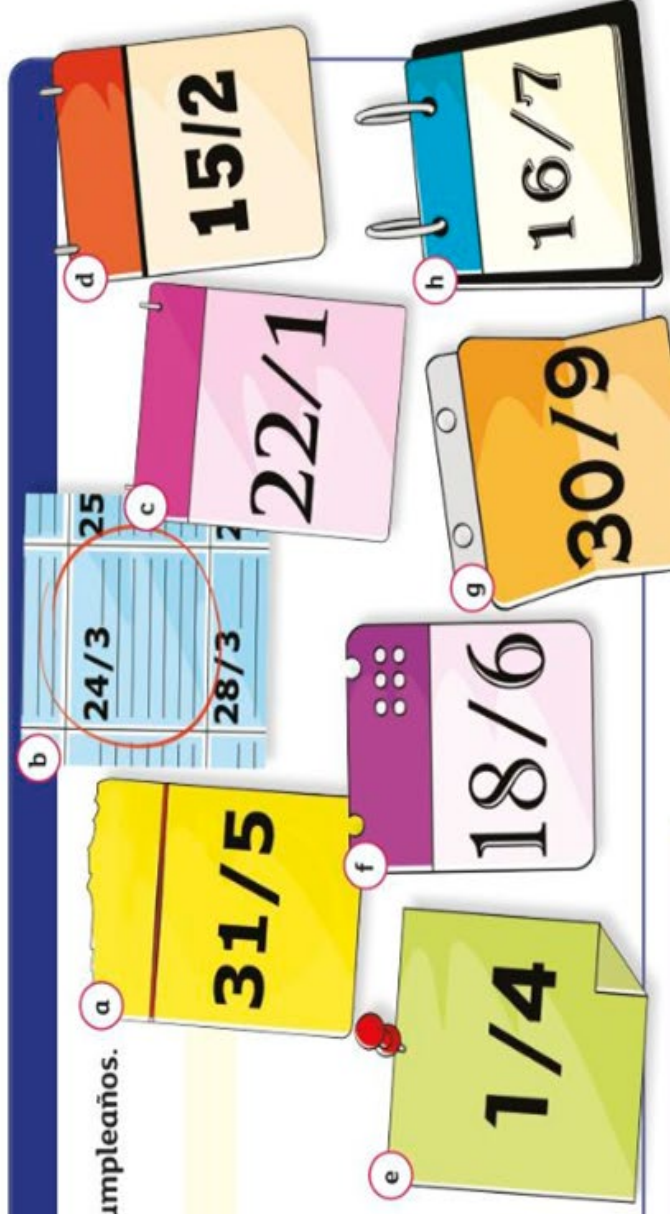


2 Empareja las fechas de cumpleaños.

Mi cumpleaños es el...

Ejemplo: 1b

- 1 veinticuatro de marzo
- 2 dieciocho de junio
- 3 treinta y uno de mayo
- 4 veintidós de enero
- 5 quince de febrero
- 6 primero de abril





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Homework 7- Family members

Mi madre - my mum

Me padre - my dad

Mi madrastra - my stepmother

Mi padrastro - my stepfather

Mi hermano - my brother

Mi hermana - my sister

Mi hermanastro - my stepbrother

Mi hermanastra - my stepsister

Mi abuelo - my grandfather

Mi abuela - my grandmother

Mi tío - my uncle

Mi tía - my aunty

Mi primo - my cousin (boy)

Mi prima - my cousin (girl)

Mis padres - my parents / my dads

Mis hermanos - my siblings

Mis primos - my cousins

Mis abuelos - my grandparents

Write each word out in Spanish. Cover and repeat from memory then write the English meaning.

EG:

Ask someone at home to test you and sign below:

Signature: _____



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Homework 7- Pets

Tengo

I have

un perro

a

dog

un gato

a

cat

un conejo

a rabbit

un caballo

a horse

un pez

a

fish

un ratón

a

mouse

una serpiente

a snake

una cobaya

a guinea

pig

Complete the gaps then write the English meaning.

EG: un c_n_j_ = un conejo - a rabbit

Un c_b_l_o

U_a_s_r_i_n_e

U_a_c_b_y_

U_r_t_n

_n_g_t_

_n_p_z

U_p_r_o

No_e_g_m_s_o_t_s

Ask an adult at home to test you and sign below:

Signature: _____



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Year 7 Treasure Island Homework Sheet

Draw, label and colour your costume design for one of the following Treasure Island characters: Jim Hawkins, Grandma, Doctor or Squire:





Regular exercise and fitness

Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers. In other words, staying active is a crucial part of maintaining good health and wellness. Encourage your family to be more active, and challenge yourself to meet daily or weekly physical activity goals. Play outdoor sports with the whole family, schedule time each day to go to the gym, or pick up healthy, active hobbies like hiking or cycling.

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer

What counts as moderate activity?

Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities:

- | | |
|-------------------------|--|
| ● walking to school | ● rollerblading |
| ● playground activities | ● walking the dog |
| ● riding a scooter | ● cycling on level ground or ground with few hills |
| ● skateboarding | |

What activities strengthen muscles and bones?

Examples for young people include:

- | | | |
|-------------------|----------------|-----------------|
| ● gymnastics | ● boxing | ● dance |
| ● badminton | ● trampolining | ● rugby |
| ● football | ● running | ● tennis |
| ● weight training | ● netball | ● netball |
| ● martial arts | ● cricket | ● rock climbing |



Questions

1. Why is regular physical activity important?.....

.....

.....

.....

.....

.....

2. Which diseases can you avoid by keeping active?.....

.....

.....

.....

3. What two types of activity should you be doing each week?.....

.....

.....

4. How much physical activity should you do each day?.....

.....

5. What does moderate activity mean?.....

.....

.....

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6. Why do you think its important to do activities that strengthen your muscles and bones?.....

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We have been looking at various aspects of rhythm over the last few weeks. As a checkpoint, you will fill in rhythm test sheet, bringing all our knowledge and understanding together and identifying any areas that we to go over.

TASK: Add the definitions of each term.

Musical term	Definition
Beat/Pulse	
Time Signature	The time signature indicates how many counts are in each measure and which of note will receive one count
Crotchet	
Ostinato	
Minim	
Semibreve	
Quaver	
Dotted note	
March	
4/4	
3/4	



1. Draw a crotchet and tell me how many beats it is worth:

Note:	Beats:
-------	--------

2. Draw a quaver and tell me how many beats it is worth:

Note:	Beats:
-------	--------

3. Draw a minim and tell me how many beats it is worth:

Note:	Beats:
-------	--------

4. Draw a semibreve and tell me how many beats it is worth:

Note:	Beats:
-------	--------

5. Draw a dotted crotchet and tell me how many beats it is worth:

Note:	Beats:
-------	--------

6. What is an ostinato?

7. Notate a 1 bar ostinato and write it out in both bars below:

--	--

Hint! Each bar must add up to 4 beats, made out of the note values we have been looking at. If you were to play this ostinato you would repeat it over and over again (so each of the two bars above should be the same!).



Textiles

Think about all of the activities that you do each day. How many of them involve using textile products?

Keep a **Textiles Diary** for 1 day to record all the times you use textile products in your everyday life.

[illegible]



Textiles

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[illegible]



**Burnside
College**

Name:

Technology

Due Date:

Product Analysis

Task:

Analyse a toy product using the questions provided. You could analyse a product in your home or use google.

It is up to you how you present your homework. You can write it by hand or use a computer

Aesthetics	What type of material has been used? How would you describe the colour range used on the toy? Refer to colour theory you have been learning in Art.
Safety	Can you find a toy safety label? What important information will the label give the customer?
User	Can you guess the age range that would play with the soft toy?
Function	How do you think the toy was made? What would you need to make the toy?
Environment	Is the toy recycled. How and why is this good for the environment, could you explain.
Proportions	How big is the toy in height and width.
Components	Are there any electronic components for example, sound, movement or lights?



Due Date:

..... (4 marks)

(2 marks)



- Pasta salad
- ingredients:
- Pasta shapes
- Diced cucumber
- Mozzarella cheese
- Garlic croutons
- Chopped tomatoes
- Salad leaves
- Creamy herb dressing



Breakfast	Lunch	Tea	Snacks/drinks

Look at **Figure 1** and **Figure 2** before answering the questions.

Figure 1: The eatwell guide shows people the proportions of each kind of food they should eat.

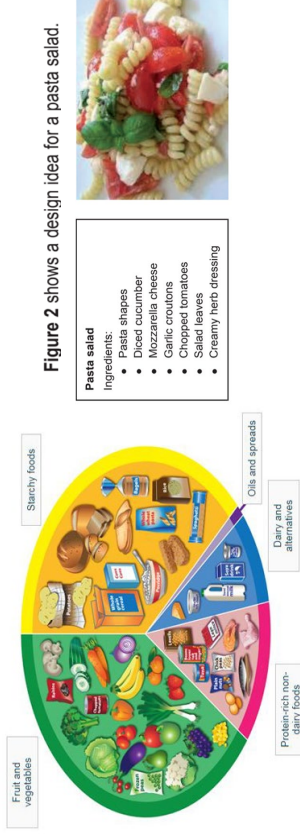


Figure 2 shows a design idea for a pasta salad.

- Pasta salad
- Ingredients:
- Pasta shapes
- Diced cucumber
- Mozzarella cheese
- Garlic croutons
- Chopped tomatoes
- Salad leaves
- Creamy herb dressing

Identify how the pasta salad meets the advice of the eatwell guide

.....

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.....

.....

(2 marks)

(2 marks)

Identify how the pasta salad does **not** meet the advice of the eatwell guide.

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.....

.....

(2 marks)

Explain **two** ways to make the pasta salad a healthier option.

1

2

(4 marks)

DAZZLE ME

For a balanced diet you should have: 5 portions of fruit and vegetables a day, 6-10 portions of carbohydrates a day, 2-3 portions of dairy a day, 2-3 portions of protein a day and fats and oils as little as possible. Design a balanced diet for one day ensuring all areas of the eatwell guide a met and the correct portions are consumed. Be specific, for example if you write sandwich, you need to say the bread is carbohydrates and then explain what is in the filling.

Breakfast	Lunch	Tea	Snacks/drinks