



Year group	What we are studying	Work to complete
Year 8	<ul style="list-style-type: none">• Cake making methods• Baking• Seasonality• Food miles• Healthy eating• Cooking skills• Sugars and the sugar tax• Unhealthy foods – fat content	<p>Task 1 –</p> <p>a. Research a range of ‘Cardiovascular Diseases (CVD)’ and present any relevant information in your own words!</p> <p>You should include information on at least 3 of the following:</p> <ul style="list-style-type: none">• Coronary Heart Disease• Strokes• Peripheral Arterial Disease• Angina <p>You could include information about:</p> <ul style="list-style-type: none">• Causes of the illness• How we can prevent the illness• How the illness is linked to our diet• Statistics about the illness <p>b. Find out which cooking methods are best for preventing CVD. Explain why these cooking methods are the best. Research/Design a recipe linked to these methods.</p> <p>Task 2-</p> <p>a. Design a Poster with the title “Re-think Your Drink”</p> <p>Your poster must include:</p> <ul style="list-style-type: none">• Health problems linked with too much sugar• Health problems linked with too much fizzy drinks• How many calories are in our favourite sugary drinks• What should we be drinking instead of fizzy drinks• Statistics about fizzy drinks and our health <p>b. Watch Jamie’s Sugar Rush on Youtube and then complete the questions below; https://www.youtube.com/watch?v=7psynBdrZnA</p> <ol style="list-style-type: none">1. What is type 2 diabetes and how can we prevent it?2. Write a short summary about what happens to Mario.3. Write a report about the Coca Cola problem in Mexico



4. Come up with 5 ways that the government could help reduce our sugar intake

If you need Help

NHS Website: Cardiovascular Disease

BNF Website: Cardiovascular Disease

www.gov.uk: Cardiovascular disease prevention

www.bbc.co.uk/sugartax

www.bbcgoodfood.com/howto/guide/truth-about-sugar

NHS Website- Sugar

www.rethinksugarydrink.com

Send all of your work over to Miss Shannon.