

Haslingden High School  
Design and Technology Faculty  
—  
Food Preparation and Nutrition  
HOMEWORK BOOKLET  
Year 7



Name: \_\_\_\_\_ Form: \_\_\_\_\_

Subject Teacher: \_\_\_\_\_

Date Given: \_\_\_\_\_ Date to Hand in: \_\_\_\_\_

Effort



House Points:

WWW:

IOTI:

Parent / Guardian Comment:



# Food Packaging

Packaging can be defined as materials used for the containment, protection, handling, delivery, and presentation of goods and are divided into three broad categories:

- **Primary** packaging is the wrapping handled by the consumer.
- **Secondary** packaging is the term used to describe larger cases or boxes that are used to group quantities of products for display in shops.
- **Transit** packaging refers to the wooden pallets, board and plastic wrapping and containers that are used to transport goods from factory to shop.

Approximately 70% of primary packaging is used for food and drink.

You can fit 1588 minis into Wembley stadium! That's over 58,000 Wembleys!

The UK produced an estimated 9.3 million tonnes of waste packaging in 2001. Of this 5.1 million tonnes came from households.

The most common types of material used for packaging are paper, cardboard, plastic, glass, steel and aluminium.



1 mini = 1 tonne

- Only 23% of plastics packaging waste was recycled in the UK in 2001
- Glass accounts for 20% of all packaging. 33% of glass was recycled in 2000. (It's 90% in other European countries!)
- An estimated five billion aluminium cans were used in the UK in 2001, 42% of which were recycled.



**Reduce:** Many people are concerned about the amount of packaging products are sold in and try to avoid goods that they consider are 'over-packaged'. Avoid buying small containers where possible. An example might be to purchase one large bottle of drink instead of individual small bottles or cans.

**Reuse:** The best way to make use of packaging is to reuse again.



**Recycle:** Many packaging materials can be collected for recycling, Examples include paper and glass and plastic bottles.

# Food Waste

8.3 million tonnes of food is thrown away by households in the UK every year, and most of it could have been eaten.

Reducing food waste is a major issue and not just about good food going to waste; wasting food costs the average family with children £680 a year and has serious environmental implications too.

If we all stop wasting food that could have been eaten, the CO<sub>2</sub> impact would be the equivalent of taking 1 in 4 cars off the road.



- Some of the waste is made up of things like peelings, cores and bones, but the majority is, or once was, perfectly good food.
- The main reasons for throwing away food can be grouped in to "cooking or preparing too much" (for example cooking too much rice or pasta and it gets left in the saucepan or on the plate) or "not using food in time" - for example having to throw out fruit and vegetables because they've gone off in the fruit bowl or in the fridge, or not eating food before it goes past its use-by date.



• **Use-by** - This is the key date in terms of safety - never eat products after this date and observe storage instructions. Check if the food can be frozen if you need to eat it at a later date. 'Use by' dates are usually found on chilled products such as cooked meats, soft cheeses and dairy-based desserts.

• **Best before** - 'Best before' dates are usually on longer shelf life foods such as frozen, tinned or dried goods and refer to quality rather than safety. So, with these things, it's best to use your judgement. It should be safe to eat food after the 'best before' date, but food may no longer be at its best. **One exception is eggs - never eat eggs after the best before date.**



• **Display Until \ Sell by** - Date marks such as 'display until' or 'sell by' often appear near or next to the 'best before' or 'use by' date. They are used by some shops to help with stock control and are instructions for shop staff, not shoppers.

**The best thing that can happen to food is that it makes it to our plates and is enjoyed.**

## Task One – Research

- a) Design a poster highlighting the issues surrounding food waste. (Grade 1)
- b) You could add a web address for further information as well as statistics and guidelines.. (Grade 2)
- c) Produce a leaflet instead of a poster that includes higher levels of specific detail regarding food waste. (Grade 3)



- **Your poster or leaflet must be no bigger than A4.**
- **It should be bright and colourful.**
- **It should contain an equal mix of pictures and written information.**
- **It can be done using ICT – such as Word or Publisher, or by hand – showing a development of your graphical skills.**

Draw or stick your poster or leaflet on this page.

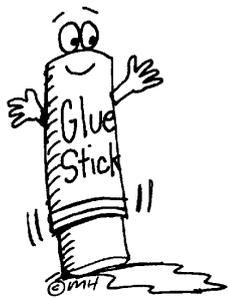


## **Task Two – Investigation**

- a) Identify 5 separate foods that have more than 2 types of packaging materials. (Grade 1)
- b) Present this information in a table with different headings to show the different materials used. (Grade 2)
- c) State whether or not these materials are suitable or not, and give suggestions of possible alternatives. (Grade 3)



- **You can just bullet point your foods that you have identified.**
- **You can either draw your table out neatly by hand or use Word and complete a table using ICT skills.**
- **Research into possible alternatives using various websites and books**



Complete your investigation task on this page, or stick in your printout if using ICT.

## **Task Three – Analysis**

- a) Identify 3 items of food that have been thrown away recently. (Grade 1)
- b) Explain why these were thrown away. (Grade 2)
- c) Suggest and explain how this waste could be reduced. (Grade 3)



- You can just bullet point your foods that you have identified.
- Research into how this waste could be reduced using [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

Complete your analysis task on this page, or stick  
in your printout if using ICT.



# Task Four - Self Assessment

Spend some time thinking about the tasks you have completed reflecting on your strengths and weaknesses. Tick the box that most applies to you and total up your score.

1 = Much more improvement needed

5 = Excellent

I spent appropriate time on the work	
I have attempted all the tasks to the best of my ability	
I planned my work carefully and spread the tasks out over the week	
I asked for help	
I checked my work carefully before handing it in	
Total Score	

What part did you enjoy completing the most and why?

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Describe one thing you could do in the future that would improve the quality of your work.

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Describe one thing that you have done that you are pleased with in this booklet.

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