

## **Subject: Food Technology**

Childwall Sports and Science Academy has a mission statement of 'Learning without Limits'. This means that we seek to engage students in the best possible learning experiences in order to enable them to achieve their potential. Be ambitious activities are those that take your regular curriculum further. They take the subjects you study in the classroom beyond that which your teacher has taught you or what you've done for home learning. For example, you may go into more depth on something you picked up in the classroom or learn about a new topic altogether. These activities are normally in the form of extra reading, but they can take many other forms, like watching videos online, downloading podcasts, attending lectures, visiting museums or entering academic competitions.

Engaging in be ambitious activities will help you develop a love for your favourite subject or subjects. In this booklet, there are a range of activities, suggested by your teachers. They are by no means exhaustive lists but should get you started. We would encourage you to share ideas and opportunities you come across with your teachers so that, over time, the recommended activities in this booklet can grow.

In the future, employers or universities will be interested to hear about what Be ambitious activities you have engaged in; they will be interested in what you have learnt and impressed by your efforts.

We wish you well in your pursuit of be ambitious activities!

## Be Ambitious – Key Stage 3

### Subject: Food Technology and Design and Technology

<p>Have you ever watched Great British Bake Off or Junior Bake Off? Why not have a look online and follow the recipes weekly.</p> <p></p>	<p>If you are old enough to have Instagram, follow: @MarcusRashford @ChefTomKerridge @FullTimeMeals for some simple recipe inspiration.</p> <p></p>	<p>Netflix and Cook! In the search on Netflix type in Food – You’re Welcome! - Julie and Julia - 100 Foot Journey</p> <p><b>NETFLIX</b></p>
<p>Create or produce a weekly meal planner and use BBC Good Food to plan some meals for at home.</p>	<p>Once you have planned your meals, email them through to school to get featured on our social media.</p>	<p>Can you print your recipe out and share with a friend, family member or neighbour?</p>
<p>Can you <b>Take Action?</b> And support Fair Trade? <a href="https://schools.fairtrade.org.uk/take-action/">https://schools.fairtrade.org.uk/take-action/</a></p>	<p><b>Get In The Kitchen</b> Why not purchase your own recipe book and work your way through each recipe?</p>	<p><b>Look Up</b> Visit Liverpool city centre, look up above the shop fronts and spot as many examples of Art Deco style architecture as you can find.</p> <p></p>
<p><b>Grand Designs</b>  Watch an episode of Grand Design on Channel 4 then sketch your ultimate house design.</p>	<p><b>Plastics 1-7</b> Find the small number on plastic products in your home. What type of plastic are they? <a href="https://millerrecycling.com/plastics-recycling-numbers/">https://millerrecycling.com/plastics-recycling-numbers/</a></p>	<p><b>Virtual Tour</b> Complete a virtual visit of the design museum. <a href="https://designmuseum.org/venue-hire-old/virtual-tour-of-the-design-museum#">https://designmuseum.org/venue-hire-old/virtual-tour-of-the-design-museum#</a></p>
<p><b>Construction careers</b> Use this website to investigate three construction trades you might consider a career in. <a href="https://www.goconstruct.org/">https://www.goconstruct.org/</a></p>	<p><b>Plastics 1-7</b> Find the small number on plastic products in your home. What type of plastic are they? <a href="https://millerrecycling.com/plastics-recycling-numbers/">https://millerrecycling.com/plastics-recycling-numbers/</a></p> <p></p>	<p><b>Amazing Spaces</b> Watch George Clarke’s Amazing Spaces then design your own cool caravan. <a href="https://youtu.be/VtCQkaB-rNI">https://youtu.be/VtCQkaB-rNI</a></p> <p></p>



Reading task



Writing task



Listening task



Watching task



Research task



Trip or visit



Creative task



Student-led task

**Be Ambitious – Key Stage 4**

**Subject: Level 1/2 Catering and Hospitality**

**GCSE Design and Technology**

**Level 1/2 Constructing the Built Environment**

<p>Check out Chef Jamie Oliver's YouTube Channel for some incredible step by step recipes.</p> <p></p>	<p>Visit the Baltic Market and experience some amazing street food.</p> <p></p>	<p>Keeping Well At Home Click the link below and complete a free online nutrition course: <a href="https://www.nutrition.org.uk/training-and-events/current-training-and-events/2021/keeping-well-at-home/">https://www.nutrition.org.uk/training-and-events/current-training-and-events/2021/keeping-well-at-home/</a></p>
<p><b>Visit Kenyon's Hall Farm</b> Perfect for picking your own fruit and vegetables. Get a group of friends together and enjoy!</p>	<p><b>The Perfect Host:</b> Get a group of friends together and host a charity coffee and cake morning.</p> <p></p>	<p><b>British Nutritional Foundation</b> Have reflective 30 minutes reading the BNF website for further information of nutrition at different life stages.</p> <p></p>
<p><b>Grow Your Own</b> Purchase some seeds and have a go at growing your own herbs, salad leaves or even vegetables!</p> <p></p>	<p><b>Grand Designs</b> Watch an episode of Grand Designs on Channel 4 then sketch your ultimate house design.</p> <p></p>	<p><b>Plastics 1-7</b> Find the small number on plastic products in your home. What type of plastic are they? <a href="https://millerrecycling.com/plastics-recycling-numbers/">https://millerrecycling.com/plastics-recycling-numbers/</a></p>
<p><b>Virtual Tour</b> Complete a virtual visit of the design museum. <a href="https://designmuseum.org/venue-hire-old/virtual-tour-of-the-design-museum#">https://designmuseum.org/venue-hire-old/virtual-tour-of-the-design-museum#</a></p> <p></p>	<p><b>Complete a virtual visit of the design museum</b> <a href="https://designmuseum.org/venue-hire-old/virtual-tour-of-the-design-museum#">https://designmuseum.org/venue-hire-old/virtual-tour-of-the-design-museum#</a></p> <p></p>	<p><b>Amazing Spaces</b> Watch George Clarke's Amazing Spaces then design your own cool caravan. <a href="https://youtu.be/VtCQkaB-rNI">https://youtu.be/VtCQkaB-rNI</a></p>
<p><b>Safety signs</b> Investigate the different shapes and colours of site safety signs.</p> <p></p>	<p><b>PPE</b> What personal protective equipment (PP) is used on a housing construction site?</p> <p></p>	<p><b>Construction careers</b> Use this website to investigate three construction trades you might consider a career in. <a href="https://www.goconstruct.org/">https://www.goconstruct.org/</a></p>



Reading task



Writing task



Listening task



Watching task



Research task



Trip or visit



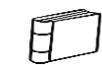
Creative task



Student-led task

**Be Ambitious – Key Stage 5**  
**Subject: A level product Design**

<p><b>Amazing Spaces</b>          Watch George Clarke's Amazing Spaces then design your own cool caravan.  <a href="https://youtu.be/VtCOkaB-rNI">https://youtu.be/VtCOkaB-rNI</a></p>	<p><b>Guggenheim</b>          Take a look around New York's Guggenheim museum.  <a href="https://youtu.be/wdPi50IUpRU">https://youtu.be/wdPi50IUpRU</a></p>	<p><b>Eames</b>          Research Charles and Ray Eames. Design your own 'Eames' style chair.</p>
<p><b>Virtual Tour</b>          Complete a virtual visit of the design museum.  <a href="https://designmuseum.org/venue-hire-old/virtual-tour-of-the-design-museum#">https://designmuseum.org/venue-hire-old/virtual-tour-of-the-design-museum#</a></p>	<p><b>Plastics 1-7</b>          Find the small number on plastic products in your home. What type of plastic are they?  <a href="https://millerrecycling.com/plastics-recycling-numbers/">https://millerrecycling.com/plastics-recycling-numbers/</a></p>	<p><b>Grand Designs</b>          Watch an episode of Grand Designs on Channel 4 then sketch your ultimate house design.</p>
<p><b>Form over Function</b>          Investigate Philippe Starck. What is your favourite Starck product?</p>	<p><b>BSI Kitemark</b>          Investigate the British Standards Institute kitemark and the role it plays in product design and manufacture.</p>	<p><b>Calvert</b>          Research Margaret Calvert. What is she famous for designing?</p>
<p><b>Careers</b>          Use this website to investigate three construction trades you might consider a career in.  <a href="https://www.goconstruct.org/">https://www.goconstruct.org/</a></p>	<p><b>The Lion Mark</b>          Investigate the role the Lion mark plays in product design.</p>	<p><b>Formula 1</b>          Investigate aerodynamics, drag and downforce in relation to Formula 1 racing cars.</p>



Reading task



Writing task



Listening task



Watching task



Research task



Trip or visit



Creative task



Student-led task