

The following link is a collection of food clips to explain the science of cooking.

https://www.youtube.com/channel/UCx1EKuKyJIV7GAUIJW8sFLw/feed?disable_polymer=1

The countryside Classroom has areas for each of the year groups.

Find your area and challenge yourself to one of the activities.

There are resources on the site to help.

<https://www.countrysideclassroom.org.uk>

Great techniques for skills e.g. boning a chicken

<https://www.bbc.co.uk/food/techniques>

This website has some great recipes and information on sources/manufacturing of foods

<https://www.foodafactoflife.org.uk/recipes/?q=cheese&sort=relevance&size=12>

G.C.S.E Food Preparation and Nutrition

Exam question builder

<https://www.wjec.co.uk/question-bank/question-search.html?subject=foodandnutrition&level=gcse&s=>

BBC Bite size

<https://www.bbc.co.uk/programmes/m000jy8k>

Recipes and resources

<https://www.foodafactoflife.org.uk/recipes/?q=cheese&sort=relevance&size=12>

British Nutrition Foundation

<https://www.nutrition.org.uk>