

<u>Activity</u>	<u>Nutritious food</u>
<u>1</u>	<p>People who are on the front line need good healthy food that is easy to hold, doesn't get them messy but gives them the right balance of nutrition and energy.</p> <p>Can you create a healthy snack?</p>
2	<p>You need to consider what is needed for this snack</p> <ol style="list-style-type: none"> 1) Think about the needs of the consumer. They need to stay healthy but need energy. 2) How will they hold the snack? They don't want lots of dirty plates and forks 3) It can't be too messy - they don't want food all over their fingers, clothes or the floor. 4) It needs to be tasty and can be either savoury or sweet. <p>Look at a range of snacks online - it could be anything from cakes to tacos. Evaluate what is good about them and what you need to improve. Find the recipes and see if there are ideas you can use to create your snack.</p> <p>Record all your findings. You might even have to do some food tasting.</p>
3	<p>Design your Snack.</p> <p>A good design needs to answer the questions that you looked at last week and any that arose from investigating what makes a good snack. Draw the snack in three views: from the front, side and back. Annotate the design.</p> <p>Say how it is going to be easy to hold. How it will be designed so that if it has any filling it won't fall out? Explain how it is going to be nutritious. Write out the ingredients and recipe for your snack. How will you design it to make it look appealing?</p>
4	<p>Make your snack.</p> <p>Get several people to try your snack and ask them to evaluate it against the criteria.</p> <p>E.G Can you hold it? Does it taste nice? Does it look appetising? Does it hold the food securely?</p>

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Using your and the evaluation of others, write how well you think your snack met the brief.

Use the evaluation to explain how you would make your snack even better.