



Eloquent and Grateful



Read 'top healthy tips for teenagers' - <https://www.nutrition.org.uk/life-stages/teenagers/healthy-lifestyles-for-teenagers/top-healthy-eating-tips-for-teenagers/>

Do you follow these recommendations? What changes might you need to make?



Watch an episode of Amazing hotels: Life beyond the lobby.

<https://www.bbc.co.uk/programmes/b08l2m2x/episodes/player>

Which episode did you watch? What makes the hotel so amazing? What job roles did you come across? Did anything about the hotel surprise you?

Attentive and Compassionate



Listen to the podcast about ultra-processed food.

[Why You Can't Stop Eating Ultra-Processed Foods: Dr Chris Van Tulleken - Dr Rangan Chatterjee \(drchatterjee.com\)](https://www.bbc.co.uk/programmes/b08l2m2x/episodes/player)

After listening, explain the benefits of fresh home cooking.



Research the cuisine of a specific country. What are the traditional ingredients/dishes? Prepare a dish at home and send a photo to Mrs. Revell. Reliable recipes can be found here: <https://www.bbcgoodfood.com/>

Wise & Curious and Faith-filled & Prophetic



Visit your local village/town. How many hospitality and catering establishments are there? What types of service do they offer? What type of food do they serve. Make a note of your findings.



Visit a local hospitality and catering establishment. What is the establishment type? What service types are demonstrated? Was your visit a good experience? How could it be improved?

Key

	Read		Student Led
	Watch		Creative/Research
	Listen		Visit