

Teaching Youth Social Action through Food Technology

7	Is cooking a meal for four or buying fast food from your local takeaway cheaper? Investigate health alternatives and create a recipe book for young people and parents
8	Is cooking a meal for four or buying fast food from your local takeaway cheaper? Hold a competition for families to submit healthy cost-effective recipes. Create a virtual cookbook or contribute to the parent newsletter on a regular basis.
9	Using the concept of ready, steady cook. In groups, give the young people a bag of ingredients (costing no more than £5). Young people can conduct research, plan, and cook a healthy meal