

Year 9

Continuing on from Pie in the sky and fats



<http://www.rawfoodexplained.com/fats/how-the-body-uses-fat.html>

A) Please look at and read the above link

B) Design a pie suitable for a person who has diabetes and is gluten free.

Background information for you to think about.

1. This person sits in an office all day long and gets little exercise.
2. They drive to and from work daily.
3. They usually cook all their own food.
4. They like to go out once or twice for meals with friends
5. First you will need to research and make notes on the conditions the person has.
6. Think about their lifestyle

C) Once you have completed your research you will need to come up with a list of suitable filling for your pie.

D) How will you choose to make the outer casing of your pie? It does not have to be pastry.

E) Write a summary of what you have found out.

