



# FOOD AND TECHNOLOGY

Welcome to the Food and Technology Super Curriculum. Below you'll find a whole host of things to do to stretch yourself beyond the classroom curriculum.

Use the following resources to enhance your understanding of the creative approaches found in Food and Technology.

## READ

**D&T:** The BBC One series *Money for Nothing* sees unwanted items saved from recycling centres and transformed into desirable pieces of furniture by some of the UK's most talented designers and makers. Here are some of their top tips on how to tackle your own upcycling projects on a budget:

[Six Ways to Upcycle on a Budget](#) - BBC One

**FOOD:** [Nigerian Food: 15 Traditional Dishes of Nigeria](#) - [travelfoodatlas.com](#)

## WATCH

**D&T:** Watch some of the *Money for Nothing* upcycling clips:

[Money for Nothing](#) - BBC One

**FOOD:** [Ranking the Top 10 Nigerian Foods Plus How to Make Each One](#) - YouTube

## LISTEN

**D&T:** The Rags to Riches Textile Upcycling Podcast with Crispina French is designed to inspire, educate and celebrate textile upcycling entrepreneurs:

[Rags To Riches Textile Upcycling Podcast](#) - [crispinaffrench.podbean.com](#)

**FOOD:** [Nigerian History and Culture Presentation: Flo Chinyere](#) - YouTube

## DO

**D&T:** Design something that could be made from some old leather like this lady has done:

[Money for Nothing: Chinelo creates a dress from a salvaged leather sofa](#) - BBC One

**FOOD:** Make some Nigerian food!