

# WJEC LEVEL 3 FOOD SCIENCE AND NUTRITION

## Summer preparation task 2024/25

Before the course starts you need to carry out some of the research and tasks below (there is a record sheet at the end).

**Task 1: Nutrition** is a key part of the course and you will need to have a clear understanding of nutrients and healthy eating.

- a) Watch the video link to learn more about what is meant by a **healthy diet**. Explain what a healthy diet is and the key elements of the Eatwell Guide. Present your findings in a mind map format.  
<https://www.youtube.com/watch?v=1tJYcNt6Bpk>
- b) Explore the concept of **energy intake**, expenditure and energy balance. Watch the podcast about **energy** and answer the questions below. <https://www.youtube.com/watch?v=d-5w67NAOlo>
- What is energy?
  - Why do we need to eat food?
  - How much energy do we need?
  - What are the factors that affect 'energy out'?
  - What is energy balance?

**Task 2: Food Presentation:** It is important to understand how to layout food products in order to improve their visual appearance. Use the following websites and videos to investigate what makes food look good. You are welcome to search for other tips and guidance on food presentation techniques. This is particularly important, as you will be required to photograph the products you make. Write a list of tips and ideas for successful food presentation.

<http://www.howtocookgourmet.com/foodpresentationtips.html>

[https://www.youtube.com/watch?v=Udzs\\_MPNpMQ](https://www.youtube.com/watch?v=Udzs_MPNpMQ)

<https://www.youtube.com/watch?v=9YBnczqciHI>

**Task 3: Food in the news:** Create a “food in the news” media folder. Between now and the beginning of September collect any articles that you find referring to Food and Nutrition. The Guardian and Observer newspapers, the BBC news and the BBC Good Food Magazine are good starting places. You could also look at the free papers and magazines available at food retailers.



**Task 4:** Select 2 articles that you think are important/news worthy. Summarise the key points and explain why you think that each article was published/written.



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**Task 5:** Undertake the following and present your work on a single A3 sheet in mind map format.  
**Photograph your practical work and include this on the A3 sheet.**

Select one of the scenarios below and complete the activities

### **Nursery scenario**

The cook at your local children's nursery (ages 2 to 5) has received comments from parents that the current menu is both unhealthy and repetitive. The cook is, therefore, planning to make changes to the menu to ensure it is healthy and appealing to the children.

**OR**

### **Elderly Residential Home**

The cook at a local Elderly residential home has received comments that the current menu is unimaginative. The cook is therefore planning to make changes to the menu to ensure that dishes meet the nutritional needs of the elderly and have traditional appeal.

- (i) Identify the nutritional considerations that the cook will need to include when planning a monthly menu for this target group.
- (ii) Plan a weekly menu; this must include breakfast, mid-morning snack, lunch, mid-afternoon snack and tea.
- (iii) Plan, prepare and cook a whole day's menu and review the nutritional content of your proposed one day menu. You will need to take photos of the dishes
- (iv) Evaluate your finished outcomes referring to their sensory characteristics and appeal for the target group
- (v) Discuss whether your choices reflect current nutritional guidelines for target group and suggest improvements or alternatives to your menu choices.

**Task 6: Practical task:** cook a 'skillful' dish for the group above or a named target group (age, dietary need or health need). Look for challenging ideas to stretch your individual skills. Photograph it and evaluate the dish in terms of how you made it, including the skills demonstrated, why it is suitable for your target group and how it fits with their dietary needs.

[www.nutritionist-resource.org.uk](http://www.nutritionist-resource.org.uk)

[www.annabelkarmel.com](http://www.annabelkarmel.com)

[www.nhs.uk/Livewell/over60s](http://www.nhs.uk/Livewell/over60s)

**Task 7:** Complete the Food Standards Agency online Allergies training. This is approximately 3 hours of work, it will provide a very good introduction to this aspect of food safety for year 12.  
<https://allergytraining.food.gov.uk/english/>

**Task 8:** Select from the various online courses available (they all vary in time allocation) that is of interest to you, study the course and then produce a summary of what you have learnt for the other students on the course. Prepare a presentation to teach one aspect of the topic you have studied and explain how this course has developed your subject knowledge.

<https://www.open.edu/openlearn/science-maths-technology/biology/nutrition-proteins/content-section-0?active-tab=description-tab>

## **WJEC LEVEL 3 FOOD SCIENCE AND NUTRITION**

<https://www.open.edu/openlearn/education-development/children-and-young-people-food-and-food-marketing/content-section-0?active-tab=description-tab>

<https://www.futurelearn.com/courses/nutrition-food-safety>

<https://www.futurelearn.com/courses/nutrition-wellbeing>

<https://www.futurelearn.com/courses/grand-challenges-food-for-thought>

Some of these are more science based, others link well with Geography, take a look and check the study time involved. Complete the evidence log to show what you have achieved:

Task	Summarise key outcomes	Date completed	Comments
1			
2			
3			
4			
5			
6			
7			
8			

### **Recipe books**

Blumenthal H. Heston Blumenthal at home. Bloomsbury publishing: October 2011

Masterchef Kitchen Bible

Masterchef at home

Mary berry Cook books

### **Recommended Television shows/videos to watch – good to watch on iplayer**

Food Inspectors – BBC 1

Great British Bake off – BBC2

Masterchef- BBC1

Heston Blumenthal – Channel 4

Jimmy’s Food Factory – BBC1

Inside the Factory-BBC

### **Useful websites**

BBC Health: [www.bbc.co.uk/health/healthyliving](http://www.bbc.co.uk/health/healthyliving)

British Nutrition Foundation: [www.nutrition.org.uk](http://www.nutrition.org.uk)

Department for Health: [www.dh.gov.uk](http://www.dh.gov.uk)

Food and Drink Federation: [www.fdf.org.uk](http://www.fdf.org.uk)

Food Standards Agency: [www.food.gov.uk/aboutus/publications/industrypublications/](http://www.food.gov.uk/aboutus/publications/industrypublications/)

NHS: <http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

Physical Activity and Nutrition Wales: [www.physicalactivityandnutritionwales.org.uk](http://www.physicalactivityandnutritionwales.org.uk)

Vegetarian Society: [www.veg.soc.org.uk](http://www.veg.soc.org.uk)

[www.bbc.co.uk/food/recipes](http://www.bbc.co.uk/food/recipes)

[www.bbcgoodfood.com](http://www.bbcgoodfood.com)

[www.annabelkarmel.com](http://www.annabelkarmel.com)