

Is this course right for me?

If you are thinking of opting for this subject it may be worth asking yourself the following questions:

- Do you want to develop further your knowledge of food science, nutrition and health and safety within the food industry?
- Do you enjoy cooking?
- Can you rely on yourself to remember to bring in your ingredients?
- Are you interested in the impact food has on everyday life?
- Do you want to improve your designing and making skills using food?



Before the course starts you need to carry out the research and tasks below.

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

Task 1: 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 Eat well Guide.

<https://www.youtube.com/watch?v=1tJYcNt6Bpk>

Making better choices with the Eatwell Guide



The British Nutrition Foundation talk about the Eatwell Guide, the UK government's model of healthy eating



Task 2: Produce a revision resource which explains the function, sources, excess and deficiency of the macro and micro nutrients. This could be a poster, power point or table – try to make it interesting in its presentation.

Macro: Protein (HBV and LBV), Carbohydrates and Fats

Micro: Fat soluble vitamins (A,D,E,K), Water soluble vitamins (C and B1,2,3,5,6,7,9,12) and Minerals (calcium, phosphorus, sodium, potassium, iron, iodine, fluoride, zinc)

Use the GCSE illuminate online book <https://illuminate.digital/aqafood/>

Log on: SSOUTHAM3 User name: STUDENT3 , Collins revision guide or

British Nutrition Foundation Website Nutrition science - Nutrients, Food and Ingredients

<https://www.bing.com/search?q=british+nutrition+foundation&src=IE-SearchBox&FORM=IENTSR>

to help you with this task

Task 3: Watch the post cast Exploring energy – British Nutrition Foundation and then answer the questions below.

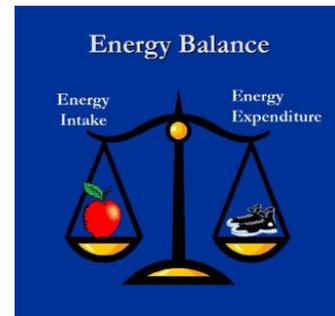
What is energy?

Why do we need to eat food?

How much energy do we need?

What are the factors that affect 'energy out'?

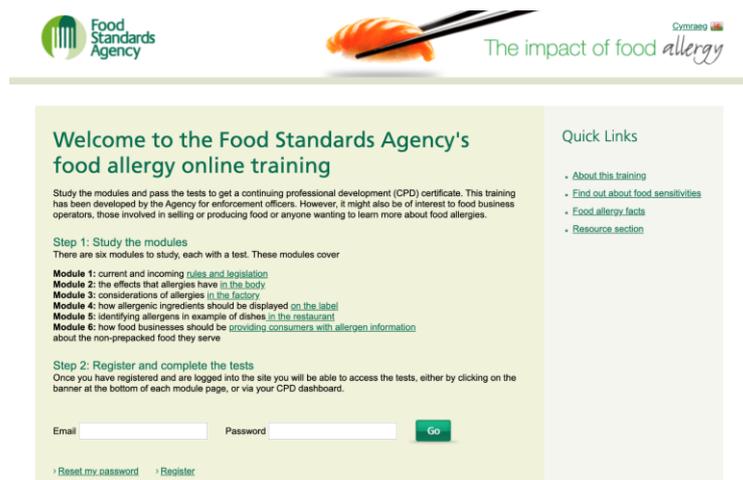
What is energy balance?



<https://www.youtube.com/watch?v=d-5w67NAOlo>

Allergens and Food Safety is another important section of the level 3 course. These two topics are examined in both year 12 and 13 and are key to the course.

Task 4: Complete the online training. This online course looks at Food Allergens. It is free to sign up and when you have completed it, please send a copy of your certificate to me.



https://allergytraining.food.gov.uk/english/?fbclid=IwAR0t0tAV4F8E4mMxpILgUKmYKIQBh_y2gCiErijfgDcgOCesjWnFfnhPfqrg

Task 5: Research the main food poisoning bacteria and identify main foods it is found in, symptoms, incubation period. Please cover: Campylobacter; E-Coli; Salmonella; Staphylococcus Aureus; Listeria; Bacillus Cereus. This again can be in a form suitable to you

Food Presentation and cooking are important parts of this course. You will be assessed on your presentation and advanced cookery skills in your coursework.

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 partially important, as you will be required to photograph the products you make.



Task 6: 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=9YBnczqciHI>

Task 7: Imagine you are a chef in a top quality restaurant – design and cook a high quality 3 course meal which would be your signature menu in your restaurant. Please complete a time plan (1/2 hour mis en place prep time – you can chop in this time) for your work. Also a list of ingredients and equipment used. Take photographs of your 3 dishes and explain why you chose them as your signature dishes.. This task maybe a challenge under current circumstances but remember this work doesn't need to be complete now it can be completed any time before September..

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 8: Select 2 articles that you think are important/news worthy. Please include the article and then Summarise the key points and explain why you think that each article was published/written.



Please take pride in your work as this is a key to success on the Food Science Course..

Please produce a portfolio of work that you are proud of and be ready to hand this in in September. Your work can be hand written (if neat) or completed using ICT..