

EXTENSION TASK

Design a plan to adapt the dish you have made to make them nutritionally relevant and appeal to different age groups within the family.

Explain your reasons for the adaptations in how they are relevant and appealing to the other family members.

Good Luck!

Notes:



Y12 FOOD, SCIENCE AND NUTRITION Summer Assignment

FOOD SAFETY



GOOD SANITATION
BEGINS WITH YOU



CLEAN WORK
AREA & UTENSILS



IDENTIFY FOOD
ALLERGENS



COOK EVERYTHING TO THE
RIGHT TEMPERATURES



KEEP HOT STUFF HOT
& COLD STUFF COLD



YOU HAVE 4 HOURS TO
TRANSPORT & SERVE



NAME:

Nutritional Needs Relating to a Life Stage

This home study challenge is designed for you to cover some of the key areas covered across this course. It is more detailed than GCSE courses, so you need to include more information than you have previously. Make sure you give evidence/justification to back up the points/decisions you make.

TASK 1!

1. Carry out record detailed research of the nutritional needs of a child (2-10years).

2. (You need to name key nutrients they need for that life stage and explain the relevance of those nutrients to what is happening within that life stage.

Include the amount of each nutrient a child needs. DO NOT just copy text from online, edit it into your own words.)

3. Include the scientific structure of each key nutrient, explaining how the nutrient is absorbed by the body.

DEADLINE!

First lesson back after the summer holidays you should submit your home study challenge to either Miss Riggs or Miss Sindon.

TASK2!

Create a 5 day meal plan, including 5 different breakfasts, lunches and evening meals that would appeal to children that would creatively provided the recommended amount of nutrients for a child.

KEY TIPS!

Include visuals of structure of the nutrients! Add images to enhance the presentation. Include a clear font that can be easily read. Explore different ways in which you can present the information Think quality!

KEY DESIGNS

Think about the skill level of your dish. You need to be making all components of your dish yourself in order to be get higher marks. Refer to the Skills level dishes we looked at on your induction day.

MAKING TASK

Select 2 dishes from your 5 day meal plan to make. Prepare, cook and present those 2 dishes. Remember the presentation must be appropriate for a child. Take photos of the dishes you make and add them to your work from Task 1.

Justify why you have made this dish for a child specifically referring to the nutritional needs of the children and how the dish appeals to children.

PTO