

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.

Notes:

Good Luck!



YEAR 12 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

TASK 1!

Carry out and record a detailed research of the nutritional needs of a child (5-10 Years)

You will need to name the key nutrients they need for that life stage and explain the relevance of the following nutrients and the importance of each nutrient in this particular life stage:

Carbohydrates
Vitamins and Minerals
Protein
Fats
Calcium

You need to write a paragraph for each nutrient including the information requested above and issues with excess or deficiency of each nutrient. This should be a minimum of 1000 words. Visuals can be added for appeal and to support writing.

If you don't have relevant textbooks you can use the internet but you **MUST** reword this into your own words. Copying directly will result in the work being returned to you to be re-written in your own words as specified.

TASK 2!

Create a 5 day meal plan which includes 5 different breakfasts, lunches and evening meals that would appeal to children . Include appropriate drinks that would appeal to a child. You need you discuss each choice to justify how the dishes within the meal plan will provide the recommended amount of nutrients for a child. You should be looking to write around 200 words per dish to include the name of the dish, nutrition provided by ingredients in the dish and justification of how the nutrients suits the life stage of a child. (Do not include just toast or cereal for breakfast).

Deadline!

First lesson back after the summer holidays you must submit your home study challenge to Miss Sinden.

Key Information

Think about the skill level of the dishes you make. You need to making all components of the dish yourself in order to be getting high marks.

Task 3 - Making Task!

Select 2 dishes from your 5 day meal plan. Prepare, cook and present those 2 dishes. Remember the presentation must be appropriate for a child. Take photos of the dishes you make and include them in this finished project. Justify why you have presented this dish as you did to appeal to a child.