

Year 13 WJEC L3 Food Science and Nutrition Summer Task – Consolidating Research Skills for Unit 4

COMPULSORY

In readiness for your Unit 4 Research project worth 25% of your final grade, you are required to conduct two pieces of research on the following topical food issue:

Topic: Eating a balanced diet

Research Question: Is eating a diet high in Ultra Processed Foods bad for you?

Hypothesis: Yes, a reliance on UPFs prevents people from eating a balanced diet because they are usually high in hidden saturated fats, free sugars and salt. These foods are associated with an increase in diet related illnesses including heart disease, Type 2 diabetes and some cancers.

To prove the hypothesis, you are tasked with carrying out two pieces of research – one primary and one secondary.

1. Primary Research

Conduct an interview with a person of your choosing about their views on, and consumption of, Ultra Processed Foods. You are trying to find out if people know what UPFs are, if they know about the dangers of eating too many and why people might eat UPFs so regularly.

Design the interview questions, transcribe the interview, summarise the key findings and identify key quotes you could use as a source of primary research for a Unit 4 research project. Summarise your findings on the **primary template** attached.

Identify your lessons learnt – what went well, what would you do differently next time?

2. Secondary Research

Watch the following documentary. Present the doctor's arguments against eating Ultra Processed Foods using the **secondary** template attached.

<https://www.youtube.com/watch?v=6SxK9MFmH4c>

OPTIONAL

Source an article or newspaper story published by the Food Industry in defence of processed food. What arguments are they making to counteract the doctor's arguments? Complete a further **secondary template** to outline your findings.

Research Question:	Is eating a diet high in Ultra Processed Foods bad for you?
Source:	Primary Research - Interview
Methodology: Explain what data you will be collecting eg qualitative data from an interview, and how you will be collecting and analysing it	
Summary of findings including key quotes:	
How is it relevant to the research question?	
Is this source of information reliable? What will you do to ensure you've eliminated bias?	

Research question:	Is eating a diet high in Ultra Processed Foods bad for you?
Source:	Secondary Research – UPF Documentary
Summary of findings:	
Analysis - how is it relevant to the research question and are there any patterns or trends with other findings?	
Evaluation of source - is this source of information reliable, valid, biased, current, academic or with authority?	

Bibliography reference	https://www.youtube.com/watch?v=6SxK9MFmH4c
---------------------------	---