

Summer Task 2019

Before the course starts you need to carry out the tasks below in readiness for the first lesson in September.

Task 1: Food in the news: Create a “food in the news” media folder. Between now and the beginning of September collect articles that cover a wide range of Food and Nutrition topics. 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 2: Issues analysis: Select three news articles that you think are particularly important/newsworthy. Summarise the key points and explain why you think they are relevant to this programme of study (the course overview overleaf will help you with this).



Task 3: High level practical skills: Identify TV programmes which inspire you to create and present high skilled dishes. Produce a mind-map of different sweet and savoury dishes and list the skills/presentation techniques they demonstrate.

Choose one of these dishes to make and present to restaurant standard. Produce step by step instructions for making – including photos.

Evaluate the nutritional content of this dish using the ‘calculate a recipe’ function of <https://explorefood.foodfactoflife.org.uk/>

WJEC LEVEL 3 FOOD SCIENCE AND NUTRITION

Textbooks

Bender, D. (2002). An Introduction to Nutrition and Metabolism (3rd Ed). Oxford, UK: Taylor and Francis Ltd
Fox and Cameron's Food Science, Nutrition and Health (7TH edition) Hodder Arnold Publication
Foskett D, Campbell J (2008) Practical Cookery (11th Ed) Hodder Education

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 – Channel 4
Bake Off the Professionals – Channel 4
Masterchef - BBC1
The Great British Menu – BBC2
Masterchef the Professionals – BBC1
Jimmy's Food Factory – BBC1

Useful websites

BBC Health: www.bbc.co.uk/health/healthyliving
British Nutrition Foundation: www.nutrition.org.uk
Department for Health: www.dh.gov.uk
Food and Drink Federation: www.fdf.org.uk
Food Standards Agency: www.food.gov.uk/aboutus/publications/industrypublications/
NHS: <http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>
Vegetarian Society: www.veg.soc.org.uk
www.bbc.co.uk/food/recipes
www.bbcgoodfood.com
www.annabelkarmel.com

Summary of programme of study

Unit 1 Meeting Nutritional Needs of Specific Groups (Mandatory – Y12)

The purpose of this unit is to develop an understanding of the nutritional needs of specific target groups and plan and cook complex dishes to meet their nutritional needs. Through this unit, you will gain an understanding of how to identify hazards and minimise risks when producing food to meet the nutritional needs of specific groups. You will learn about different types of nutrients and how those are used by the body to ensure you can plan a balanced nutritious diet. You will develop advanced skills for preparing, cooking and presenting nutritious dishes that meet specific needs

Unit 2 Ensuring food is safe to eat (Mandatory – Y13)

In this unit you will learn about food safety, how micro-organisms can affect food safety, how some foods can cause ill health in people that have intolerances or allergies and what controls need to be in place to minimise the risks of food causing ill health. This learning will allow you to recommend the safety controls that should be in place in different environments where food is stored, prepared and cooked.

Unit 3 Experimenting to Solve Food Production Problems (either Unit 3 or 4 – Diploma)

The aim of this unit is for learners to use their understanding of the properties of food in order to plan and carry out experiments. The results of the experiments would be used to propose options to solve food production problems.

Unit 4 Current issues in consumer food choice (either Unit 3 or 4 – Diploma)

Through this unit you will have the opportunity to develop knowledge and understanding of issues are currently affecting consumer food choice. Through individual and group projects, you will learn about a range of consumer food choice issues and how key stakeholders are responding to these issues. The projects will also help you to develop the skills needed to effectively plan and carry out an individual research project.

What equipment will be needed for the subject?

An A4 ring binder, dividers

Recipe file and a Current health issues file

Suitable containers.

Ingredients for practical sessions.