

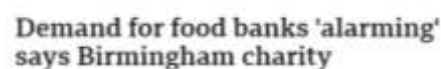
WJEC LEVEL 3 FOOD SCIENCE AND NUTRITION

Summer Task 2024

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 and research reports 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.

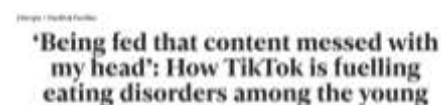
Task 2: Issues analysis: Select three news articles or research reports that you think are particularly important/newsworthy. Complete the template attached to summarise the key points and explain why you think they are relevant to this course (see below). A sample template has been completed for you so you know what to do.



Demand for food banks 'alarming' says Birmingham charity



Anti-obesity drive: Junk food TV adverts to be banned before 9pm



'Being fed that content messed with my head': How TikTok is fuelling eating disorders among the young

Summary of the course

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.

SAMPLE

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Article title:	More than 2m adults in UK cannot afford to eat every day, survey finds
Summary of findings:	<p>The article says that the cost of living crisis has resulted in more people not getting enough to eat. A survey by the Food Foundation suggests that one in seven adults (7.3 million) is now regularly having smaller meals than usual, is skipping meals altogether or are not eating when they are hungry because they can't afford to buy food.</p> <p>The latest increase is put down to rising costs and poverty. Food banks are reporting that energy costs are so high that some people are requesting that charity food parcels contain no food that has to be cooked using a cooker or that needs to be stored in a fridge or freezer.</p> <p>The article quotes the Executive Director of the Food Foundation who says, "Food insecurity puts families under extreme mental stress and forces people to survive on the cheapest calories, which lead to health problems."</p> <p>A government spokesperson is quoted as saying: "We recognise the pressures on the cost of living and we are doing what we can to help, including spending £22bn across the next financial year to support people with energy bills and cut fuel duty."</p>
How is it relevant to the course?	<p>The course covers the nutritional requirements of different groups of people. The article suggests that some people on lower incomes are not getting enough to eat or that they are not getting a healthy and balanced diet which meets all their needs. It may mean that these people will be more likely to suffer from dietary related illnesses in the future if they are not able to get enough healthy food from food banks.</p>
Is this source of this article reliable?	<p>This article was published on The Guardian website in May 2022 so it is providing up to date information. The Guardian is a respected source of news. The article quotes survey findings from the Food Foundation which has expertise in current food issues so the information in the article is reliable. The article is not biased as it provides a right to reply to the Government.</p>
Bibliography reference	<p>https://www.theguardian.com/society/2022/may/09/more-than-2m-adults-in-uk-cannot-afford-to-eat-every-day-survey-finds</p>

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Article 1 title:	
Summary of findings:	
How is it relevant to the course?	
Is this source of this article reliable?	
Bibliography reference	

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Article 2 title:	
Summary of findings:	
How is it relevant to the course?	
Is this source of this article reliable?	
Bibliography reference	

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Article 3 title:	
Summary of findings:	
How is it relevant to the course?	
Is this source of this article reliable?	
Bibliography reference	

