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| **A level Food Science and Nutrition** |

We are asking all students to complete some Independent Preparatory Work over the summer, before they join Year 12 in September. You will need to bring this work to lessons as the content will be assessed through introductory assessments which will be completed within the few first weeks of the new term.

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| Task Year 12 Food Studies Task: Understanding Nutritional Needs |
| As part of your preparation for Unit 1 coursework: Meeting the Nutritional Needs of Specific Groups, your task is to:   * Carefully read the brief provided below. * Respond to the set of questions that follow, using your knowledge of nutrition and dietary planning.   This activity will help you apply theoretical knowledge to real-life scenarios and begin developing the analytical skills needed for your coursework.  ***Plan, prepare, cook and present a range of healthy and nutritious dishes suitable for serving in a school that is launching a new international menu at lunchtime. Present three dishes***  Your MOCK coursework should be no longer than 30 pages long  Key information to include   * Mind-map of suitable dishes to be sold at a school canteen (international cuisines). Will need to choose 1 dish to cook. Please only use UK recipes when researching potential dishes. * Key nutrients that school children/adult needs (can choose both or just 1 life stage group to research more information about). This can be done as a table with functions, food sources, deficiency and excess diseases of each nutrient needed * Food poisoning bacteria found in your dish (symptoms, incubation period, duration) * Choosing a dish evaluate the suitability for your chosen life stage by creating a nutritional analysis label using using [www.nutritionprogram.co.uk](http://www.nutritionprogram.co.uk) * How can different factors affect nutritional needs i.e. age, life style choice, medical conditions, gender. * Identify different cooking methods that can impact the nutritional value of your chosen dish- what nutrients will be lost? What will you do to prevent nutritional lost? * Explain how individuals can take responsibility for food safety- kitchen hygiene, food safety acts, personal hygiene, physical, chemical, biological and allergies. * Mind-map of how you will present your chosen dish. If you are able to cook your dish at home please take a picture of different skills (steps to making your dish) please ensure you ask a parent/carer before you start cooking at home.   Your work can be typed or hand written. I am happy to print off your summer work for when you join Little Heath in September.  Please send all work to the below email address.  [tbell@littleheath.org.uk](mailto:tbell@littleheath.org.uk)  [srose@littleheath.org.uk](mailto:srose@littleheath.org.uk)  When sending over your work please ensure your name is on your word document.  Any questions please do email myself (Miss Bell) or Miss Rose.  Have a lovely summer holiday,  Miss Bell |
| **Extra reading** |
| To help prepare for Year 12 Unit 1 exam and coursework we would suggest purchasing the following books.  [WJEC Level 1/2 Vocational Award Hospitality and Catering (Technical Award) Study & Revision Guide – Revised Edition : Tull, Anita: Amazon.co.uk: Books](https://www.amazon.co.uk/Vocational-Award-Hospitality-Catering-Revision/dp/1913963322/ref=sr_1_3?crid=2L8IWT1WMF5B0&dib=eyJ2IjoiMSJ9.1z_i_UxBW21pfXc3CgQGHLcL-ew3dZDXJCW2llRV4-T1pI2lD5iCH7FqCgKOqOtExBQIJbtUQLP3NyvJX1FovPOLM46z4K7TE9XfunB7yzbQQ7m4Y73bpbzGshM4FCcYLWYiEqbzE0-ri2TpdpkBvAUlTB5c2BqZLbrPDrlJKrYbGjYDTNheW8GFwL0jEmUiw_P0lLwXPFvKxmYCrydPAMUH4nKvsM7dG7CcNws2B3s.shqSt0M50QjMLz47Q_ZsUm8jOqQcM-pdAQufkZRuejw&dib_tag=se&keywords=hospitality+and+catering+wjec&qid=1751919266&sprefix=hospitality+and+cat%2Caps%2C210&sr=8-3) ( l would purchase this book if you did not study Hospitality and Catering as it has key information about food safety acts.  [Eduqas GCSE Food Preparation and Nutrition: Revision Guide : Hill, Jayne: Amazon.co.uk: Books](https://www.amazon.co.uk/Eduqas-GCSE-Food-Preparation-Nutrition/dp/1908682876/ref=sr_1_11?crid=2999A9R6FXXSV&dib=eyJ2IjoiMSJ9.bG_68sfi7sJ8Ct8Z71F4OvaNJbaIAZWoSfj1x0Wm3dUm8B5QrNt9oFvy_DLFdiLHRXdMIOR0Uu0rv6Nkveu0LfBXuVK2wZYaI05N8CETvKPSN6SK8DK8T0Z9zE8p75zQM8QcuaSyS6bBZ63ZTogd6QuZAOqEWpRfJfEv54GINqju4tu9q_5opF6ndRNaMkH5mlVdivgT7nYvLC7slyi7gYbhMqnR3FUtR_KRlKCCWms.k4Rvi2s4gCzbUcjiWzN2cRLt_IxyNde91XIYm3P7rqA&dib_tag=se&keywords=food+preparation+and+nutrition&qid=1751919341&sprefix=food+preparation+and+nut%2Caps%2C150&sr=8-11) (for those who did not study GCSE Food)  [Homepage | Food Standards Agency](https://www.food.gov.uk/)- has key information regarding how businesses ensure they follow food safety rules. |