



Food Science and Nutrition AAQ

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.

Tasks

- 1) You will need to set up an arch lever folder for notes and handouts for the start of the September term. You are going to need to have sections for the two units in year 12.

You will also need to consider how you want to create revision materials (flash cards for Key words, notebook etc), A useful free online tool to make notes with and that will then create flash cards automatically is a site called - [Anki - powerful, intelligent flashcards](#)

- 2) I would like you to have undertaken at least TWO of the tasks below:
- a) I would like you to create a range of dishes which should include the following skills:
 - Chicken (portioning chickens is a minimum expectation next year)
 - Fish (you will be expected to prepare and fillet the fish next year)
 - Pastry – homemade shortcrust, rough puff and choux pastry
 - Bread dough – shaped and enriched dough
 - Pasta - coloured, shaped and filled
 - b) Find or watch at least 1 podcasts/ articles /program or documentary about food and make notes about it. Including your opinions of the points made. What do you agree with/disagree with and why? Suggestions can be found on the watch/ read / listen list.
 - c) Have made flash cards for the command words required by the course.
 - d) Found a range of images of different food presentation styles and annotated them with details of what ingredients have been used to create it and what techniques have been used.

Extra reading