

# WJEC LEVEL 3 FOOD SCIENCE AND NUTRITION

## Summer task 2019

Before the course starts, you need to carry out the research and tasks below in detail.

**Task 1: Nutrition** is a key part of the course and you will need to have a clear understanding of nutrients and healthy eating.

- a) Explain what a healthy diet is and the key elements of the Eatwell Guide. Present your findings in a mind map format.
- b) Explore the concept of energy intake, expenditure and energy balance.

**Task 2:** Undertake the following and present your work on a single A3 sheet in mind map format. Photograph your practical work and include this on the A3 sheet.

Select one of the scenarios below and complete the activities

### **Nursery scenario**

The cook at your local children's nursery (ages 2 to 5) has received comments from parents that the current menu is both unhealthy and repetitive. The cook is, therefore, planning to make changes to the menu to ensure it is healthy and appealing to the children.

OR

### **Elderly Residential Home**

The cook at a local Elderly residential home has received comments that the current menu is unimaginative. The cook is therefore planning to make changes to the menu to ensure that dishes meet the nutritional needs of the elderly and have traditional appeal.

- ✚ Review the nutritional considerations that the cook will need to include when planning a monthly menu for this target group.
- ✚ Plan a weekly menu; this must include breakfast, mid-morning snack, lunch, mid-afternoon snack and tea.
- ✚ Plan, prepare and cook a whole day's menu and review the nutritional content of your proposed one day menu. You will need to take photos of the dishes
- ✚ Evaluate your finished outcomes referring to their sensory characteristics and appeal for the target group
- ✚ Discuss whether your choices reflect current nutritional guidelines for target group and suggest improvements or alternatives to your menu choices.

**Task 3: Practical task:** cook a 'skillful' dish over the summer. cook a 'skillful' dish linked to your research in task 2. Photograph it and evaluate the dish in terms of how you made it, including the skills demonstrated, why it is suitable for your target group and how it fits with their dietary needs.

[www.nutritionist-resource.org.uk](http://www.nutritionist-resource.org.uk)

[www.annabelkarmel.com](http://www.annabelkarmel.com)

[www.nhs.uk/Livewell/over60s](http://www.nhs.uk/Livewell/over60s)

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**Task 4:** Start collecting articles from newspapers and magazines linked to current food issues

### **Suggested reading list:**

Food magazines and those related to diet and fitness

### **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

### **Useful websites**

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