

Induction Task



Food Science and Nutrition

Essential Information

Exam Board: WJEC

Specification Code: 601/4552/3

Teachers: Miss Foulds and Mrs Williams

Reading

Food in the news. Create a "food in the news" media folder. Between now and the beginning of September collect any articles that you find referring to Food and Nutrition. The Guardian and Observer newspapers, the BBC news and the BBC Good Food magazine are good starting places. You can also look at the free papers and magazines available at food retailers.

Task to be completed:

Task 1

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

- Watch the video link to learn about what is meant by a healthy diet. Explain what a healthy diet is and the key elements of the Eatwell Guide. Present your findings in a mind map format.
<https://www.youtube.com/watch?v=1tJYcNt6Bpk>
- Explore the concept of energy intake, expenditure and energy balance. Watch the podcast about energy and answer the question below.
<https://www.youtube.com/watch?v=d-5w67NAOIo>
What is energy? Why do we need to eat food?
How much energy do we need? What are the factors that affect 'energy out'?
What is energy balance?

Task 2

Use the internet to research at least 7 food poisoning bacteria. You will need to note the most common types of bacteria, the symptoms, sources, how it is controlled and onset time of each bacteria. Also discuss the difference between **pathogenic** and **nonpathogenic** bacteria. Present your findings in a table format.

Task 3

Food presentation - It is important to understand how to lay out food products in order to improve their visual appearance. Use the following websites and video to investigate what makes food look good. You are welcome to search for other tips and guidance on food presentation techniques. This is important as you will be required to photograph the products you make. Write a list of tips and ideas for successful food presentation. https://www.youtube.com/watch?v=Udzs_MPNpMQ
<https://www.youtube.com/watch?v=9YBnczqiHl>
<https://howtocookgourmet.com/foodpresentationtips/>

Task 4

Cook a 'skillful' dish over the summer and use some presentation techniques you have learnt in task 3. Take a photo and print it.

What else could I do to prepare?

Read

- Food magazines and those related to diet and fitness
- Text book** - Fox and Cameron's Food science, Nutrition and Health (7th edition) Hodder Arnold Publication. (Buy from ABEbooks)
- Recipe books** - Blumenthal H. Heston Blumenthal at home. Masterchef kitchen bible.

Watch

- Food inspectors - BBC1
- Masterchef - BBC1
- Jimmy's food factory - BBC1
- Heston Blumenthal- Channel 4
- Great British Bake off

Listen

- <https://gastropod.com>
- <https://www.bbc.co.uk/sounds/brand/p028z2z0>
- <https://www.sporkful.com/>

All tasks to be handed in during the first lesson of the subject in September