

Year 11-12 Transition Work

Subject: Food Science & Nutrition



St Peter's
SIXTH FORM
Discover your potential

We're looking forward to welcoming you in September! Please note that this document has been created by staff to help you prepare to start your studies at sixth form. The work you produce from this will form the basis of a discussion in your first lessons with your teachers.

At the end of this document, there is a review grid for you to complete every time you engage with some preparatory reading this summer.

List of key topics you will study in Year 12:

Food safety including micro-organisms in food

Bacteria contamination

Food poisoning and which foods cause which food poisoning type

Diet, health & nutrition

Diet related illnesses

Structure of nutrients

Food allergies & intolerances

Practical skills

Menu planning & timeplans

Recommended research list:

Food Unwrapped

Inside the Factory

WJEC Level 3 Certificate in Food Science & Nutrition book

Science of Cooking book

British Nutrition Foundation

NHS website

Tasks

1. Watch 2 TV programmes/documentaries from the recommended list. Complete a review grid.

Food Unwrapped (Channel 4) <https://www.channel4.com/programmes/food-unwrapped>

Inside the Factory (BBC) <https://www.bbc.co.uk/programmes/b07mddqk>

The truth about sugar <https://www.youtube.com/watch?v=9E9bnjwQG9s>

REVIEW GRID	
Name of podcast/article:	
REWORD IT: Use this space to look up any words you don't know on an online dictionary/thesaurus	CRUNCH IT: Identify 6 keywords in this podcast/article/source. Say why you have picked these words. 1 2 3 4 5 6
SUMMARISE IT Summarise 3 key learning points or arguments in this podcast/article/source:	REVIEW IT: Would you recommend this resource to another student? Why/why not? What was your key takeaway from this article? What questions do you still have?

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2. Independently research an area of the specification that interests you. Write a 500 word summary of what you learned.

3. Food Presentation – Part One

Many chefs spend days developing the final look of their dishes. Often, they have a team of food developers and stylists helping them make their dishes look 'picture perfect', but what makes a dish stand out and look appealing to eat?

Your task is to research the 5 key principles of food presentation, then over the next two weeks cook three dishes of your choice and experiment with the presentation to make your dish 'Instagrammable'!

Photograph, upload the images and annotate your dish following the steps below:

- What are some 'top tips' you have learnt from the reading? How have you shown this in your own presentation of this dish?
- How would you adapt the presentation next time?
- What inspired you to present your dish this way?

4. Future Learn Free Course - Food Science and Nutrition – from the farm to you.

Click on the link below and sign up to complete the University of Leeds Food Science and Nutrition – From the farm to you. Course. The course is free and takes two hours a week for two weeks – 4 hours in total.

<https://www.futurelearn.com/courses/food-science-and-nutrition>

You don't need to make lots of notes but please make a record of some of the key points of the course – two sides of A4 in total. You might prefer to create a mind map or record your notes in another form.

5. Pret a Manger:

Back in 2018 a 15-year-old girl died from eating a baguette which contained sesame seeds. She had a serious sesame allergy. Pret a Manger failed to state the allergen on the ingredients list resulting in the young girl having an anaphylactic shock and passing away in hospital.

The full article can be read here: <https://www.bbc.co.uk/news/uk-england-london-45617845>

Inquest report: <https://www.bbc.co.uk/news/uk-45679320>

As part of your Diploma studies, you will be learning more about allergies and intolerances which link to food labelling. All food products must have an ingredients list stating each ingredient.

Your task is to write a short report about the legal requirements of food labelling linking to food allergies. Use the following questions as a guide:

- What are the legal requirements on food labels?
- What does the research say about allergies?
- Whose responsibility is to state allergies and how do they stand out amongst the other ingredients?

Your opinion matters!

- Do you think food companies do enough to inform companies on the allergens in their products?
- What have Pret a Manger changed (if anything) since this case?
- What is your opinion on how we advertise allergens in foods? Is enough done?

Extension Listen to this Podcast - Nut Allergies Podcast: <https://www.bbc.co.uk/programmes/m0000xn7>

