

FLYING START 2019

**Food Science and Nutrition
Level 3**

**Certificate and Diploma
WJEC Exam Board.**

**“Don’t focus on how much you
eat – focus on what you eat”**

Food Matters

Introduction

We are delighted you have chosen to study Food Science and Nutrition in the Sixth Form. The world of Food and Nutrition is constantly evolving and is central in the fight against diet related disease; contributing mental wellbeing and ensuring future food security. The Food Industry in the UK and across the world offer a wealth of exciting and rewarding opportunities. 1 in 4 graduate roles in the Food Industry are not filled due to a lack of qualified candidates in Food Technology, processing and Food Science. Therefore studying this subject to Level 3 Diploma and beyond will allow students to gain access to fulfilling careers offering good remuneration and swift progression. The diploma covers key areas including food quality, processing, packaging and labelling, health and nutrition, health and safety and, importantly, sustainability. The course is recognised by universities offering food and nutrition degrees as an A-Level equivalent.

During course you will be studying:

Year 12

- the importance of food safety
- the properties of nutrients
- the relationship between nutrients and the human body
- to be able to plan nutritional requirements
- to be able to plan production of complex dishes
- to be able to cook complex dishes
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Year 13

- how microorganisms affect food safety
- how food can cause ill health
- how food safety is managed in different situations
- to be able to investigate current issues in food science and nutrition
- current issues in relation to food science and nutrition
- to be able to plan research into a current issue related to food science and nutrition

Equipment

We have lots of equipment at school however there some items we recommend you have to make practical lessons run more smoothly.

1. Your own apron – look professional!
2. A good quality baking tray.
3. Silicone tray liner or a roll of good parchment paper.
4. A good variety of containers for ingredients / taking products home. Please try and avoid single use plastic bags.
5. Good size folder with file dividers.

The most successful students in Food Science and Nutrition (FS&N) realise that it takes great planning and organisation prior to lessons – fully immerse yourself in the world of food preparation and nutrition and soak up as much current and new information as you can. We hit the ground running in September therefore to prepare yourselves for year 12 I ask you undertake the following tasks:

Summer Tasks.

BASIC

Make sure you can make really good choux pastry, shortcrust pastry, puff pastry, meringue, real custard, fatless sponge, béchamel sauce, pancakes, jam or lemon curd and quickly prepare a wide range of fruits and vegetables.

ADVANCED

Be able to make at least one of the following

Sweet pastry fruit tarts with crème patisserie; hollandaise sauce; mayonnaise; enriched bread dough products; fillet and skin fish, portion and fillet a chicken; hot soufflés; fraiser cake.

1. Look out for and be able to discuss a food / nutrition related news story you hear / read about over the summer (follow the recent listeria outbreak in hospitals).
2. If you haven't already, start a collection of recipes from newspapers / supermarkets / internet. Tesco's / Waitrose / Sainsbury's have great free magazines / recipes – visit supermarkets and collect for great ideas.
3. Make one high level dish from a culture you have never tried before – think about Lebanese or Caribbean or Greek or Scandinavian – or you choose!
4. Start to compile a folder of healthy recipes which can be beautifully styled / served and demonstrate high level skills. SO Yummy is a great site with really clever ideas – but go on to Pinterest / Tumblr / Instagram for great ideas. Look at the trends to ramen bowls and bircher muesli – some of them are so beautifully styled – get some ideas.
5. Think about starting a food blog or Instagram some of the food you cook / eat. To be able to photograph food well is actually a real art – read up on it and practice styling food so it looks incredible.
6. Read through your nutrition notes from GCSE. Nutrition and diet related health is a huge part of year 12 work – refresh your knowledge, especially the function of nutrients in the human body. Do you remember which nutrients work together? What do you remember about diet related disease? How can foods heal the body? Think about mind mapping these questions.

