

FOOD SCIENCE AND NUTRITION: BRIDGING ACTIVITY



The upcoming summer holidays are a great opportunity for you to start getting ready for your exciting Food course. The most important thing is that you get into the routine of cooking regularly, whilst watching food competitions such as MasterChef. If possible during the holiday try and visit some of the great street food markets we have nearby such as Borough Market and the South Bank:

<https://www.timeout.com/london/restaurants/londons-best-street-food>

It is important that you all complete all these tasks to the best of your ability as the work you complete will be used as class notes to help you with your coursework in the same way as we used class notes at GCSE. Make sure you take photos of what you have cooked as evidence of all your hard work, ready to be uploaded in September.

Task 1

Unit 1 of this course is “understanding the nutritional needs of specific groups”. To help you gain a clear understanding of nutrients and healthy eating please carry out the following task.

Watch the video link to learn more about what is meant by a healthy diet. Explain what a healthy diet is and the key elements of the Eatwell Guide. This should be familiar to you from your GCSE.

<https://www.youtube.com/watch?v=1tJYcNt6Bpk>

Explore the concept of energy intake, expenditure and energy balance.

<https://www.youtube.com/watch?v=d-5w67NAOlo>

Activity: Watch the videos above and answer the questions below. This will take up to 2 hours. Try to write concisely, so do not submit more than 1000 words.

Why do we need to eat food?

How much energy do we need each day?

What are the factors that affect 'energy out'?

What is energy balance?

Unit 1 also requires you to cook and present dishes using high level skills. To prepare you for this practise complex food preparation techniques such as boning meat, tenderising, mincing, filleting fish, moulding, shaping bread and pasta making. Presentation is also very important.

Activity: Watch the videos below, and look on Instagram for top chefs to see how they present food:- @pollen_street_social ; @gauthiersoho ; @davidloftus



Write a list of tips and ideas for successful food presentation.

<http://www.howtocookgourmet.com/foodpresentationtips.html>

<https://www.youtube.com/watch?v=9YBnczqciHI>

Cook 3 dishes of your choice and present to a high standard, these do not need to be made at the same time, but to really stretch yourself try and make multiple dishes simultaneously.

Please spend at least 4 hours on this and demonstrate 3 complex skills. Make sure you take 6 or more photographs of your work and have them on your phone ready to upload to Satchel One in September for marking.

Task 2

The final unit you will study is “Current issues in Food Science and Nutrition”. This will require you to write about a topic that interests you relating to food and food science. To prepare you for this you need to read articles that relate to food, diets, nutrition, food science or anything that relates to food that is in the news.

Activity: To understand what the current issues are in Food Science and Nutrition please find 3 or 4 articles referring to Food and Nutrition. These could be online or in print. Here are some great resources to start you off:

<https://www.youtube.com/watch?v=RglfypeptJw>

<https://www.ifst.org/lovefoodlovescience/resources>

<https://www.theguardian.com/food>

<https://www.youtube.com/watch?v=T4PFt4czJw0>

<https://www.youtube.com/watch?v=LddoEv8BDrc>

<https://www.youtube.com/watch?v=hS4zLOws7jM>

If you prefer a hard copy good sources include the Guardian and Observer newspapers, and the BBC Good Food Magazine are good starting places. You could also look at the free papers and magazines available in supermarkets.

TASK - Select an area that interests you and summarise the key points and outline your views. Themes could include veganism, “fad diets”, food additives, vitamin pills, the rise of obesity rates or anything else that is related to food as a subject. This should take no more than 1 hour and should be concise, so no more than 1000 words please.

