



Everyone at Rushcliffe School will be given the chance to shine brightly

Preparing for Year 12: WJEC Level 3 Diploma in Food Science and Nutrition.

We want you to begin your Year 12 Studies feeling prepared and confident. Therefore, you will be tasked with completing a range of Summer Work for the subjects you plan to continue studying. If you are unsure which subjects you might want to study, you should complete work for the subjects you are considering. This will help give you a “taster” of the subject, in place of the taster lessons you would normally be receiving face-to-face. **You should expect to spend a minimum of 15 hours on each subject.** All work should be submitted to your teacher in September, however not all will require feedback.

Revision of key knowledge and skills

This will ensure you do not forget some of the skills and knowledge developed during your GCSE studies

Thank you for choosing to follow the Level 3 food Science and Nutrition Course.

Our aim is for you to be able to access some of the online courses on Food Safety which provide certificates on completion which will support you in the background learning of this course as well as being recognised qualifications for food related work within the hospitality industry. There is a cost to complete the Food safety course so this is not a mandatory requirement and an alternative task is also attached.

Food allergen course

[Food Standards Agency food allergy online training](#)

Food safety course

<https://food-safety.org.uk/courses/>

Key Skills Development

This will focus on ensuring you are continuing to develop the skills needed, particularly during this longer break from school.

A practical understanding and application is vital to success in this Level 3 qualification and builds using GCSE practical skills as a foundation. Having the ability to plan and make different ‘high level and advanced skilled dishes using different ingredients and methods of making are key elements. Being able to present them with style, flair and creativity is also important so we want you to be confident in your cooking. To this end we would like you to cook a range of dishes, think about how you present them and take photographs of the results produced together with the recipes used so that you can start to build up a recipe file. The websites below provide lots of ideas. Making bread and yeast doughs, pastries; choux, flaky and rich shortcrust, using gelatine, cake-making, fish and meat cookery are all good dishes to practice. See pages 258-279 and pages 246-257 for advanced presentation skills.

www.veg.soc.org.uk

www.bbc.co.uk/food/recipes

www.bbcgoodfood.com

Read pages 246 -279 in your text book to familiarise yourself with some ideas you could practice including some of the advanced presentation techniques. There are lots of clips on ‘You tube’ that show you how to do some of these techniques. Three are attached below.

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

https://www.youtube.com/watch?v=Udzs_MPNpMQ

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



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<p>Research and/or wider reading <i>An opportunity to begin looking in more depth at the subjects you have chosen, preparing for the greater independence required in Year 12.</i></p> <p>Research, reading and note making are essential skills for study. This is an example of the 'Cornell Notes' method of note taking is a useful way of setting out information in a concise and meaningful way to help revision.</p> <p>Carry out research into a "Special Diet" of your choice: Here are some suggestions but there are lots of others if you look at pages 112-136</p> <ul style="list-style-type: none">• Diabetes Type 1 or Type 2• Vegetarians• Sports nutrition• Iron deficient Anaemia• Lactose intolerance• Coeliac Disease• Hypercholesterolemia	<p>Submission Pieces <i>These pieces will be submitted to your teacher the first lesson in September for review and feedback</i></p> <ol style="list-style-type: none">1. Food safety and allergen work or evidence of the completed courses. Print out or email me certificates.2. Complete a recipe folder with photographs, recipes and presentation techniques practiced, together with copies of the recipes.3. Research one special diet and complete your 'Cornell Notes' in the format shown below to present findings. <p>Anything you wish to email me please feel free to do so at tlacey@rushcliffe.notts.sch.uk.</p> <p>For September you will need: A ring binder folder and dividers. An apron to cook in. Some sort of exercise book for note taking.</p> <p>LOOKING FORWARD TO SEEING YOU ALL IN SEPTEMBER.</p>



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Supra-Learning Opportunities

Activities which will broaden your knowledge and understanding of the wider world of your subject. Things to inspire and enjoy!

- Any cooking and food preparation activity to develop confidence in using tools and equipment.
- Reading of relevant food magazines such as BBC Good food etc.
- Watching food - based documentaries on 'i player' or 'catch up' such as "What are we feeding our kids". "The shocking transformation of the UK household diet"
- <https://www.nutrition.org.uk> – This website has lots of relevant and up to date information and articles that links to the Food Science and Nutrition Specification including healthy living, nutrition science and nutrition in the news

KEY KNOWLEDGE AND SKILLS.



Food Allergens

- This online course looks at Food Allergens.
- This is knowledge you will need for Unit 1 & Unit 2 of the L3 Food Science and Nutrition Course.
- It is free to sign up and when you have completed it, please send a copy of your certificate to me and print a copy for your folder.
- Good Luck

<https://allergytraining.food.gov.uk/english/?fbclid=IwAR0t-OtAV4F8E4mMxpILgUKmYKIQBhy2gCjErjfgDcgOCesjWnFfnhPfqrg>



System 1
The impact of food allergy

Welcome to the Food Standards Agency's food allergy online training

Study the modules and pass the tests to get a continuing professional development (CPD) certificate. This training has been developed by the Agency for enforcement officers. However, it might also be of interest to food business operators, those involved in selling or producing food or anyone wanting to learn more about food allergies.

Step 1: Study the modules
There are six modules to study, each with a test. These modules cover:

- Module 1: current and incoming rules and legislation
- Module 2: the effects that allergies have on the body
- Module 3: considerations of allergens in the factory
- Module 4: how allergenic ingredients should be displayed on the label
- Module 5: identifying allergens in example of dishes in the restaurant
- Module 6: how food businesses should be consider consumers with allergen information about the non-prepacked food they serve

Step 2: Register and complete the tests
Once you have registered and are logged into the site you will be able to access the tests, either by clicking on the banner at the bottom of each module page, or via your CPD dashboard.

Email: Password:

[Back to overview](#) | [Register](#)

Quick Links

- [About this training](#)
- [Find out about food sensitivities](#)
- [Food allergy facts](#)
- [Resource section](#)



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Food Safety



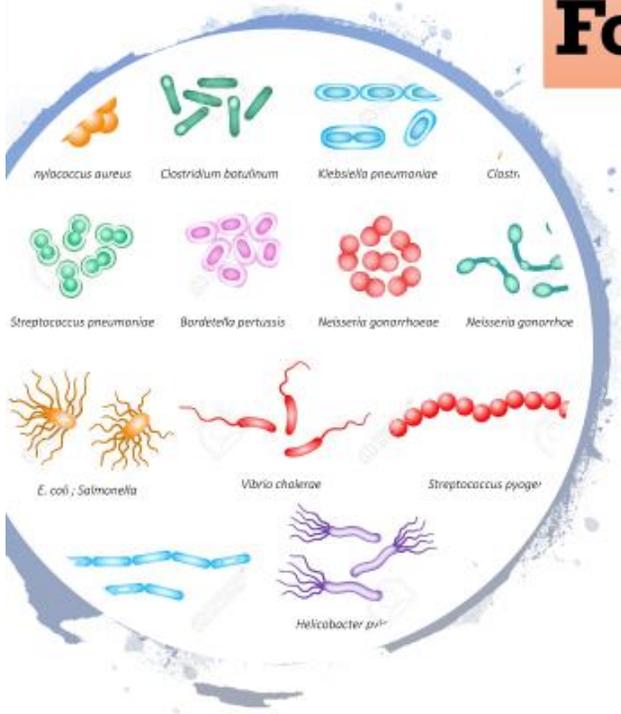
This course comes at a cost but is highly recommended for this course and part time work.

- Due to the cost, it is optional, (but very worthwhile)
- This online course leads to a **Level 2 qualification in Food Safety**

<https://food-safety.org.uk/courses/>



Food Safety



If you opt NOT to do online course, do this

- Create Mini A5 fact sheets on Food poisoning bacteria:
 - Bacillus Cereus
 - Campylobacter
 - Clostridium perfringens
 - Clostridium Botulinum
 - Escherichia Coli
 - Listeria monocytogenes
 - Salmonella
 - Shigella
 - Staphylococcus aureus
- Include: Foods it is likely to be found in, incubation period, symptoms, duration and severity of illness.



Research and wider reading.

'Cornall Notes'- divide your page into 3 sections as shown below.

- Write the name of the chosen diet – List all the resources used to find the relevant information e.g. book title and author, websites (UK ones only), articles etc., video clips, TV programmes etc.
- Research your chosen diet.
- Complete your findings using the format below.
- Summarise your findings in a final paragraph.

Key points	Notes
Summary	



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