



**Transition Pack for**

**Level 3 Food Science &  
Nutrition**

**Name:** \_\_\_\_\_

## Welcome to Level 3 Food Science and Nutrition and well done for choosing Food!

This booklet has been prepared by staff for you to read and the work contained in it will ensure that you get off to the best possible start in this subject area. It is very important that you read this booklet carefully over the summer and have a thorough attempt to complete the work and submit it at the **start of the year to your subject teacher in the week beginning 9th Sept**. When submitted we will share our work with each other through a **group discussion**, where you can **share the food experiences** you have had during the summer. This will be the first impression you create and is a real indicator of how seriously you are prepared to be in your studies.

This pack will provide you with plenty of materials to prepare you for studying **Unit 1 Meeting Nutritional Needs of Specific Groups**, and the tasks will focus on the following learning objectives:

- LO2 Understand properties of nutrients
- LO3 Understand the relationship between nutrients and the human body
- LO6 Be able to cook complex dishes

A Levels are the next level in qualifications and to achieve your full potential you need to ensure that you are fully prepared for them. The more work you do now, the easier you will find it when you start your course.

Key things to do before starting the course:

- Get yourself a folder and dividers - there is a lot to learn so it is best to be organised from the very start.
- Ensure that you know what exam board you are studying for- WJEC
- Collect recipes and start to create your own cookbook
- Get yourself a textbook to help with further reading into the subject

**WJEC Level 3 Certificate in Food Science and Nutrition (Unit 1) ISBN 1911208586**

**WJEC Level 3 Diploma in Food Science and Nutrition (Unit 2, 3 & 4) ISBN 1912820706**



## Grading Criteria:

Distinction	Merit	Pass
Dishes are presented using a range of <b>appropriate advanced</b> techniques with <b>precision</b> Describes in <b>detail</b> the functions of an <b>appropriate range</b> of nutrients in the human body.	Dishes cooked have been presented using a range of <b>appropriate techniques</b> with <b>some precision</b> . Describes the functions of a <b>mainly appropriate</b> range of nutrients in the human body	Dishes cooked have been presented using a range of <b>appropriate techniques</b> . Describes the function of a <b>range of nutrients</b> in the human body



## Task 2:

Over the next few weeks we would like you to research the wide range of food based resources that are available to you through the internet; these will help you understand current trends and issues in food. Please complete a reading/listening task each week and then choose a dish to make based on what you have learnt. You can print this document, handwrite the points and stick-on photos of your food (don't forget to take photographs of the food you make...) or complete this document on your PC/Laptop and send it to your school email address ready to print when we are back at school. Try to really focus on the presentation of the dishes using the internet or cook books to help with ideas.

<p><b>Read</b></p> <ul style="list-style-type: none"><li>• <a href="#">Food and Nutrition News-Food &amp; Nutrition Magazine</a> is published by the Academy of Nutrition and Dietetics, the world's largest organisation of food and nutrition professionals.</li></ul>  <p><b>Read any article that interests you and write down 3 facts:</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>	<p>Make a dish based on the article you read. Add an image of your dish here:</p>
<p><b>Websites</b></p> <ul style="list-style-type: none"><li>• <a href="#">Food Matters Live</a>- aims to inspire a better future for food by stimulating industry innovation, technology and people</li></ul>  <p><b>Read 'How does what you eat effect brain function?' Write down 3 facts:</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li></ul>	<p>Make a dish that promotes good brain function. Add an image of your dish here:</p>

**Listen**

- [The Optimum Nutrition Podcast](#)- Discussing health issues in relation to nutrition



**Listen to one podcast and write down 3 facts about it:**

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Make a dish that promotes good health. Add an image of your dish here:

**Course**

- [Food Allergy Online Training](#)- provided free by the Food Standards Agency



**Complete this free course and download the certificate**

Make a dish that is suitable for an allergy sufferer, you must state the allergen. Add an image of your dish here:



### Apps

There are lots of people and pages to follow on Instagram such as:



- [Food Science Babe](#)
- [IFST \(@institute\\_of\\_food\\_science\)](#)
- Food stylist- [Judy Kim](#)
- Pastry chef- [Justin Burke](#)

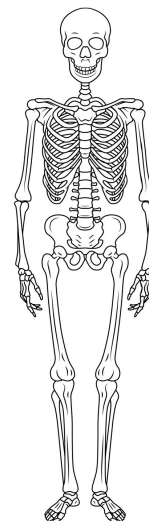
Make a dish inspired by the page you followed. Add an image of your dish here:

Choose one to follow over the summer and list 3 points about their page:

- 
- 
- 

### Task 3: Meet Funnybones the skeleton

Use your skeleton to present what nutrients the body needs- how you present this is up to you, be as creative as possible- these will be displayed in the classroom.



#### Information that needs to be included:

- Macro & Micro Nutrients- what are they, what's the difference between them?
- The 5 main nutrient groups- Proteins, fats, carbohydrates, vitamins & minerals (these can be broken down further)
- What do these do for different parts of the body?
- Where do we source them from? e.g. food source
- What happens if we get too much or not enough of them?

