

EMBED your learning

EXTEND your knowledge

FOLLOW your interests

# NPCAT YEAR 11 TRANSITION PROGRAMME: FOOD PREPARATION AND NUTRITION

This selection of resources has been designed to embed your understanding of food based subjects whilst also preparing you for your future studies. You can complete the activities in any order you wish. Don't forget to access the '[Lockdown Library](#)' on your school website to keep reading.

## Week 1

### Delicious dishes

Jamie Oliver - Jamie has 3 of his favourite simple pasta sauces that you can knock up in minutes. Have a go at making your own pasta dish.

### Where can food take you?

A passion for food can lead to a wide range of career opportunities. Research the different careers available on the UCAS website

### Nutrition and Health

Your assignment is waiting for you on GCSEPod!

## Week 2

### Career carousel

Careers in Food and Nutrition  
Have a look through the website link at various Food related careers

### Fancy studying A Level

Getting Ready for KS5 (A Level) Food Preparation and Nutrition.  
Assignment set on GCSE Pod.

### Bake off

Use the recipes to create your own bake off piece

## Week 3

### The job of a dietician

As people's eating habits are changing across the world, check out the video explaining the role of a Dietician.

### Simple showstopper

Find a recipe and have a go at making the dish

### Skills in the food world

Careers in Food and Nutrition -  
Have a look at the essential skills required for some of the food related careers.