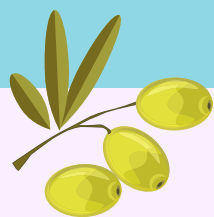


Over the next few weeks we would like you to research the wide range of food-based resources that are available to you through the internet; these will help you understand current trends and issues in food.

Please complete a reading/listening task every other week and then choose a dish to make based on what you have learnt. Don't forget to take photographs of the food you make!

Try to really focus on the presentation of the dishes using the internet or cook books to help with ideas.

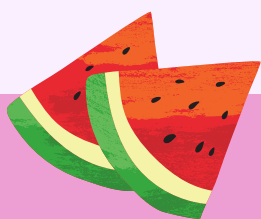


### Food and Nutrition News

Food & Nutrition Magazine is published by the Academy of Nutrition and Dietetics, the world's largest organisation of food and nutrition professionals.

Read any article that interests you and write down 3 facts.

Make a dish based on the article you read. Take a photo.



### Apps

There are a lot 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

Choose one to follow over the summer and make some notes on it to discuss in September.

## Level 3: Food Science & Nutrition



The Optimum Nutrition Podcast-  
*Discussing health issues in relation to nutrition*

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

Make a dish that promotes good health.



### Food Matters Live-

This webpage aims to inspire a better future for food by stimulating industry innovation, technology and people read 'How does what you eat effect brain function?'

Make some notes to discuss with peers.

Make a dish that promotes good brain function- take a photo!

