



**Bridging the Gap**  
**Into**  
**Level 3 Diploma**  
**Food, Science and Nutrition**  
**St. Joseph's College**  
**Summer 2022**

Are you considering taking the Level 3 Diploma in Food Science and Nutrition in September?  
You might want to ask yourself the following questions:

**Is this course right for me?**

- Do you want to develop further your knowledge of food science, nutrition and health and safety within the food industry?
- Do you enjoy cooking?
- Have you been interested in the challenges faced both by families and by the food industry during the current climate of COVID 19?
- Are you interested in the impact food has on everyday life?
- Do you want to improve your designing and making skills using food?

If you answered yes, then this course would be perfect for you! You won't regret it.

**How is the course structured?**

Over the next two years your Food, Science and Nutrition course will cover:

**Year 12**

**Unit 1**

**Meeting nutritional needs of specific groups**

- I. 90min Written Examination plus 15 mins reading time
- II. Timed Controlled Assessment – 3 ½ hour practical exam and accompanying folder – like NEA2

**Year 13**

**Unit 2**

Ensuring Food is safe to eat

- timed 8 hour assessment

**Unit 3 (Optional)**

Experimenting to solve food production problems

Controlled Assessment

**OR**

**Unit 4 (Optional)**

Current issues in food, science and nutrition

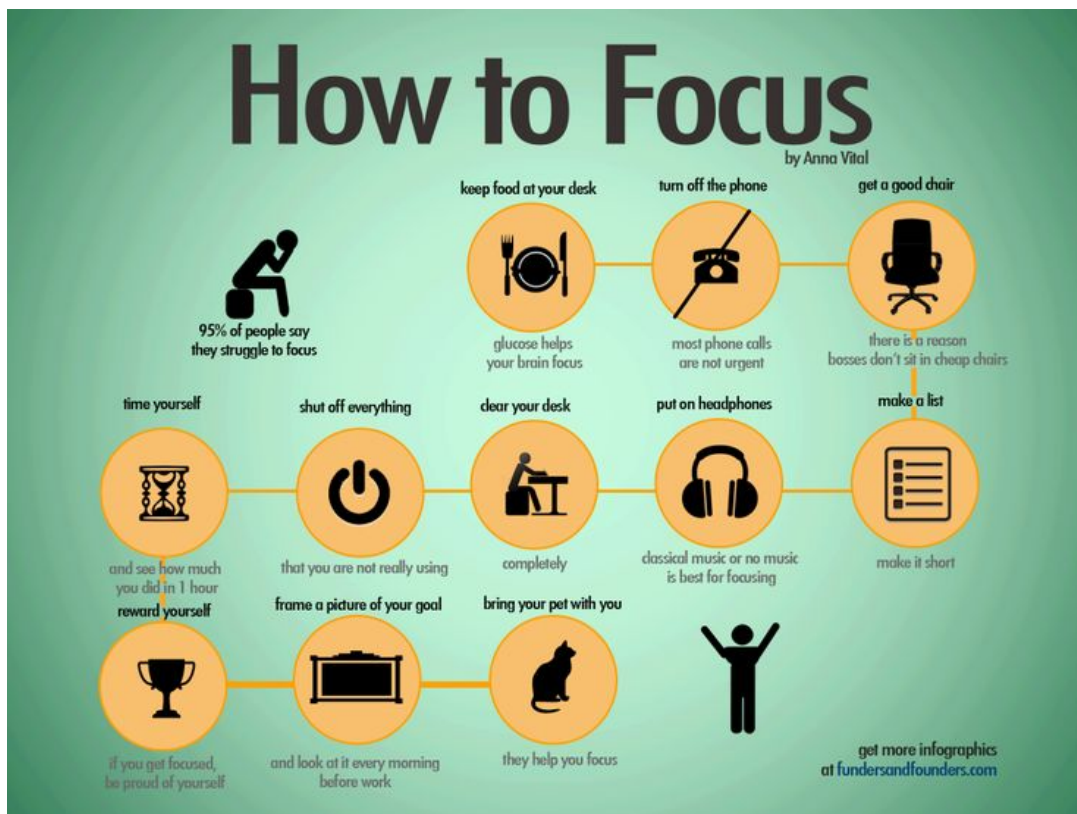
Controlled Assessment

This Bridging the Gap pack contains a programme of activities and resources to guide you in completing work independently until the course officially starts in September. This will help to prepare you for your lessons.

If you would like to contact your teachers, e-mail addresses are:

[lcooke@stjosephsmail.com](mailto:lcooke@stjosephsmail.com)

Having come from being crazily hard working towards your GCSE to 'I've got nothing to do' in such an abrupt and devastating way, you are hopefully at the stage now where the impact of COVID 19 has set in and are eager to get down to studying again. Just a few pointers then to help you to focus in the weeks ahead:



Let's begin by doing some recapping on GCSE – we may not have completed the theory properly, and there is a great deal of knowledge that you need to know.

I've therefore included some key questions and definitions to get your mind working! Use GCSE notes, text books and the Internet to help you

**TASK 1****Use your resources to find the answers to these key facts**

<b>Question</b>	<b>Answer</b>
What is a NSP?	
What are DRV's?	
Give 3 examples of how individuals can take responsibility for food safety in their home	
Explain methods used by food handlers to keep themselves clean and hygienic	
Explain 3 methods used to keep work areas clean and hygienic	
Name 5 food poisoning bacteria	
Which type of food poisoning poses a threat to pregnant women?	
What are the differences between Macro and Micro Nutrients?	
What is BMR?	
What is meant by High Risk Food	
Describe one dietary function of protein	

State one difference between HBV and LBV protein	
Explain the difference between soluble and insoluble NSP's	
State 2 functions of fat in the diet	
State 2 reasons why foods are fortified	
What deficiency causes rickets?	
What is the difference between monosaccharides and disaccharides?	
Why is an adequate water intake essential in the diet	
Give a symptom of protein deficiency	
Explain a complex polysaccharide	
What is modified starch?	
What chemicals make up protein?	

What is complementation foods and give an example	
How can denaturation be brought about?	
What is coagulation?	
What is gelatinization?	
What is a coeliac?	
Explain a property of fats or oils	
What is anaemia?	
What is the danger zone and why is it dangerous?	
What is a lacto vegetarian?	
What is an ovo – lacto vegetarian?	

## **Task 2**

**Nutrition is a key part of the course and you will need to have a clear understanding of nutrients and healthy eating.**

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.

<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>

**Task:** Watch the podcast about energy and answer the questions below.

What is energy?

Why do we need to eat food?

How much energy do we need?

What are the factors that affect 'energy out'?

What is energy balance?

## **Task 3**

**Food Presentation:** It is important to understand how to layout food products in order to improve their visual appearance. Use the following websites and videos to investigate what makes food look good. You are welcome to search for other tips and guidance on food presentation techniques. This is particularly important, as you will be required to photograph the products you make.

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

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

<http://www.cravemag.com/features/the-art-of-food-presentation/>

[https://www.youtube.com/watch?v=Udzs\\_MPNpMQ](https://www.youtube.com/watch?v=Udzs_MPNpMQ)

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

## **Task 4**

**Food in the news:** Create a “food in the news” media folder. Between now and the beginning of September collect any articles that you find referring to Food and Nutrition. In particular, look at articles relating to Food and COVID 19

The Guardian and Observer newspapers, the BBC news and the BBC Good Food Magazine are good starting places. You could also look at the free papers and magazines available at food retailers.

**Task:** Select 2 articles that you think are important/news worthy. Summarise the key points and explain why you think that each article was published/written.



## **Task 5**

Cook! Cook! And cook again! Practical skills, speed, competency, high level skills are essential, so just keep cooking and trying new recipes and techniques.

Looking forward to seeing you soon. Until then, stay at home and stay safe.

Mrs Cooke

