

WJEC Level 3 Applied Diploma in Food Science and Nutrition



Year 12 Bridging Pack

Name:

Previous School:

Food courses previously studied at Level 2 and/or GCSE:

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Introduction:

Hello Year 12 to be! This bridging pack has been designed for prospective Year 12 students wishing to study WJEC Level 3 Applied Diploma in Food Science and Nutrition in the new academic year. The pack includes a range of tasks that will hopefully be beneficial to you next year and will give you an idea of what to expect from the course. There is an expectation that the tasks in this booklet are completed and submitted.

If you have any further questions relating to the tasks, please email Miss Gosling (sgosling130@stj.kent.sch.uk).

Useful websites:

www.foodsafety.gov

<http://homefoodsafety.org/app>

BBC Health: www.bbc.co.uk/health/healthyliving

British Nutrition Foundation: www.nutrition.org.uk

CORE: <http://www.corecharity.org.uk/>

Department for Health: www.dh.gov.uk

<http://www.dynamic-learning.co.uk/Product.aspx?productID=164>

www.excellencegateway.org.uk/askbutler.examples.id295

Food and Drink Federation: www.fdf.org.uk

Food Standards Agency: www.food.gov.uk/aboutus/publications/industrypublications/

Food Vision: www.foodvision.gov.uk

Health Development Agency: www.nice.org.uk

NHS: <http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

National Obesity Forum: <http://www.nationalobesityforum.org.uk/>

Physical Activity and Nutrition Wales: www.physicalactivityandnutritionwales.org.uk

The British Dietetic Association: www.bda.uk.com

Vegetarian Society: www.veg.soc.org.uk

Scenario:

You are the Sous Chef in a local French restaurant. The restaurant often caters for celebratory meals and there has been an enquiry for a 3-course meal for a special 25th Wedding Anniversary celebration in July. The meal is for 20 guests, all of whom are over 40 years old. The restaurant asks the guests to outline any dietary requirements or underlying health conditions, so that they can plan for the meal accordingly. Health conditions that were highlighted by several guests were high blood pressure and high cholesterol.

As the Sous Chef, you have been asked to plan a seasonal 3-course menu for the restaurant to serve for the Anniversary meal. The dishes need to reflect the cuisine served in the restaurant and meet the needs of the guests. In order to prepare for the menu, please complete the tasks outlined below.

Task 1: Research the origins and characteristics of French cuisine.

Task 2: Analyse the nutritional needs identified for the booking. You will need to consider:

- The nutritional needs of adults (40+ years old), male and female
- What is high blood pressure? How is it caused? Symptoms? How can it be managed?
- What is high cholesterol? How is it caused? Symptoms? How can it be managed?

Task 3: The menu you develop needs to include a range of seasonal ingredients. Research the ingredients that are seasonal at the time of serving the menu.

Fruit	Vegetables	Meat/Poultry	Fish

Task 4: Research and select suitable dishes that could be served at the 25th Wedding Anniversary meal. The dishes must be suitable for the guests, meet their dietary requirements, reflect the cuisine of the restaurant, and use seasonal ingredients. Consider a variety of ingredients when selecting your dishes. Complete the tables below.

Please note, you do not have to make the dishes!

Starters:

Dish name	Link to recipe	Reasons for selection	Practical Skills this dish would demonstrate

Main courses:

Dish name	Link to recipe	Reasons for selection	Practical Skills this dish would demonstrate

Desserts:

Dish name	Link to recipe	Reasons for selection	Practical Skills this dish would demonstrate

Task 5: a) Select one main course from your dishes above. Using the ingredients list from the recipe, input into a sensory analysis programme to generate the nutritional label for the course.

To carry out your sensory analysis of your chosen dish:

1. Go to 'Explore Food' - <https://explorefood.foodafactoflife.org.uk/>.
2. Click 'Calculate a recipe'.
3. Enter the name of your chosen recipe.
4. Input the ingredients (sometimes particular ingredients are difficult to find, you will need to use a best fit for the most appropriate ingredients).
5. Input the weight of the ingredient in grams (this may need converting if your ingredients are not listed in grams).
6. Continue to enter all ingredients.
7. Once all ingredients are entered, click 'View Summary'.
8. Adjust the number of portions the recipe makes, click 'Calculate'.
9. Click 'Create label'.

10. Cut and paste the generated labels into your work.

b) Evaluate the suitability of your dish for your given target group, comparing to the UK Dietary Reference Values (which can be found here:

<https://www.nutrition.org.uk/media/nmmewdug/nutrition-requirements.pdf>).

Once completed, please email to Miss Gosling at sgosling130@stj.kent.sch.uk. Enjoy the rest of your Summer Holidays!