



# The Bridge to Post-16 Summer Work



## Level 3 Food Science & Nutrition Exam Board: Eduqas

This pack contains a programme of activities and resources to prepare you to embark on your Post-16 course in Level 3 Food and Nutrition in September.

It should be completed throughout the remainder of the Summer term and over the Summer Holidays to ensure you are ready to start your course in September.

**You MUST have this pack completed before your first lesson in the subject**

The resources include:

1. Links to three websites where you can research the topics you will be exploring in the course and get a flavour of what you will be learning about in Post-16
2. Research task on key pre-knowledge topics that will help you to be successful in your course.
3. Other relevant revision/questions to help bridge between GCSE and Post-16 courses
4. Suggested therapies to help you if you are struggling with the tasks

Overall we suggest you spend around 3 hours of total work working through the tasks for Design and Technology

Therefore in total, across your 3 subjects you should be completing 9 hours of Summer Work.

### Useful Websites

[Great British Chefs - Great British Chefs](#)

[www.bbcgoodfood.co.uk](http://www.bbcgoodfood.co.uk)

[Explore Food - Main Menu \(foodafactoflife.org.uk\)](http://foodafactoflife.org.uk)

### Research Task

Complete the case study and nutritional analysis using the information and questions provided. This will need to be presented on a maximum of two A3 sheets. You should include the case study information, the nutritional analysis and answers to the questions posed.

### Other Tasks

Using the high skill dishes list and your own research, complete prepare, cook and present **two portions** of a chosen dish that would be suitable for the customer in the case study..

### Suggestions if you are struggling

If you have never completed a nutritional analysis before the following step by step guide and pre reading tasks will walk you through the process: [www.foodafactoflife.org.uk/resources/?q=nutritional%20analysis](http://www.foodafactoflife.org.uk/resources/?q=nutritional%20analysis)

# Case study 1



**Name:** Julie

**Age:** 23

**Further information:**

Julie is an active woman who enjoys regular exercise.

She is not pregnant or breastfeeding.

Below is Julie's diet diary. She was asked to record everything she ate and drank over a day.

Time of day	Food/drink consumed	Amount consumed (g)
7.30	2 medium slices of white toast with an average spreading of butter Cup of tea made with whole milk and 1 tsp sugar	Toast = 54 Butter = 20 Milk = 40 Tea = 260
10.00	Chocolate covered bar with caramel	Bar = 50
11.30	2 chocolate digestives Cup of tea made with whole milk and 1 tsp sugar	Biscuits = 40 Tea = 260
13.00	Cheese and lettuce sandwich, made with <i>2 slices of white bread, a match box size amount of cheddar cheese, a tablespoon of mayonnaise, an average portion of butter, 4 small leaves of lettuce.</i> Medium bag of low fat crisps Can of cola	Bread = 54 Cheese = 30 Mayo = 15 Butter = 20
15.30	Medium glass of orange juice	Juice = 160
18.00	Four fish fingers, a medium portion of oven chips and baked beans Glass of water	Fish = 112 Chips = 165 Beans = 80 Water = 200
20.00	2 scoops of vanilla ice cream	Ice cream = 160
21.00	Glass of water	Water = 200

1.

Using the *Portion sizes guide*, (attached) complete the diet diary in the table.

1. Go to *Explore Food* <http://explorefood.foodafactoflife.org.uk/>
2. Select 'Calculate a diet' and enter in the details of this person's diet diary.
3. Screenshot the results and add it to a A3 word or powerpoint. Annotate with the answers to the following questions.
4. Compare their diet to the Dietary Reference Values (DRVs) for their age and gender. Print out the results of this comparison.
5. Look at the comparison of energy and macronutrients to the DRVs.  
Are there any nutrients where too much is being consumed? Are there any nutrients where too little is being consumed? What are the consequences of this, if any?
6. Look at the comparison of minerals and vitamins to the DRVs.  
Are there any micronutrients where too much is being consumed? Are there any micronutrients where too little is being consumed? What are the consequences of this, if any?
7. How much salt was consumed on this day?  
(Convert mg of sodium to g of sodium and then multiply by 2.5 to calculate salt).
8. Does this diet follow healthy eating messages (e.g. *The Eatwell Guide*, *5 A DAY*, *8 tips for healthy eating*, *fluid recommendations*)? Explain your answer.
9. How could you modify the diet to make it healthier (with regard to the DRVs and healthy eating messages)?
10. Carry out your suggested changes using *Explore food*.  
Compare the results of and evaluate whether your changes were successful.

List of example High skilled dishes:

Starter: - Homemade pasta and a sauce (filled pasta, tricolor pasta) - Spinach roulade - Chicken liver pate - Soup with particles: parmesan truffle - Chicken wings (portioned from a whole chicken) with marinade, spiralizer accompaniments - Fish cakes: Moulding, filleting, pane, shallow frying, mayonnaise to serve - Homemade mayonnaise: aioli - Scallops and samphire - Cheese soufflé - Complex breads

Main: - Boned and stuffed chicken: Kiev with pane - Chicken Ballantine: Portioning, rolling, stuffing, poaching, sautéing, accompaniments (turned or spiralizer vegetables and sauces) - Duchess/dauphinoise/hasselback/fondant/turned potatoes - Fish fillet: En papéout, filleting fish, knife skills (Julienne, brunoise) - Chicken pie: Portioning Chicken, homemade stock, puff pastry, free standing with short crust sides, knife skills with vegetable prep, possible roux sauce - Fish cakes: Moulding, filleting, pane, shallow frying, mayonnaise to serve - Fish fingers: homemade sauces - Chicken goujons: portioned from a whole chicken - Pea puree - Beef wellington (puff pastry) - Chutneys - Puff pastry and vegetable wellington - Burger: mincing, moulding, brioche bun - Vegetable crisps/game crisps - Noodles (made from scratch), portioned chicken, knife cuts of vegetables.

Dessert: - Profiteroles - Hazelnut brittle - Caramel basket - Panna-cotta - Mini meringue - Fondant (chocolate) - Soufflé - Fruit coulis - Ice creams - Sorbets - Steamed cakes - Individual free standing cheesecake (with gelatine) - Poached pear - Spun sugar - Custard