

Subject	Food Science and Nutrition Level 3
Context	Nutrition is a key part of the course and you will need to have a clear understanding of nutrients and healthy eating.
Securing	https://www.youtube.com/watch?v=1tJYcNt6Bpk Watch the above video and complete a mindmap including all the key features of the Eatwell Guide and how it fits with a balanced diet.
Processing	<p>The chef at your local children’s nursery (ages 2 to 5) has received comments from parents that the current menu is both unhealthy and repetitive. The chef is, therefore, planning to make changes to the menu to ensure it is healthy and appealing to the children.</p> <p>(i) Review the nutritional considerations that the chef will need to include when planning a monthly menu for this target group.</p> <p>(ii) Plan a weekly menu; this must include breakfast, mid-morning snack, lunch, mid-afternoon snack and tea.</p> <p>(iii) Plan, prepare and cook a dish from the menu and review the nutritional content. You will need to take photos of the dish.</p>
Exploring	<p>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. These can be online or physical copies.</p> <p>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 such as Waitrose and Sainsburys.</p> <p>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.</p>
Reviewing	<p>Reflect on what you have learned through this work by doing the following:</p> <ul style="list-style-type: none"> • Note down 5 new things that you found most interesting • What did you find most challenging and what did you feel most confident on? • Write down 3 questions that you would like to ask your teacher about the topic you have focused on in this work.