**Level 3 Food Science and Nutrition**

**Is this course right for me?**

If you are thinking of opting for this subject it may be worth asking yourself the following questions:

• Do you want to develop further your knowledge of food science, nutrition and health and safety within the food industry?

• Do you enjoy cooking?

• Can you rely on yourself to remember to bring in your ingredients?

• Are you interested in the impact food has on everyday life?

**Before the course starts you need to carry out the research and tasks below:**

**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.

**Task 1.**

Explain in detail what a healthy diet is and the key elements of the NEW Eatwell Guide. This will be in an essay format, and you will provide a considerable level of detail. This should be at least two typed pages, and could be considerably longer. Include as much scientific detail (including scientific diagrams of nutrients, what they are broken down into and how) as possible.

<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 2:** Watch the podcast about energy and use the information to check you can answer the questions below (short answer questions).

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: Keep a diet Diary for 3 days- one of which should be a weekend day.**

Using the website [www.nutritionprogram.org](http://www.nutritionprogram.org) User name GCSE HARDY password nutrition, analyse your diet for one of these days.

Write an evaluation of your diet. Use the information you have on a balanced diet, energy balance and the outcome of your nutritional analysis. Are there any deficiencies or excesses? What could you do to put this right?

*See the Exemplar work from Level 3 Food Science and Nutrition assessment to gauge the level of detail required at Level 3- Although yours will be a shorter version as you are only looking at a days’ diet.* ***Tip it is best if you use ICT to help write up and produce this work (This will also be good preparation for year 12 work).***

**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. This can be actual cuttings OR digitally produced using Screen shots etc.

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.

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.

