



## Post-16 Summer Work - Food Science & Nutrition

- Visit the exam board website ([www.wjec.co.uk/qualifications/food-science-and-nutrition-level-3](http://www.wjec.co.uk/qualifications/food-science-and-nutrition-level-3)) and read the diploma specification. [Link to specification](#)
- Nutrition is a key part of the course and you will need to have a clear understanding of nutrients and healthy eating. Using the following resources below create an information sheet (2 pages) that covers the following areas:
  1. Macro and micronutrients
  2. Dietary needs of a student
  3. Eatwell guide
- Using your knowledge of the dietary needs of a student. Design and make a dish of your choice that would be suitable for a student on a budget. Try and place some emphasis on:
  1. Skills demonstrated e.g. pastry, pasta, piping etc.
  2. Presentation – we'd like to see a photo of your presented dish.
- Complete the [Food Allergy Online Training](#)-provided free by the Food Standards Agency  
Complete this free course and download the certificate

## Useful Resources

### Websites:

- [www.nutrition.org.uk](http://www.nutrition.org.uk)
- [The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- Pointers on protein - [Macronutrients: episode two \(youtube.com\)](#)
- Facts on fat - [Macronutrients: episode three \(youtube.com\)](#)
- [Concentrating on carbohydrate - Macronutrients: episode one \(youtube.com\)](#)

### Books:

[WJEC Level 3 Certificate in Food Science and Nutrition - Student Book - Illuminate Publishing](#)

### Podcasts:

[ZOE Science & Nutrition Podcast](#)