

Food Science & Nutrition



I am delighted that you are choosing to study Food Science and Nutrition next year at The Bishops' High School. Level 3 Food Science and Nutrition at Bishops' is an exciting course incorporating both practical work and theory that is relevant in today's society and which provides a foundation for a wide range of further education courses and job roles.

To hit the ground running in September I suggest you use the long summer break to become aware of current food issues and check out the websites I've included below:

British nutrition foundation - www.nutrition.org.uk

BBC Good Food - www.bbcgoodfood.com

NHS website - www.nhs.uk/live-well/eat-well

Nigella Lawson - www.nigella.com

Jamie Oliver - www.jamieoliver.com/recipes/

TED talks e.g.

www.ted.com/talks/mark_bittman_on_what_s_wrong_with_what_we_eat

Task: 1

Future learn – sign up - www.futurelearn.com

Search up nutrition courses and if there is a suitable one – please sign up for it.

If there are no suitable courses – research the role of the Environmental Health Officer and write up their main roles, responsibilities and powers.

Useful subject related websites: <https://nationalcareersservice.direct.gov.uk/job-profiles/environmental-health-officer>

Task 2:

Track / record your own diet for 3 days (try to get one weekend and two week days. Use the nutritional analysis program to work out your average intake of nutrients and compare this to the reference intakes for your age. Summarise your results.

www.nutritionprogram.co.uk/login User name is HomeEc10 Password is - food

Enjoy your summer and see you in September!

Mrs Baker

Head of Food and Nutrition