

Name:

Date:

## Induction Assignment

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**Set:** Thursday 29<sup>th</sup> June 2017

**Due:** First lesson back in September 2017



### **Objectives:**

By completing this assignment you will be able to:

- Demonstrate your knowledge and understanding from your GCSE or Level 2 qualification relating to Food Technology, Food and Nutrition or Catering which will form the foundation of your studies at Post 16.
- Demonstrate your independent research and investigation skills.

You should spend at least 3 to 4 hours on completing this assignment and take the opportunity to demonstrate your knowledge and understanding that you have in this subject by producing the work to the best of your ability. Your work needs to be produced to high quality Post 16 standard. You must include your name on all your work and may use IT.

Your assignment will be graded as:

- High Quality
- Good
- Satisfactory
- Unsatisfactory / poor

This grade will be used to assess your suitability for this course and recorded on your first Progress Check therefore it is essential that it is completed by the set deadline date.

Your assignment is based on the units:

- 1) Meeting nutritional needs of specific groups
- 2) Ensuring food is safe to eat
- 4) Current issues in Food Science and Nutrition

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**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.

<https://www.youtube.com/watch?v=1tJYcNt6Bpk>

**Task:** Explain what a healthy diet is and the key elements of the Eatwell Guide.

- Explore the concept of energy intake, expenditure and energy balance by watching the podcast.

<https://www.youtube.com/watch?v=d-5w67NAOlo>

**Task:** Using the information from the podcast about energy answer the questions below.

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?

**Food Presentation:** It is important to understand how to layout food products in order to improve their visual appearance. Use the following websites and videos to investigate what makes food look good. You are welcome to search for other tips and guidance on food presentation techniques. This is important, as you will be required to photograph the products you make.

**Task:** Write a list of tips and ideas for successful food presentation.

<http://www.howtocookgourmet.com/foodpresentationtips.html>

[https://www.youtube.com/watch?v=Udzs\\_MPNpMQ](https://www.youtube.com/watch?v=Udzs_MPNpMQ)

<https://www.youtube.com/watch?v=9YBnczqciHI>



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**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.

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.

**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.



**REMEMBER – All work that you submit will be assessed and recorded as part of the report process therefore it is important that you produce all work to the best of your ability and hand it in on time.**