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| **6th Form**  **Preparation work for**  **Food Science and Nutrition**  **Summer 2022** | **Read** the article about an experiment conducted on a group of young people who ate 2 takeaways a day and the consequent effects on their physical and mental health. Once you have read the article, you should summarise the findings in no more than 2 or 3 paragraphs.  [***The Truth about Takeaways***](https://www.bbc.co.uk/food/articles/truth_about_takeaways)  ***BBC Food***  ***Time: 1hr*** | **Complete** the revision on food safety on BBC Bitesize. Read all 6 pages and watch the video, making notes on key facts. Once you have done this complete the test to see how much you have remembered. It is important you understand the implications food safety has on both businesses and consumers. This will form part of your coursework in year 12 and 13.  [Food Safety](https://www.bbc.co.uk/bitesize/guides/z77v3k7/revision/1)  ***BBC Bitesize***  ***Time: 1hr 30mins*** | **Watch** the following short clips on food styling. This is a particularly important skill as you will be required to present and photograph the products you make. After watching the clips, make a mood board of interesting design ideas for food presentation. You could even test out your own and photograph the results if you have the equipment and ingredients!  [***Food Styling***](https://www.youtube.com/watch?v=HyZ9fHAwvZg)  ***So yummy***  [***Food Styling***](https://www.youtube.com/watch?v=yxrb80fZ9Jk)  ***Deli Wow***  ***Time: 1hr*** |
| Upload any photos of your cooking/baking to Instagram @strobertsfood  Make sure you DM us as tags won't let us post to the page. |
| **Complete** the revision on food allergies and intolerances on BBC Bitesize. Once you have read all 11 pages, complete the test to see how much you have remembered. It is important you understand the implications food allergies and intolerances have on the preparation and serving of food. This will form part of your coursework in year 12.  [Food allergies and intolerances](https://www.bbc.co.uk/bitesize/guides/z23yfcw/revision/1)  ***BBC Bitesize***  ***Time: 2hrs*** | **Watch** the final episode of UK MasterChef. Pay particular attention to timings and the presentation of the dishes. This is extremely important as you are required to complete a 3 hour practical exam in which you make a 3 course menu which must be restaurant standard. Timings are imperative. Most of all enjoy!  [MasterChef Final](https://www.bbc.co.uk/iplayer/episode/m00170zh/masterchef-series-18-episode-21?seriesId=m0015pgf)  ***BBC i-player***  ***Time: 1hr*** | **Research** existing spa menus. You should collect evidence of at least 5 different luxury spa menus. These will be used at a later date to form part of your research for your first piece of coursework. You can save them to your memory stick or to your PC/ laptop. The link below is for Seaham Hall Spa to give you an idea about what to look for.  [Seaham Hall Spa Menu](https://s3-eu-west-1.amazonaws.com/websites-wordpress-uploads/seaham-hall.co.uk/wp-content/uploads/2019/12/TDR-new-layout-22.11.19.pdf)  ***Time: 30 mins*** | **Watch** the You Tube clip from the British Nutrition Foundation. Nutrition is a key part of the course and you will need to have a clear understanding of nutrients and healthy eating.  Explain what a healthy diet is and the key elements of the Eatwell Guide. Present your findings in a mind map format  [***Making Better Choices with the Eatwell guide***](https://www.youtube.com/watch?v=1tJYcNt6Bpk)  ***British Nutrition Foundation***  ***Time: 1 hr*** |