

A Level Bridging Work

Food and Nutrition

Welcome to Level 3 Diploma in food science and nutrition

You will work on your bridging project from now, over the summer holidays and then bring the work into school for your first food lesson in September. I have included 3 parts (below) for you to complete.

Organisation

You will need a large A4 ring binder folder. You will use this from Y12 throughout the course. Not only for this bridging work.

Part 1- Food investigation

Using this website link;

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=867>

(The effect of cooking on food- flour)

Complete the experiments filling in the 'Printable resource' documents online and printing them out. If you are unable to print them out at home, ensure that you can access them when we return to school.



Part 2- technical challenges

Hopefully you are finding ingredients easier to find now. I would like you to research recipes for and practise the following skills over the rest of this academic year and the summer. You need to present these skills as a 'skills log' along with the **recipe** you have chosen, **pictures** of the final dish and **helpful hints**. Remember all these skills will be developed throughout 6th form.

Skill	Essential (easy)	Challenge (medium)	Extend (hard)
Pastry	Shortcrust	Choux	Puff
Bread	Flat (pitta/Naan)	Focaccia	Sourdough
Cake making	Creaming method (Victoria sandwich)	Melting method (flapjack/brownie)	Whisking method (Swiss roll, gateaux)
Sauce making/ Thickening with flour	simple sauces using tomato	Roux sauces including béchamel.	Using corn flour to thicken gravy

Part 3- food safety

Food safety is a key element of this course. Below is a scenario:

The bluebell pub and restaurant has recently been bought by new owners, including all the kitchen equipment, having been closed for 6 months. The new owners would like to re-open as quickly as possible offering reasonably priced pub meals.

With your knowledge from GCSE food and nutrition, you have been asked to write a report outlining what must be checked to ensure that the food is produced safely when they re-open. Your report should include procedures that the Bluebell must take to ensure food is produced safely and hygienically at each of these stages:

1. Food preparation areas; *remember, the kitchen has been closed for 6 months, what issues could arise during this period? What must the new owners ensure that they do?*
2. Food storage areas and equipment including fridges and freezers that have been bought within the cost of the restaurant; *Consider what issues might arise with equipment after being left for 6 months. What are the key temperatures for this equipment? How can this be checked? Why is this important? Consider utensils and other smaller appliances, what could arise from this?*
3. Produce a list of cleaning equipment that will be needed once open. *Suggest chemicals and equipment that will be needed to keep the food preparation and storage areas safe and hygienic.*

Useful links

A range of informative videos, backing up knowledge from GCSE.

<https://www.bbc.co.uk/teach/class-clips-video/design-and-technology-gcse-food-preparation-and-nutrition/zvjh8xs>

A range of videos provided by the exam board;

<https://resources.wjec.co.uk/Pages/ResourceByArgs?subId=54>

Jamie Oliver's food tube is full of useful recipe and practical skill tutorials

<https://www.youtube.com/user/JamieOliver?reload=9>

Possible textbook/ revision guide if you wanted to read ahead. YOU DO NOT HAVE TO BUY THIS, but there are some chapters offered to view for free. I will aim to have these books when we start this course.

https://www.illuminatepublishing.com/index.php?main_page=product_info&cPath=27&products_id=207&zenid=ishurg8phue178f30m6kikpba0

If you would like to have a look at the exam and course specification, you can find it here;

<https://www.wjec.co.uk/media/gr3jc4gg/level-3-diploma-in-food-science-and-nutrition-specification-2019-2020.pdf> (This is for teachers rather than pupils)

