

Food Science and Nutrition 2022 summer work

Before the course starts you need to carry out the research and tasks below.



1. **Nutrition** is a key part of the course and you will need to have a clear understanding of nutrients and healthy eating.

The British Nutrition Foundation has lots of interesting and useful information. Visit the healthy living area of their website and look through the articles and features.

<https://www.nutrition.org.uk/healthyliving.html>

Choose **one feature** that interests you and prepare a short power point presentation to show the rest of the class in your first week of lessons in September. This should outline what you learnt that is of interest and is relevant to nutrition and healthy eating.

2. **Food Presentation:** It is important to understand how to present food products in order to improve their visual appearance. Use the following websites and videos to investigate what makes food look good. Please also search for other tips and guidance on food presentation techniques. Food presentation is especially important in your practical exam as to gain a Distinction you must show 3 complex presentation skills.

Put together a portfolio of presentation ideas that may be useful to use during year 12 and in your exam. If possible, try out some techniques and photograph your work.

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

https://www.youtube.com/watch?v=Udzs_MPNpMQ

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