



RIDGEWOOD
SCHOOL

WJEC FOOD SCIENCE AND NUTRITION

Y12 Pre-enrolment/Transition Tasks



Welcome to the Level 3 Food Science and Nutrition course.

This transition booklet will introduce you to some of the key ideas that we will study during Year 12. You may have previously studied Hospitality and Catering or Food Preparation and Nutrition at GCSE; however, this is not essential. These tasks will help you develop the scientific understanding, practical awareness and independent learning skills required for the course.

Please complete the activities and bring this booklet to your first Food Science and Nutrition lesson in September.

Transition Task 1

What is Food Science and Nutrition?

Research the following questions:

1. What is meant by the term **food science**?

2. What is meant by the term **nutrition**?

3. Explain the difference between food science and nutrition.

4. Research three careers where knowledge of food science and nutrition would be important. For each career explain how food science and nutrition is used.

Career	How is food science and nutrition used?

Useful websites:

- NHS – www.nhs.uk/live-well/eat-well/
- Institute of Food Science and Technology – www.ifst.org
- British Nutrition Foundation – www.nutrition.org.uk

Transition Task 2

Understanding a Balanced Diet

The Eatwell Guide is a key model that we will use throughout the course.

Research:

- What is the Eatwell Guide?
- Why is it used?
- What are the five main food groups?
- How does the Eatwell Guide support healthy food choices?

Create a labelled diagram of the Eatwell Guide below and annotate it with key information.

(Insert your diagram here)

Transition Task 3

The Science of Nutrients

Research and define the following key terms:

Macronutrients

- Carbohydrates:
-

- Proteins:
-

- Fats/Lipids:
-

Micronutrients

- Vitamins:
-

- Minerals:
-

Other essential nutrients

- Water:
-

For each nutrient, identify:

- One main function in the body.
- One food source.

Transition Task 4

Investigating a Recipe

Choose a recipe that you enjoy making or eating.

You may choose a family recipe, a recipe from a book or an online recipe.

Complete the following:

Name of dish:

Ingredients:

Practical skills needed:

List the skills needed to prepare and cook this dish.

Nutritional analysis:

Identify:

- The main nutrients in the dish.
 - How the dish contributes to a balanced diet.
 - How the recipe could be adapted to make it healthier or suitable for a different dietary requirement.
-

Extension:

Take a photograph of your finished dish and bring it to your first lesson.

Transition Task 5

Food Trends and Current Issues

Food science is constantly developing.

Research one of the following:

- Plant-based diets
- Ultra-processed foods
- Food sustainability
- Food waste
- Food allergies and intolerances
- Personalised nutrition

Produce a one-page information sheet explaining:

- What the issue is.
- Why it is important.
- Advantages and disadvantages.
- How it could affect the future of food.

Key Vocabulary

Research and define the following terms:

Term	Definition
Nutrition	
Nutrient	
Balanced diet	
Macronutrient	
Micronutrient	
Deficiency	
Obesity	
Digestion	
Absorption	
Food safety	
Cross-contamination	
Sustainability	
Ethical food choice	
Food preservation	

Exam Style Questions

1. Explain why a balanced diet is important for maintaining good health. (4 marks)

2. Compare a food allergy and a food intolerance. (4 marks)

3. Evaluate how a recipe could be adapted to make it suitable for a vegan customer. (6 marks)

Wider Reading and Useful Websites

Useful websites:

- NHS Eatwell Guide
www.nhs.uk/live-well/eat-well/
- British Nutrition Foundation
www.nutrition.org.uk
- Food a Fact of Life
www.foodafactoflife.org.uk
- Food Standards Agency
www.food.gov.uk
- BBC Good Food
www.bbcgoodfood.com

Challenge Activity

Before your first lesson, watch a food documentary or read an article about a current food issue.

Write a short summary explaining:

- What did you learn?
 - Did it change your opinion?
 - How does it link to food science and nutrition?
-
-