

Welcome to Level 3 Food Science and Nutrition!

To prepare for this course we would like you to prepare a complex recipe and tell us a bit about it.

**Practical Task: Make a “layered” dish of your choice**

*Make a recipe which has layers. This could be savoury - for example a cottage pie, lasagne or moussaka, or it could be sweet like a trifle or tiramisu. You need to show us some creativity and technical skill during your making processes so don't use lots of ready-made components or choose a recipe which is too simple. For example, if you were making a lasagne you could use any type of meat or vegetarian filling and make your own cheese sauce. It could contain pasta but you might choose to make the layers using something else instead, or you could make the pasta sheets if you are feeling really adventurous. If you were making trifle you could make your own sponge fingers as well as the jelly and custard. There are lots of ideas online so be brave!*

Photo

Name of recipe dish:

Description:

Description of the process for making this recipe:

What went well?

What might I do differently next time and why?

## Bridging Homework Task

If you are not able to cook at home then you should complete ONE of these tasks instead:

**Theory Task: Choose ONE from these two options and write a short report of 300-500 words to summarise your findings.**

**Option 1: Listen to ONE episode of Michael Mosley's podcast called "Just One Thing" and write a report about the content of the programme. Your report needs to be related to food so choose from one of the many foody ones eg "Eat Slowly", "Try Flax Seeds", "Snack Smartly", "Eat Beetroot", "Enjoy Oily Fish" or "An Apple a Day".**  
You can find this podcast on the BBC Radio Player. You might need to set up an account in order to listen to it, in which case you can use your school email address.

**Option 2: Hydration**  
Although it is not strictly a nutrient, water is an essential dietary component for many body processes. A deficiency of water causes many problems.  
Record how much you drink over 3 days, and the types of liquids you are drinking. Also take a note of the amount and types of activity you are undertaking during this time.  
Research the role of water in the body and write a report which explains your findings. Link your findings to your own hydration diary - were you drinking enough in relation to the amount of activity?

Your report should be between 300 - 500 words and be written in sentences and paragraphs

Your report should explain what you have done and cover key points linked to health related to this topic

You can either type it or write it by hand