

St Aidan's and St John Fisher Associated Sixth Form

Y11 to Y12 Transition Work

Subject:

Food Science and Nutrition Level 3

Topic(s):

Practical tasks and planning

Independent Learning Task(s) to Complete:

A practical understanding and application is vital to success in this new Level 3 qualification. Having the ability to plan and make different products using different ingredients and methods of making are key elements. Attached is a GCSE list of products that you need to be able to make. Use the list as following:

1. Tick off all products you can make with confidence
2. Mark the products you are less confident with or have not made
3. Over the summer period practise/remake the products from point 2.
4. Produce comprehensive planning sheets to accompany your recipes. It is not expected that you produce a planning sheet for each dish but attempt to complete 2 or 3 detailed sheets to include safety checks alongside quality control points. An outline of the type of planning sheet required is attached as well as an example.

How it links to the Specification:

AC6.1 use tools in preparation of commodities

AC6.2 use advanced techniques in preparation of commodities

AC6.3 assure quality of materials to be used in food preparation

AC6.4 use advanced techniques in cooking of commodities

AC6.5 present cooked complex dishes using advanced presentation techniques

AC6.6 use food safety practices

Resources (include any hyperlinks):

BBC Good Food

Recipe website or books

Additional Information:

Should you require any further details or have any questions about the above task please email:

j.betteridge@staidans.co.uk

Deadline:

Start of September Term