

# WJEC Level 3 Food Science and Nutrition

## Summer Bridging Task

The purpose of giving you a summer bridging task

- i. To provide a bridge from level 2 to level 3 study, and lead into the early stages of the course
- ii. To engage you in independent learning which is required at level 3
- iii. To encourage you to develop your work ethic and commitment to study
- iv. To measure your suitability for the course and assess your initial levels of achievement

All of your work must be typed and clearly presented – please reference your work where possible

**Task 1:** Define the following key terms (30mins):

- Macro-nutrient
- Micro-nutrient
- Allergen
- High-risk food
- Cross-contamination
- Food fortification
- Malnutrition
- Protein complementation
- Energy balance
- Glycaemic index

**Task 2:** Below is a recipe for Lasagne (30mins):

6 sheets of white lasagne pasta	1 beef stock cube
100g diced pancetta	2 tbsp oil
750g minced beef	100g parmesan cheese
1 tin chopped tomatoes	300ml milk
2 garlic cloves	50g flour
1 onion	



Describe, in detail, how you could alter the recipe to make it:

- a) higher in fibre
- b) lower in fat
- c) lower in salt
- d) suitable for someone who is a Coeliac
- e) suitable for someone who is a Lacto-ovo vegetarian
- f) suitable for someone who is a Vegan
- g) suitable for someone who is lactose intolerant

**Task 3:** Carry out some research on food safety legislation. Demonstrate your knowledge and understanding of The Food Safety Act 1990 and The Food Safety and Hygiene (England) Regulations 2013 by producing an information document (in any format). The document should also include a clear outline of what HACCP means/entails for food businesses (90mins).

**Useful websites:** <https://www.food.gov.uk> <https://nutrition.org.uk>

**Useful books:** WJEC Level 3 Certificate in Food Science and Nutrition A Tull/J Bryant ISBN 9781911208587

**BRING YOUR WORK TO YOUR FIRST LESSON**