

Countesthorpe Leysland Community College  
Level 3 Diploma in Food Science and Nutrition

**Summer tasks 2020**

In preparation for your Food Science and Nutrition Diploma course please complete the following tasks and bring your work with you to your first lesson in August.

Task 1

Select one of the scenarios below and complete the activities in detail. Please present your work as a PowerPoint.

**Nursery scenario**

The cook at your local children's nursery (ages 2 to 5) has received comments from parents that the current menu is both unhealthy and repetitive. The cook is therefore planning to make changes to the menu to ensure it is healthy and appealing to the children.

**OR Elderly Residential Home**

The cook at a local Elderly residential home has received comments that the current menu is unimaginative. The cook is therefore planning to make changes to the menu to ensure that dishes meet the nutritional needs of the elderly and have traditional appeal.

- (i) Research and explain the nutritional considerations that the cook will need to include when planning a monthly menu for this target group. This should include reference to the Eatwell guide and Dietary reference values (DRV's).
- (ii) Plan a weekly menu; this must include breakfast, mid-morning snack, lunch, mid-afternoon snack and tea.
- (iii) Plan, prepare and cook a whole day's menu and review the nutritional content of your proposed one day menu. You will need to take photos of the dishes and include them in your PowerPoint. Consider the skill level of the dishes and challenge yourself.
- (iv) Evaluate your finished outcomes referring to their sensory characteristics and appeal for the target group.
- (v) Discuss whether your choices reflect current nutritional guidelines for your target group and suggest improvements or alternatives to your menu choices.

## Task 2

Write a definition for each of the following terms. This can be presented as a Powerpoint or a Word document.

Pathogenic Bacteria

Contamination

Cross contamination

HACCP

Allergen

Critical control point

Due diligence

High Risk food

Low Risk food

Food spoilage

Bacteria

Spores

Yeasts

Moulds

Enzymes

Food Standards Agency

Scores on the doors

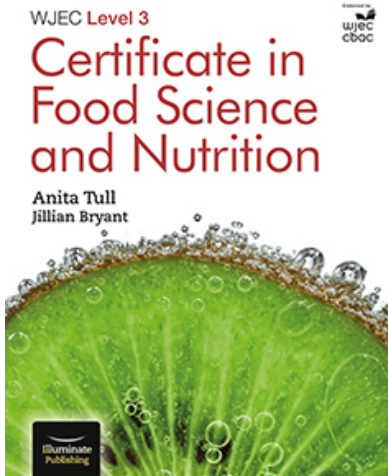
Environmental Health Officer (EHO)

Physical contamination

Chemical contamination

Microbial contamination

It is advisable that you purchase the following textbook when you know for definite that you have your place on this course at CLCC, as this is the book we will be working from for the first year of the course.



Useful websites:

Food a fact of life: [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

GOV.UK: [www.gov.uk/government/publications/the-eatwell-guide](http://www.gov.uk/government/publications/the-eatwell-guide)

NHS Choices: [www.nhs.uk/Livewell/Goodfood](http://www.nhs.uk/Livewell/Goodfood)

Public Health England: [www.gov.uk/government/organisations/public-health-england](http://www.gov.uk/government/organisations/public-health-england)

British Nutrition Foundation: [www.nutrition.org.uk](http://www.nutrition.org.uk)

Food Standards Agency: [www.food.gov.uk](http://www.food.gov.uk)