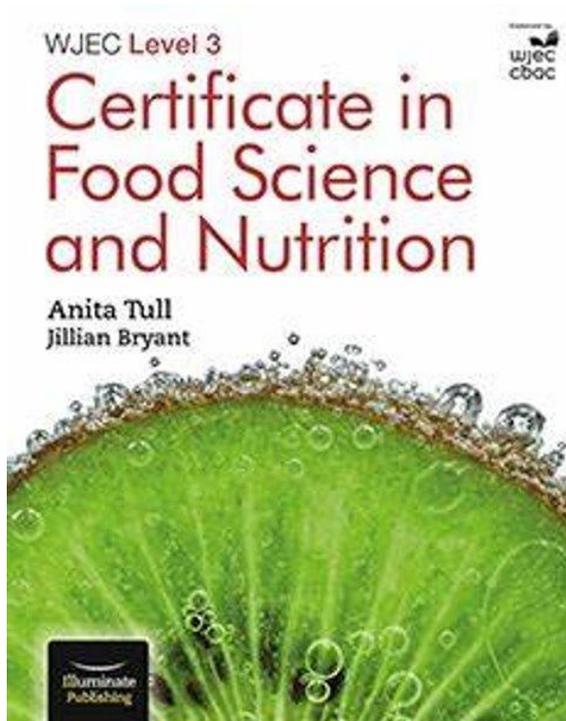


WJEC Level 3 Food Science and Nutrition



- Our aim is for you to be able to access some online certificates that will support you in the background learning of this course.
- Many are free, however the ones that cost are worth doing for this course and are also useful for part time jobs when in the sixth form and University.
- Your practical skills will be an excellent support to this qualification; however, it is Nutrition that underpins the whole course.

**Transition into year 12
Summer 2023**

Food Allergens

- This online course looks at Food Allergens.
- This is knowledge you will need for Unit 1 & Unit 2 of the L3 Food Science and Nutrition Course.
- It's free to sign up and when you have completed it, please send a copy of your certificate to me and I will print a copy ready for September.

<https://allergytraining.food.gov.uk/>



Cymraeg

The impact of food allerg

Welcome to the Food Standards Agency's food allergy online training

Study the modules and pass the tests to get a continuing professional development (CPD) certificate. This training has been developed by the Agency for enforcement officers. However, it might also be of interest to food business operators, those involved in selling or producing food or anyone wanting to learn more about food allergies.

Step 1: Study the modules

There are six modules to study, each with a test. These modules cover

Module 1: current and incoming [rules and legislation](#)

Module 2: the effects that allergies have [in the body](#)

Module 3: considerations of allergies [in the factory](#)

Module 4: how allergenic ingredients should be displayed [on the label](#)

Module 5: identifying allergens in example of dishes [in the restaurant](#)

Module 6: how food businesses should be [providing consumers with allergen information](#) about the non-prepacked food they serve

Step 2: Register and complete the tests

Once you have registered and are logged into the site you will be able to access the tests, either by clicking on the banner at the bottom of each module page, or via your CPD dashboard.

Email

Password

[Reset my password](#)

[Register](#)

Quick Links

- [About this training](#)
- [Find out about food sensitivities](#)
- [Food allergy facts](#)
- [Resource section](#)

Nutrition

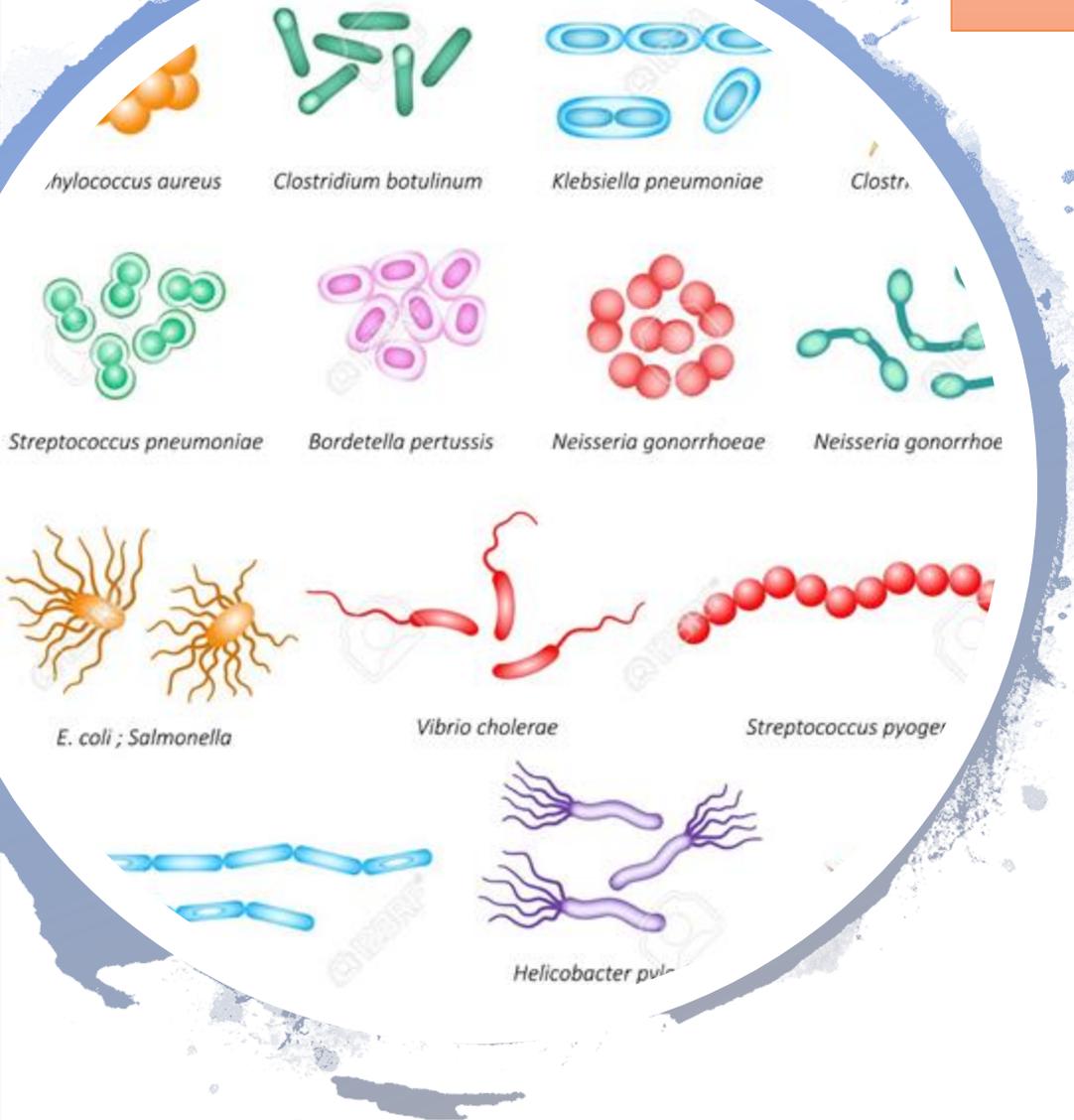


Nutrition underpins the L3 Food Science & Nutrition Course.

This will be useful as good background and / or revision.

- Our class is now set up and can be accessed using this link: <https://app.senecalearning.com/dashboard/class/dcerg77ulo/assignments/assignment/f613eec9-44f0-4896-806f-ee0b7cdfa93e>
- If you would like an electronic copy of the link, please email c.radford@derbycathedralschool.org.uk

Food Safety



If you opt NOT to do the online course, complete this task instead:

- Create Mini A5 fact sheets on Food poisoning bacteria:

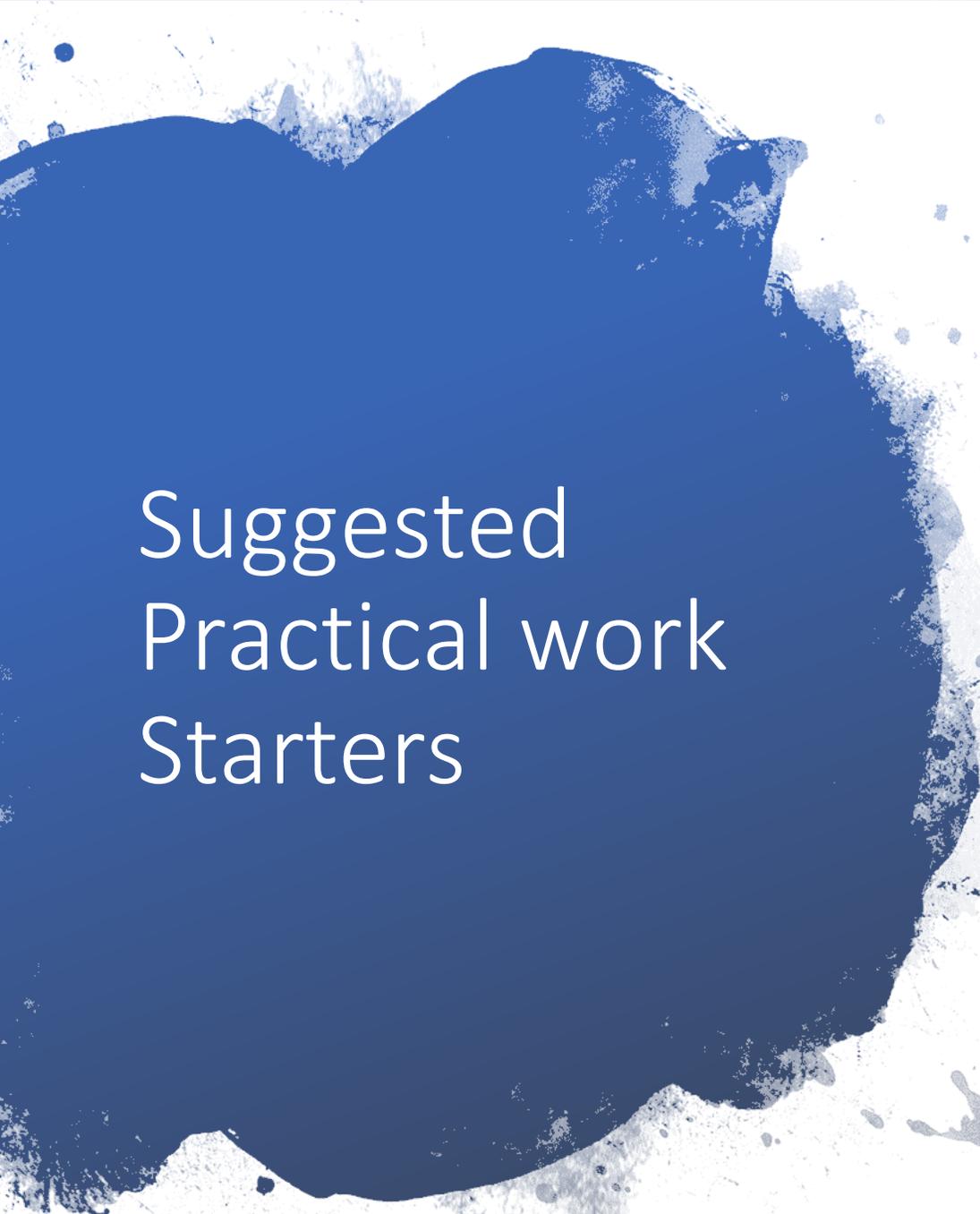
- Bacillus Cereus
- Campylobacter
- Clostridium perfringens
- Clostridium Botulinum
- Escherichia Coli
- Listeria monocytogenes
- Salmonella
- Shigella
- Staphylococcus aureus

- Include: Foods it is likely to be found in, incubation period, symptoms, duration and severity of illness.

Practical work

- Keep practicing high level practical skills.
- Evidence: Take photographs and keep a folder of successful recipes.
- Please contact me if you want guidance on possible dishes. At the moment I'm happy for you to practice anything based on what ingredients you can get and will be helpful in feeding your families.





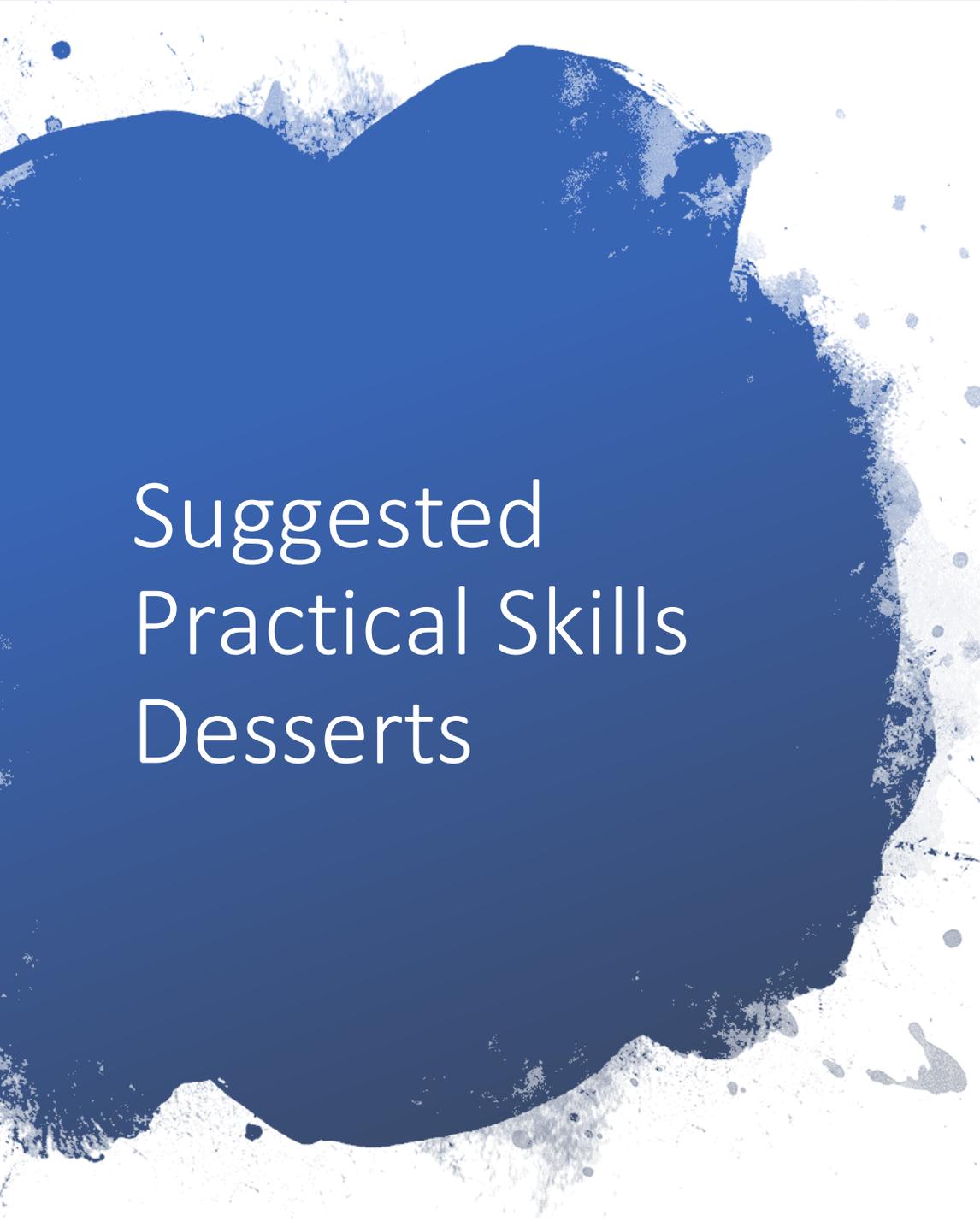
Suggested Practical work Starters

Starter:

- - Homemade pasta and a sauce (filled pasta, tricolor pasta)
- - Spinach roulade
- - Chicken liver pate
- - Soup with particles: parmesan truffle
- - Chicken wings (portioned from a whole chicken) with marinade, spiralizer accompaniments
- - Fish cakes: Moulding, fileting, pane, shallow frying, mayonnaise to serve
- - Homemade mayonnaise: aioli
- - Scallops and samphire
- - Cheese soufflé
- - Complex breads

Suggested Practical Skills Mains

- Boned and stuffed chicken: Kiev with pane
- - Chicken Ballantine: Portioning, rolling, stuffing, poaching, sautéing, accompaniments (turned or spiralizer vegetables and sauces)
- - Duchess/dauphinoise/hassel back/fondant/turned potatoes
- - Fish fillet: En papouche, filleting fish, knife skills (Julienne, brunoise)
- - Chicken pie: Portioning Chicken, homemade stock, puff pastry, free standing with short crust
- sides, knife skills with vegetable prep, possible roux sauce
- - Fish cakes: Moulding, filleting, pane, shallow frying, mayonnaise to serve
- - Fish fingers: homemade sauces
- - Chicken goujons: portioned from a whole chicken
- - Pea puree
- - Beef wellington (puff pastry)
- - Chutneys
- - Puff pastry and vegetable wellington
- - Burger: mincing, moulding, brioche bun?
- - Vegetable crisps/game crisps
- - Noodles (made from scratch), portioned chicken, knife cuts of vegetables.



Suggested Practical Skills Desserts

- Profiteroles
- - Hazelnut brittle
- - Caramel basket
- - Panna-cotta
- - Mini meringue
- - Fondant (chocolate)
- - Soufflé
- - Fruit coulis
- - Ice creams
- - Sorbets
- - Steamed cakes
- - Individual free standing cheesecake (with gelatine)
- - Poached pear
- - Spun sugar
- - Custard

Food Science and Nutrition

Read

- [Food and Nutrition News-Food & Nutrition Magazine](#) is published by the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals. Online articles are free to read
- [Institute for Optimum Nutrition-free digital magazine](#)- Keeping health professionals and consumers informed on the latest nutrition news, opinions and issues
- [Elsevier Food Science Journals](#)- a wide range of journals focused on research of all aspects of food science
- Food Presentation Secrets: Styling Techniques of Professionals by Cara Hobday & Jo Denbury- A practical guide to adding that professional flourish to any dish
- 1,000 Food Art and Styling Ideas by Ari Bendersky- Mouthwatering Food Presentations from Chefs, Photographers, and Bloggers from Around the Globe
- The Science of Cooking by Dr Stewart Farrimond- Explore fundamental culinary concepts, practical advice and step-by-step techniques, to bring food science out of the lab and into your kitchen
- How Food Works: The Facts Visually Explained by DK- [answers](#) common food questions by investigating claims surrounding a variety of foods and examining them from a biological standpoint
- Nutrition for Life by Lisa Hark- [popular](#) no-nonsense nutrition bible
- [Gastrophysics](#): The New Science of Eating by Professor Charles Spence- combines disciplines including science, neuroscience, psychology and design

Watch

- [Food Matters Live Webinars](#) – webinars on a wide range of food science and nutrition topics
- [Nutrition TED](#)- inspirational speakers discussing a variety of topics

Websites

- [Food52 Blog](#)- Brings cooks together from all over to exchange recipes and to support each other in the kitchen, great for recipes
- [Pinch of Yum Blog](#)- Recipes that are designed for real, actual, [every day](#) life and covers other issues within blogs too!
- [Food Matters Live](#)- aims to inspire a better future for food by stimulating industry innovation, technology and people

Subscriptions

- [Good Food Magazine](#)
- [Institute of Food Science and Technology Magazine](#)

Listen

- [The Optimum Nutrition Podcast](#)- Discussing health issues in relation to nutrition
- [Deliciously Ella Podcast](#)
- [Food Matters Live Podcast](#)- listen to industry professionals with key change makers in food, drink and nutrition
- [Food For Thought on Apple Podcasts](#)-will equip you with all the evidence-based advice you need to live and breathe a healthy lifestyle [from Rhiannon Lambert](#), the UK's leading Nutritionist
- [BBC Radio 4 - The Food Programme](#)-investigating every aspect of the food we eat

Competitions

- [Create & Cook Competition](#)
- [FutureChef](#)

Apps

There is lots of exciting people and pages to follow on Instagram. I have listed just a few below:

- [Food Science Babe](#)
- [IFST \(@institute_of_food_science\)](#)
- Food stylist- [Judy Kim](#)
- Pastry chef- [Justin Burke](#)
- Interesting recipes- [Buzz Feed Tasty](#)
- [Explore Food](#)- Food a Fact of Life nutritional analysis tool
- [Heali 'Heali](#) connects you with the world's nutritional data, making it easier to manage chronic conditions by matching you to delicious food that nourishes your body and feeds your soul.'

Work experience ideas

- [Food Matters Careers - Meet our community](#)- A global community of students and lectures helping to build a brighter future for food
- [CGC Event Caterers](#)-catering for large events and dinners at stadiums, [race courses](#) and functions
- Get in touch with local producers and shops, we have so many butchers, bakers, farm shops, cafes, restaurants and other food outlets!
- Also speak to health care professionals within your doctors.
- [Furthermore](#) consider care home kitchens, older people lunch clubs and hospital kitchens too as they have nutritional needs to consider!