LEVEL 3 CERTIFICATE IN FOOD SCIENCE AND NUTRITION

Welcome Y12's to your new course!

Mr Martin

'The food you eat can either be the safest and most powerful form of medicine, or the slowest form of poison' Anne Wigmore.

DIET

HEALTH

LIFESTYLE

Year 12

What we cover and how you can make a flying start!

- ==Section 1 – Food safety==
- Section 2 – Nutrition
- Section 3 – Nutritional needs of humans
- Section 4 – Diets
- Section 5 – Menu planning
- Section 6 - Preparation and cooking techniques

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Over the summer you can ready yourself for the exciting challenge of A-levels by carrying out a short investigative task. This will be directly linked to section 1 - 'Food Safety' and will help supplement your understanding of this topic.

On your return we can look at and share your findings with the class by delivering a short presentation (10 mins) and discuss what you found out.

Research

Analyse

Share and evaluate

Your task

Prepare a PowerPoint presentation by choosing from the following famous food poisoning outbreaks,. these can be searched for in google:

'Jack in the box outbreak' 1993
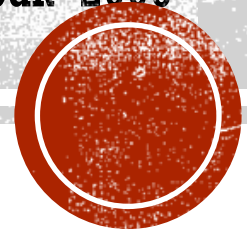'Mexican cucumbers' 2015
'Mexican cheese' 1985
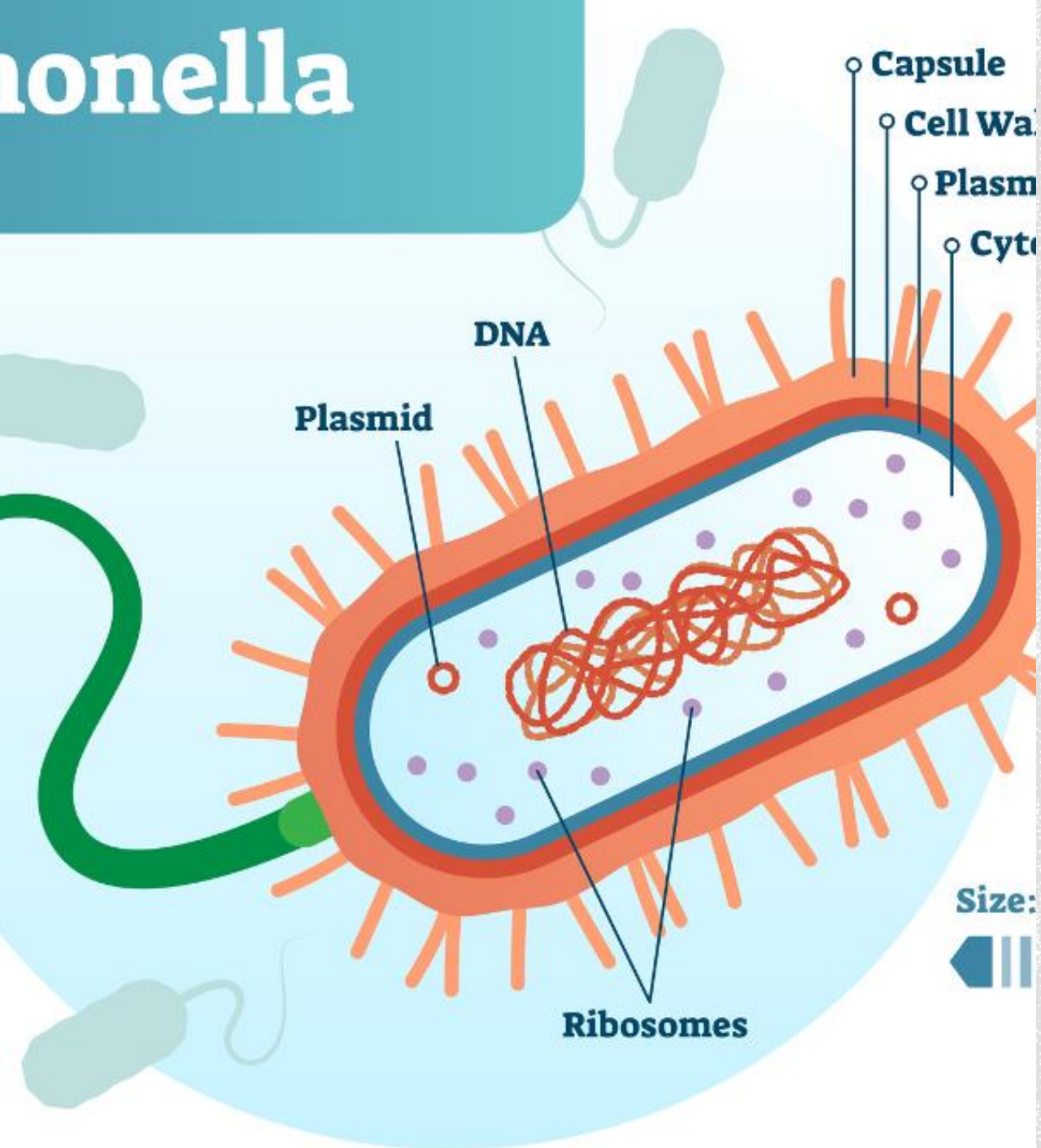'The PCA peanut butter salmonella outbreak' 2008-2009
'The Aberdeen typhoid outbreak' 1964
'The Wishaw E.Coli outbreak' 1996
'The Cadbury salmonella outbreak' 2006

What to include in your presentation...

1. An overview of the outbreak. What happened and when? Why did the event occur? How many people were affected and was is severe?

2. Who was to blame for the outbreak and why?

3. What type of bacteria was responsible?

4. Carry out some research into the type of bacteria i.e. Salmonella, E- Coli etc. Where is the bacteria found and how is it transmitted? what are the symptoms associated with this bacteria? how long are you likely to be ill for? and how long does it usually take to become ill after becoming infected? Can the bacteria be destroyed, and if so, how?

Thank you and have an enjoyable and restful summer holiday. See you in September!
Mr Martin