

## Food Science and Nutrition – Summer Bridging tasks 2022

Over the next few weeks we would like you to research the wide range of food based resources that are available to you through the internet; these will help you understand current trends and issues in food. Please complete a reading/listening task each week and then choose a dish to make based on what you have learnt. You can print this document, handwrite the points and stick on photos of your food (don't forget to take photographs of the food you make...) or complete this document on your PC/Laptop and send it your school email address ready to print when we are back at school. Try to really focus on the presentation of the dishes using the internet or cook books to help with ideas.

### 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.

**Read any article that interests you and write down 3 facts:**

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**Make a dish based on the article you read. Add an image of your dish here:**

### Websites

- [Food Matters Live](#)- aims to inspire a better future for food by stimulating industry innovation, technology and people

**Read 'How does what you eat effect brain function?' Write down 3 facts:**

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**Make a dish that promotes good brain function. Add an image of you dish here:**

<p><b><u>Listen</u></b></p> <ul style="list-style-type: none"><li>• <a href="#">The Optimum Nutrition Podcast</a>- Discussing health issues in relation to nutrition</li></ul> <p><b>Listen to one podcast and write down 3 facts about it:</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>	<p><b>Make a dish that promotes good health. Add an image of your dish here:</b></p>
<p><b><u>Course</u></b></p> <ul style="list-style-type: none"><li>• <a href="#">Food Allergy Online Training</a>-provided free by the Food Standards Agency</li></ul> <p><b>Complete this free course and download the certificate</b></p>	<p><b>Make a dish that is suitable for an allergy sufferer, you must state the allergen. Add an image of your dish here:</b></p>
<p><b><u>Apps</u></b></p> <p>There a lots of people and pages to follow on Instagram such as:</p> <ul style="list-style-type: none"><li>• <a href="#">Food Science Babe</a></li><li>• <a href="#">IFST (@institute_of_food_science)</a></li><li>• Food stylist- <a href="#">Judy Kim</a></li><li>• Pastry chef-<a href="#">Justin Burke</a></li></ul> <p><b>Choose one to follow over the summer and list 3 points about their page:</b></p> <ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>	<p><b>Make a dish inspired by the page you followed. Add an image of your dish here:</b></p>