Hello from Mrs Cartlidge/Miss Nalty, teachers of Y12 Food science and Nutrition! ☺ Please complete the following work over the summer, in order to help prepare you for starting the course in September!

Task 1

Watch http://www.channel4.com/programmes/supersize-vs-superskinny-kids/episode-guide Episode 1 - Ieuan and Jess

Task 2

Evaluate the success of Ieuan

Evaluate the success of Jess

Task 3

Research and plan a full days eating for either Ieuan or Jess.

Explain why you have chosen the foods you have.

Task 4

Using **http://explorefood.foodafactoflife.org.uk/Calculator/Recipe** calculate the calorie intake of a days eating for your chosen person.

Jess should consume approx. 2000 cals and Ieuan approx. 1,800 cals.

Task 5 Make your dishes

Make the dishes you have planned and take pictures of them.

Evaluate your choices and suggest improvements.

Task 6 – Macro and micro nutrient research

Please follow the Seneca learning link and complete the quizzes about macro and micro nutrients, knowing this will **really** help with your theory work next year!

app.senecalearning.com/dashboard/class/zwqjf2n1d4/assignments/assignment/b6eefec7-046e-4de5-8eb5-c7b6dfaeeb7e

Attach photos of your finished dish here. Consider how you will present your dish and take care when taking the picture.

If you are serious about your place on the Food science and nutrition course, please try your best with the tasks listed. This could be done and dusted in a matter of hours. You could even chip away at the tasks for 10 minutes a day! ☺