**‘WJEC Food Science and Nutrition’**

**Level 3 Certificate**

**Bridging Work**

**Task 1: (2hrs) Nutrient needs**

Nutritional needs are a key topic for Food Science:

Research the different nutrients needs of the following groups of people:

* Children
* Teenagers
* Young Adults
* Older Adults
* Iron deficiency
* Overweight/Obese
* Athlete

You need to include the following information and it can be presented as a report or a table:

* The nutrient they need and why they need them
* Suitable meals for each group of people
* Deficiencies they might suffer from

**Task 2: (1hr 30mins) Meal Ideas**

You will be planning meals for a range of groups of people. Create a mood board for each group including pictures and sensory words of food which you may be able to cook.

* Children
* Teenagers
* Young Adults
* Older Adults
* Iron deficiency
* Overweight/Obese
* Athlete

**Task 3: Extension- Food Safety**

You may present this information in any way you think is appropriate:

You have covered food hygiene and safety previously explain the following points:

* Explain how individuals can take responsibility for food safety
* Explain methods used by food handlers to keep themselves clean and hygienic
* Explain methods used to keep work areas clean and hygienic
* Analyse risks associated with food safety