

Food Science and Nutrition – Summer Bridging tasks 2025

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 the Compulsory Food Allergy task and two other reading/listening tasks 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 cookbooks to help with ideas.

If you have not taken GCSE Food, please complete the additional questions on nutrition and chemical/functional properties of ingredients

Course - Compulsory

[Food Allergy Online Training](#)-provided free by the Food Standards Agency

Complete this free course and download the certificate

**Make a dish that is suitable for an allergy sufferer, you must state the allergen.
Add an image of your dish here:**

Websites

[BBC Good Food](#) read '10 ways the food you eat affects your brain' Write down 3 facts:

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

Listen

[8 brilliant health and wellness podcasts to help you care or your body and mind](#)

Listen to one podcast and write down 3 facts about it:

Make a dish that promotes good health.
Add an image of your dish here:

Read

[Food and Nutrition news](#)

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

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

Apps

There are lots of people and pages to follow on Instagram such as:

- [Food Science Babe](#)
- [Institute of Food Science news](#)
- Food stylist- [Freshfoodblis](#)
- [Pastrychefsboutique](#)

Choose one to follow over the summer and list 3 points about their page:

Make a dish inspired by the page you followed.
Add an image of your dish here:

If you have not studied Food at GCSE please find answer the following questions.

1. Define and name the macro nutrients?

Protein

1. What is the function in the body?
2. What are the deficiency symptoms?
3. What are the main food sources, please include at least one vegetarian source?
4. What is the name of the 'building blocks' which form a protein molecule?
5. What is an essential or indispensable amino acid?
6. State what HBV means and add definition.
7. State what LBV means and add definition.
8. What is protein complementation and give an example.

Fat

1. What is the function in the body?
2. What are the deficiency symptoms?
3. Draw a triglyceride (fat) molecule.
4. Explain the difference between saturated and unsaturated fat – diagrams may help your explanation – give examples of both fat sources.
5. What is visible fat? Give an example
6. What is invisible fat? Give an example
7. What health complications may be caused by eating too much fat?

Carbohydrates

1. What is the function in the body?
2. What are the deficiency symptoms?
3. What are the main food sources?
4. There are two different classifications of Carbohydrates:-
5. Sugars – define and name, monosaccharides and disaccharides
6. Complex Carbohydrates – define and name polysaccharides

Micronutrients

1. What are micronutrients?
2. For each vitamin and mineral
3. What is the function in the body?
4. What are the deficiency symptoms?
5. What are the main food sources, please include at least one vegetarian source?
6. Vitamins are defined as 'fat soluble or water soluble', explain and give examples of these vitamins.

Functional properties of ingredients

1. Define, explain (diagrams may be useful) and give an example of a dish which uses:-
2. Gelatinisation
3. Caramelisation
4. Denaturation
5. Coagulation
6. Maillard reaction