



The Thomas Hardy School

Summer Preparation Task

WJEC Diploma Food Science & Nutrition

Purpose of task:

To gain knowledge on special diets.
To understand the functions and sources of lesser known micronutrients
To be more aware of how food issues dominate the media.

Recommended resources:

www.nutrition.org.uk

Foodafactoflife.co.uk

Examining Food and Nutrition- Jenny Ridgwell

nhschoices.co.uk

Task:

1. Compile a SPECIAL DIETS PROFILE. Investigate the following special diets:

Coeliac – what are they intolerant to, how does it affect them, what should they avoid and what can they eat instead?

Lactose intolerant – what should they avoid, what nutrients are they lacking?

Type 2 diabetes

Pregnant women – what extra nutrients do they need? What food and drink should they avoid and why?

Elderly People – What nutrients might they be deficient in, how can they improve their diet?

2. Give detailed definitions of the following micro-nutrients and include at least three good sources of each:

Vitamin B6 Folic Acid Vitamin B12 (cobalamin) Vitamin K Phosphorous Zinc

3. Review two food related articles regarding current food issues.

Look on the TV, in the Sunday papers, daily newspapers, colour supplements and listen on the radio for relevant issues. They might be about new food packaging, a new incentive from the government on healthy eating, or the launch of a new food product.

Briefly describe each one, and give your opinion on it. Is it going to impact on people's lives/jobs/well-being/lifestyle? This should take up at least one side of A4 paper.

Additional information:

Please write the above in your own words, do not copy and paste. We would prefer it if you wrote the above in your own handwriting. These tasks should take you no longer than 1½ hours to complete. You will be expected to submit your work in the first lesson in September.

Recommended reading & activities list:

Deadline for Task: First lesson in week commencing 11th September 2017