



The Thomas Hardy School

Summer Preparation Task

Food Science & Nutrition WJEC Diploma

Purpose of task:

To gain knowledge on special diets.
To understand the functions and good sources of some vitamins.
To be more aware of how food issues dominate the media.

Task:

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

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

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

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

Anaemia – what nutrient is lacking, how can it be increased, what are the effects of anaemia?

Give detailed definitions of the following vitamins and including at least two good sources of each:

Vitamin C, Vitamin A, Vitamin D, Folic Acid, Vitamin B 12, Vitamin B6

Research two food related articles currently in the news.

Look on the TV, in the Sunday papers, daily newspapers, magazines 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.

Recommended resources:

WJEC Level 3 Certificate in Food Science and Nutrition Anita Tull

Illuminate Publishing £35

www.nutrition.org.uk

Foodafactoflife.co.uk

nhschoices.co.uk

AQA GCSE Food Preparation and Nutrition Anita Tull

Joachim D and Schloss A. The Science of Good Food : Robert Rose Inc.

Barham P The Science of cooking. Springer-Verlag 2001

WJEC Level 3 Diploma in Food Science and Nutrition

Anita Tull Illuminate Publishing £33

Deadline for Task: First lesson in the week commencing 14th September 2026

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.

Required Stationery and Equipment for WJEC Diploma in Food Science

At least one ring binder folder

Lined paper

Memory Stick

A range of baking and cooking equipment and tools to practise cooking techniques at home.

Specialist equipment will be discussed in lessons.

Essential Resources

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Things to Consider Throughout the Year

In year 12 you will be expected to bring ingredients to practical lessons at least once a week, and often twice, in order to learn essential skills to be successful in your final practical exam at the end of March. This is not optional.

For year 2 of the course:

Joachim D and Schloss A. The Science of Good Food: Robert Rose Inc.

Barham P. The Science of cooking. Springer-Verlag 2001