**Bridging the GCSE to A Level Gap**

**Subject:** Food Science and Nutrition

**Exam board:** WJEC

In order to get ready for the Level 3 Food Science and Nutrition course you should do some prior reading and tasks.

By doing the tasks provided you will get a taste of the type of work that is done on the course. It is important that you study a course that interests you and plays to your strengths.

If you have any questions you can talk to Mrs Emery (AEM) or Mr Stephenson (MST).

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| **Recommended reading** |
| CGP GCSE Food Preparation and Nutrition (ISBN 978 1 72294 649 6) |
| WJEC Level 3 Certificate in Food Science and Nutrition (ISBN 9781911208587) |

**Task**

***Sticky bit:*** *What could be done to improve Abdul’s diet and health?*

You have recently been employed as a chef at a care home for the elderly and have been working alongside the chef Abdul, a Muslim man in his 50s

Abdul has informed you that he finds himself increasingly fatigued during his working day (8 am to 6pm).

He tells you hat he has at least 8 hours of sleep per night so can’t understand why he feels the way he does.

You have offered to help Abdul and have assessed his current health parameters and nutritional intake (show below). Abdul informs you that many of his colleagues are overweight due to picking at the food they cook throughout the day, so Abdul is mindful of this with his current diet.

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| **Height** | 1.88m |
| **Weight** | 66kg |
| **Typical daily diet** | 7 am: Cup of tea, full fat milk, no sugar.1 pm: Tuna salad with a glass of water.3 pm: Cup of tea, full-fat milk, no sugar.7 pm: Chicken curry with rice. Cup of tea full-fat milk, no sugar. |

**Questions for learners.**

1. Think about what might be causing Abdul to be fatigued and why.
2. Is Abdul drinking enough fluid?
3. Is Abdul eating at the correct times?
4. Are the contents of Abdul’s meal meeting the recommended guidelines?
5. What can be done to increase Abdul’s energy?

Explain your answers for each question, come up with a plan for Abdul and explain how this plan would impact his health.

Suggest a 7-day meal plan that Abdul could follow include calorie information.

**Useful links**

Calorie calculator: <https://www.webmd.com/diet/healthtool-food-calorie-counter>

Recipes: <https://www.foodafactoflife.org.uk/>

BMI Calculator: <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

Eat well guide: <https://www.nhs.uk/live-well/eat-well/>

Eat well video: <https://www.youtube.com/watch?v=8aWqZd9RScQ>