

## **Food Science and Nutrition - BTG Summer Study Tasks**

### **TASK 1**

It is important to develop an awareness of current issues, concerns and developments relating to food. These can be related to health and nutrition, food hygiene and safety, new product development as well as trends in food consumption and recipe styles.

There is an almost endless list of food related TV programmes other sources of 'food news'.

In the summer keep a log of articles that you read and programmes that you watch. Write brief notes about each one.

**Aim to read or watch at least 5 different article / programmes.**

The following links will be useful, but it is likely that you will also find some more!

[Programmes - BBC Food](#)

The BBC has several programmes about diet and health as well as food production.

[Food - BBC News](#)

Most newspapers also have a food and health section

[Food | The Guardian](#)

[Food & drink news - The Telegraph](#)

[Food - latest news, breaking stories and comment - The Independent](#)

### **British Nutrition Foundation**

[Home - British Nutrition Foundation](#)

The BNF are a very good source of information relating to the health and nutritional aspects of food

[Facts behind the headlines - British Nutrition Foundation](#)

### **TASK 2**

#### **Practical skills**

During the summer you will hopefully have the opportunity to do some cooking!

You could try a new recipe or an ingredient that you have not previously used.

You could experiment with finishing techniques.

Keep a log of what you make – make a note of the link to the recipe or keep a copy of the recipe. Make brief notes about how successful the dish is.

You could keep a photo log of dishes that you make.

### **TASK 3 - optional**

You could also consider completing a free online course.

Some examples are suggested below. These are just a few...

**Open learn courses** - [OpenLearn](#) | [Open Educational Resources at The Open University](#) | [Open University](#)

The science of nutrition and healthy eating

Exploring health: is your lifestyle really to blame?

**Future Learn** - [FutureLearn: Online Courses and Degrees from Top Universities](#)

Food and Mood: Improving Mental Health Through Diet and Nutrition

Introduction to food science

Nutrition and well being