

Independent Study (recommended time spent 8 hours)

Level 3 Food Science

Dietary Scenario

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 50's. Abdul does a little exercise outside of work, usually a walk at the weekend. Abdul has informed you that he finds himself increasingly fatigued during his working day (8am-6pm). He tells you that he has at least 8 hours 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 (shown 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.

Height

1.88m

Weight

66kg

Typical Daily Diet

7am: Cup of tea, full fat milk, no sugar.

1pm: Tuna salad with a glass of water.

3pm: Cup of tea, full fat milk, no sugar.

7pm: Chicken curry with rice. Cup of tea, full fat milk, no sugar.

1. What nutrients do you think he should be eating more of? Why?
2. How can you use 'The Eatwell Guide' to solve Abdul's dietary problem?

Answer the following in sentences and use headings

3. Explain in your own words what is meant by the following terms DRV & EAR
4. Calculate the EAR for Abdul
5. What is Abdul's BMI? Is he underweight, normal weight or over weight?
6. What is his DAILY estimated energy requirement (EAR)?

Assess Abdul's current diet:

7. Plan, produce and present a lunch time meal that is healthy and balanced that you think is suitable for Abdul (Use the Eatwell guide). Give reasons for your choices

Planning

1. Create a 3-part time plan that includes preparation, production (cooking) and presentation. You should also include a special points column with all food safety points that you need to consider
2. Cook your dish and include step by step pictures on how you made it.

Time	Order of work	Special points

Extension

Create a **new daily diet** for Abdul ensuring that is balanced but does not exceed his EAR. Include this in the evaluation when you evaluate the nutritional element on explore food

Evaluate

1. Calculate the EAR of the dish/daily diet and record your findings. Do you think this is suitable for Abdul's needs?
2. What is the nutritional value of the dish? e.g. protein, carbohydrate, fat, vitamins and minerals. Does the dishes meet current DRV/GDA
3. Does the dish/whole meal meet current healthy eating guidelines e.g. eatwell guide, can it be eaten as part of a balanced diet, is it too high in salt, sugar, saturated fat, or low in vegetable?
4. How could you adapt even more to make it suitable for Abdul?

In addition, make sure you have an overview of the following when you start:

- What is a healthy diet?
- The relationship between nutrients and the human body.
- Current food issues (reading up – newspapers, food articles, online blogs etc)
- Food poisoning

From September onwards you will be cooking a range of dishes so ideally it would be great to get your own recipe book/ file of recipes together. This will be helpful when you need to start cooking/ planning dishes.

I look forward to teaching you in September.

Have a lovely Summer

Mrs Lloyd.

Reading List

A level Food

The Science of Nutrition: Debunk the Diet Myths and Learn How to Eat Well for Health and Happiness Hardcover – 30 Dec. 2021
by Rhiannon Lambert (Author)

The Food Bible: The Ultimate Reference Book for Food and Your Health Paperback – 13 Jan. 2020
by Judith Wills (Author)