



Summer Transition Work

Food Science and Nutrition

Hoe Valley Sixth Form

Dear student,

Over the summer we want you to complete the following tasks below to help you make a successful transition from GCSE to Sixth Form study. Our summer transition work includes the following 3 elements to help you feel like a pro when your sixth form journey begins!

Preparation

Below are some tasks that will help to introduce you to knowledge required for the start of the course or to consolidate key GCSE level material.

Watch

Watch six shows with six different TV chefs. You only need to watch one episode for each chef.

Cook

Cook six new recipes for your family.

Eat

Try six new foods during the school holiday

Reading

Below is some essential reading material or some titles that will help you to read around your subject and develop a deeper understanding of the subject, a crucial skill for success in the Sixth Form.

Complete the Open University Open Learn Free course - The science of nutrition and healthy eating.

<https://www.open.edu/openlearn/health-sports-psychology/health/the-science-nutrition-and-healthy-eating/content-section-overview?active-tab=description-tab>

The course takes 24 hours to complete and you will gain a certificate upon completion of the course

Organisation

Below are tasks to help you to be organised with your work when you start in September. You will be completing a huge amount of work and to be successful you must keep on top of everything!

- You will be cooking in school and needing to bring in ingredients. Start collecting items that would normally go in the recycling such as jam jars and margarine pots. You can use these to transport your ingredients easily.
- Make sure you have a set of weighing scales and a good measuring jug at home.
- Start collecting interesting serving dishes and plates so you can showcase your work creatively - have a look in charity shops, what about your Grannys cupboards? Could you collect something interesting and unlikely in your holiday that could be used for presentation such as a piece of driftwood.
- Make sure you have a day folder or similar to keep work that needs completing at home in good condition.
- Make sure you bring a notebook or diary to every lesson so that you can record your independent learning tasks.

