

Independent Learning Guide



Applied Food Science and Nutrition

You should be working for a minimum of **three-hours per week** per subject for independent work beyond what is set in lesson time.

Below is a list of suggested activities:

After each lesson, in addition to completing any set work, a pro-active, independent learner would:

- Makes sure all independent tasks set are completed in full, these need to be submitted to the class teacher.
- Ensure that notes are completed from the lesson.
- Read through any handouts provided.
- Try to summarise the content of the lesson in note or produce revision cards for content that you're unsure of.
- Try to commit factual information to memory immediately, rather than leaving it until revision.
- Make sure that they understand the teacher explanations before starting the assignment/coursework tasks

To further your practical skills:

Practice recipes and knife skills at home using the recipe sheets that you have been given in class.

Use the following resources to support your independent study:

Please use the below websites to help support independent study and revision.

Resource	Description
GCSE revision guide and textbooks.	Consider revising GCSE content to secure your understanding at Level 2 before moving to Level 3.
https://www.foodafactoflife.org.uk/	This is a great website with lots of resources on nutrition and food safety.
https://www.nutrition.org.uk/	This is a great website with lots of resources on nutrition
https://www.bda.uk.com/	Detailed factsheets on all key areas of nutrition.
https://www.hoddereducation.co.uk/myrevisionnotesdownloads	Revision activities.
www.youtube.com	Great for watching skills video and knife skills. This will also hold great videos on nutrition also.

Stretch yourself:

Using the food hygiene booklet to make notes and revision cards to help you with food safety which we cover as part of practical's and in Unit 2.

