

Food Science and Nutrition Summer Transition work

Complete all 3 tasks below. To be handed in by 11th September:

1. Read

Online - [News | British Nutrition Foundation](#)

Read any article that interests you and write down 3 facts:

Article Name _____

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2. Listen

[The Optimum Nutrition Podcast](#) - Discussing health issues in relation to nutrition

Listen to one podcast and write down 3 facts about it:

Podcast Name _____

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3. Do - Course

[Food Allergy Online Training](#) - provided free by the Food Standards Agency

Complete this free course and download the certificate or send a copy of the certificate to: amcdonald@rushcliffespencer.org.uk