



5 hours in... Food Science and Nutrition (Year 13)

Research shows that the most successful students (i.e. those that make the most progress and get the highest grades) are doing between 20 and 25 hours of independent study per week by the end of Year 13. That may seem a lot, but it's something that you would build up to over the course of your A-Levels. In Year 12, we're talking something more like 15 hours per week. This equates to roughly 5 hours of independent study per A-Level per subject.

Remember that your independent study is divided into three types – **Consolidation, Reactive and Proactive**. How this is divided may vary from week to week or between subjects but one approach could be:

Consolidation - 45mins

Straight after a lesson, or that evening / the following day you should reread your notes, talk a topic through with somebody, write summaries, mindmaps, flashcards e.g. for equations, definitions, facts you need to recall etc.

Unit 3 - Experimenting to Solve Food Production Problems (Internal Assessment)

Unit 2 – Ensuring Food is Safe to Eat (External Assessment)

The content of each theory lesson is used in your Internally Assessed project and the more you understand the theory behind the lessons the easier it will be to write your project. Use these 45 minutes to ensure your class notes are comprehensive, all the Power Points from each theory lesson can be found on TEAMS to help you.

A neat folder for both Unit 3 and Unit 2 is a vital component of a successful Internally Assessed project so use this time to keep your folder in excellent order.

Reactive – 3hrs

This is your 'homework'. Each of your teachers should give you at least 1 hours' worth of homework each week. This could be linked to upcoming exams, preparation work for coursework or coursework that is currently being completed.

Because both Assessments in Year 13 are projects, there are no exam questions to practice! Homework that will be set are more about background research on specific topics related to the week's theory lesson. It is important that these research topic homework tasks are completed with focus and in detail, as these pieces of work will supplement your class notes.

If you find this takes more than 1 hour, that's fine, you can take this from the proactive phase (not from the consolidation phase though). Equally, if you find you finish your reactive work quickly, spend more time on your proactive work.

Proactive – 1hr 15mins

This is the section that will broaden and deepen your overall understanding of the subject you are studying. It will not necessarily involve work that has been set by your teacher, but instead it is about you doing the extra practice questions, reading articles, watching videos, TED talks etc. In Food Science and Nutrition, this might contain some of the following:

- Use the Learning Objective Specification checklist to evaluate your understanding (45 mins)
- Creation of knowledge organisers for each Learning Objective and Assessment Criteria (1 hour)
- "Read, Cover, Write and Check" sections of Knowledge organisers (30 mins)
- Watch a TED talk on a relevant topic (20 mins)

Useful links:

GCSE – Food Preparation and Nutrition Digi Book

Even though this is a GCSE resource there are still some very useful links to both Food Science and Food Safety.

<https://www.illuminate.digital/aqafood/>

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