

## AS Food Technology

Work to do over the summer:

1. Save or print 5 news articles based on nutrition, food or food related issues e.g., Fair Trade, sustainability. Select 1 article which you would like to present to the class. Prepare yourself so you are ready to present the article to the class.
2. Make an A3 mind map of the Vitamins and Minerals hand-out. Include for each nutrient:
  - at least 2 functions,
  - 6 food sources,
  - what happens in the body if you eat too much and too little.

