

Food Science and Nutrition Summer Work

1. **Complete the research below on diabetes.**
2. **Research and plan a 2 course meal suitable for a diabetic. It can be either a starter and main course or main course and dessert.**
3. **Write a time plan for your two dishes, adding in health and safety points as well as quality points, you can ignore the third column. You will be making these dishes in your first practical lesson.**

Research Task:- DIABETES

1. *What is Diabetes?*

2. *What is Type 1 Diabetes? What are the symptoms and treatment given?*

3. *What is Type 2 Diabetes? What are the symptoms and recommended treatment?*

Time	Method	Quality Control Contingencies HACCP	Monitoring and Changes
9.00	Mise-en Place (PREPARATION)		

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