



MINI-INVESTIGATION

Introduction to Unit 4

AIM: PREPARING FOR UNIT 4

Unit 4: Current Issues in Food Science and Nutrition

- Throughout this mini investigation task you will develop your knowledge of issues that are currently affecting food choice and food availability
- You will also develop the research and report writing skills you need to effectively plan, carry out and analyse a research project
- You have 3 issues to choose from and must write up a report which should be **2000 words** (or no more than 10 sides of A4)

ISSUE 1: SOCIAL MEDIA

- The 2016 BBC Good Food Nation Survey found that 40% of millennials have posted photos of their food on social media channels and more people are using social media to post recipe ideas and diet plans.
- Is this a good development or not? Are more people inspired to cook for themselves as a result? Are the diet plans balanced or do they encourage people to follow faddy diets that are bad for their longer term health?



ISSUE 1: SOCIAL MEDIA

Question: Is the rise of food social media posts good for the health of the nation?

1. Investigate the rise in the posting of foods on social media – a questionnaire, interview or focus group must be included in your investigation.
2. Recreate a dish/meal worthy of Instagram conduct taste testing and nutritional analysis.
3. Evaluate the Stakeholders involved and how they have responded to the issues.



ISSUE 2: ZERO WASTE

- Minimising food waste is something people are getting behind, and now thanks to high profile TV programmes, the war on waste is gaining traction.
- Supermarkets are doing more to avoid food waste from producers (Wonky Vegetables in Morrisons) and families are composting food waste via roadside collections but the average family still wastes £700 of food every year.



ISSUE 2: ZERO WASTE

Question: Can more be done to tackle food waste in the UK?

1. Investigate the importance of reducing food waste and what is being done to reduce it – a questionnaire, interview or focus group must be included in your investigation.
2. Create a dish/meal that creates minimal waste, or uses leftovers, conduct taste testing and nutritional analysis
3. Evaluate the Stakeholders involved and how they have responded to the issues.



ISSUE 3: HEALTHY SNACKS

- The blurring of mealtimes will mean more of us opt to graze instead of eating three meals a day. This became more prevalent during lockdown when snacking was seen as the "biggest negative consequence", with a 40% increase in snacks including "grazing" on crisps and chocolate
- Picking and sharing small plates are also on the rise, as are healthier snack solutions to help us eat healthily on the go.



ISSUE 3: HEALTHY SNACKS

Question: Can snacking in between meals ever be part of a healthy, balanced diet?

1. Investigate why people not eating 3 meals a day and identify the foods available for people to graze on - a questionnaire, interview or focus group must be included in your investigation.
2. Create a minimum of 2 healthy snack dishes and conduct taste testing and nutritional analysis.
3. Evaluate the Stakeholders involved and how they have responded to the issues.



TASK 1: CREATE A MINDMAP OF YOUR INITIAL THOUGHTS FOR EACH TREND



Hypothesis and Research Aims

Primary Research

Secondary Research

Can snacking in between meals ever be part of a healthy, balanced diet?

Stakeholders and Recommendations

Hypothesis and Research Aims

Primary Research

Secondary Research

Can more be done to tackle
food waste in the UK?

Stakeholders and Recommendations

Hypothesis and Research Aims

Primary Research


Secondary Research

Is the rise of food social media posts good for the health of the nation?

Stakeholders and Recommendations

TASK 2: CHOOSE ONE TASK TO EXPLORE IN MORE DETAIL

- Write an introduction to the task explaining what the current trend is, what you need to do to investigate the trend and how you will do this and how it links to your previous learning
- Propose a **research question** and **hypothesis**
- Identify aims and a research plan



Use the template guide to help you with this

PLANNING: AIM SETTING

- A research aim expresses the intention or an aspiration of a piece of work. It summarises in a single sentence what you hope to achieve
- The aim should be specific and phrased in such a way that it is possible to identify when it has been achieved
- Make sure the aims are in a logical order – starting with aims that look at the bigger picture and narrowing down to more specific information

What order is most logical for these aims?

To investigate how celebrity chef's recipes and cooking programmes compare with the healthy eating guidelines

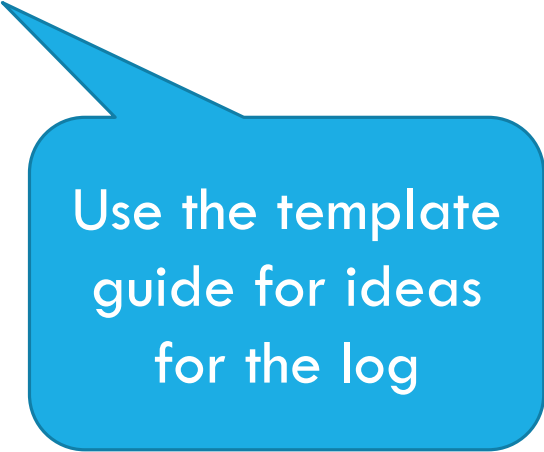
To investigate how the media and the current economic environment has influenced the recipes of celeb chefs

To investigate the government's healthy eating guidelines and whether there is a broad awareness and understanding of them amongst the general public

TASK 3: PROJECT LOG

Throughout the project you will need to record the progress of your project in a **project log**.

- What are you planning to do when?
- How will the activity help you to meet your project aims?
- What changes will you make if things don't go to plan?



Use the template
guide for ideas
for the log

MANAGING: PROJECT LOG

You need to monitor and evaluate your research project through an activity log – this can be an appendix but needs to be updated as you go along:

Date/Time	Activity (AC1.2)	Purpose (AC1.3)	Modifications (AC2.2)	Outcome (AC2.1)
w/c 21 st September	Identify and review three current issues affecting food science and nutrition. Draft mind-maps to explore how each could be extended into a project	To narrow down the issues I can explore and ensure that the issue chosen is relevant and can be explored in sufficient depth		I will have finalized an issue to investigate expressed as a research question with a clear hypothesis and aims
w/c 28 th September	Begin secondary research on the internet to identify a range of credible sources of information and data	To check the viability of my research – not enough data would make it difficult to proceed and may need to revise the parameters	I found more sources of information than I expected and summarising it all would take too much time	I have narrowed down the parameters of my research to make it more achievable in the timescales

TASK 4: RESEARCH ACTIVITY

Carry out **two** pieces of **primary research** and **two** pieces of **secondary research** and summarise your findings, for example, summarise published reports or newspaper articles or write up the results of your primary research using graphs or charts where you can – your practical activity counts as ‘primary research’



EXAMPLES OF RESEARCH

Internet

Journals/ books

Newspapers

Supermarket research

Focus group

Questionnaire

Interview

Food diary

Taste test panel

Product analysis

Practical investigation

Survey

Observation

Nutritional Analysis

Cost Analysis

PLANNING: METHODS

Research Methodologies Overview

You can find out information for your research report from a number of different sources. You should use at least 2 different sources of information to get a better distinction. However, it is important that your sources are genuine, valid, reliable and without bias. You can use all of the methods listed below but you should be aware of the advantages and disadvantages of each.

Secondary Research (conducted by someone else)

Definition	Advantages	Disadvantages
Academic research papers		
Books		
Government statistics		
Government publications		
Fund charity reports and publications		
Newspaper and magazine articles		
Websites		
Documentaries		
Podcasts		
Social media accounts		

Primary Research (conducted by you)

Definition	Advantages	Disadvantages
Questionnaires and surveys		
Focus groups		
Observations		
Interviews		
Case studies		
Media comparisons		
SW comparisons		
Analysis		
Experiments		
Testing		

Complete the tables to consider the **pros and cons** of different methods of research

TASK 5: MAKE A DISH

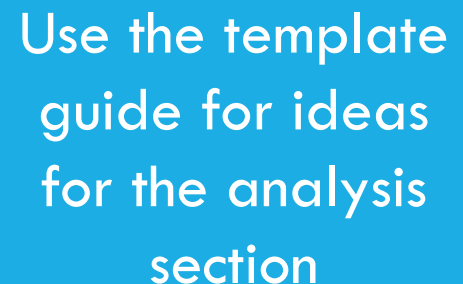
- Prepare, cook and present a meal/dish relevant to the issue you've chosen
- Consider all the different types of research you can do as part of this activity (cost analysis, nutritional analysis, product comparisons, taste testing etc)

Practical date is
Thursday 23rd
June



TASK 6: ANALYSIS

- Analyse your results by linking back to your aims.
- What conclusions do you come to?
- Was your hypothesis right or not?
- What do stakeholders think of your conclusions?



Use the template
guide for ideas
for the analysis
section

TASK 7: LESSONS LEARNT

The importance of choosing the right issue

Write a paragraph to explain what lessons you've learnt from carrying out this mini investigation

The need for clear aims

Having a realistic and achievable research plan

Being analytical and drawing conclusions