



## FOOD SCIENCE AND NUTRITION

### Course Information

Students study the subject in the context of a multi-cultural, changing and contemporary society. It explores the relationship between food, nutrition and health, and offers the opportunity for creative, investigative and analytical study.

**The Qualification WJEC Level 3 Certificate/ Diploma** (This is an Applied General Qualification)

**Certificate** - 1 Unit – Unit 1

**Diploma** - 3 Units – Unit 1 & 2 mandatory, plus one from Unit 3 or 4. Studying one of the two optional units will allow learners the opportunity to study subjects of particular interest or relevance to them, building on previous learning and experience.

#### **Unit 1 – Meeting nutritional needs of Specific Groups – Internally & Externally Assessed**

This unit will give students an understanding of the nutrients required in the diet, their functions in the body and how nutritional requirements vary in different situations. Students will have the opportunity to develop the practical skills needed to interpret recipes, prepare and cook complex dishes to form the basis of a menu to meet the needs of specific individuals.

#### **Unit 2 – Ensuring food is safe to eat – Externally Assessed**

This unit will give students an understanding of hazards and risks in relation to the storage, preparation and cooking of food in different environments and the control measures needed to minimise these risks. Again, practical sessions will support the gaining of theoretical knowledge and ensure learning is a tactile experience.

#### **Unit 3 – Experimenting to solve food production problems – Internally Assessed**

This unit will give students the opportunity to use their understanding of the properties of food in order to plan and carry out experiments. The results of the experiments would be used to propose options to solve food production problems.

#### **Unit 4 – Current issues in food science and nutrition – Internally Assessed**

This unit will develop the skills needed to plan, carry out and present a research project on current issues related to consumer food choice.

**Assessment** – Internal & External Assessment. Internally assessed units are through summative controlled assessment. Performance bands are Pass, Merit and Distinction.

### Entry Requirements

Desirable courses to have followed at Key Stage 4 include Hospitality and Catering, Food Preparation and Nutrition, Biology, Chemistry, Child Development or P.E.

### Career Pathway

Some examples of jobs where a Food Science and Nutrition degree may be useful: Dietician, Food Technologist, Nutritional Therapist, Product/Process Development Scientist, Production Manager, Quality Manager or Retail Manager.

Should you like to receive any additional information on this course, please contact Mrs Lesley James – Subject Leader.