

Food Science & Nutrition

ACADEMIC
& APPLIED

Level 3

Course Leader:

Mrs L Hunt



Entry requirements

- You do not need to have completed a GCSE course in Food, however you should have at least 5 GCSE's at grade 4 or above and a passion for food and cooking
- The ability to be creative
- The ability to be self-motivated to complete coursework and meet deadlines

Why choose this course?

Level 3 Food Science and Nutrition allows students to gain a wealth of knowledge about the food and nutrition industry. Students will have the opportunity to learn about the relationship between the human body and food as well as practical skills for cooking and preparing food. Students will be able to consider employment in a range of different industries including the food and drink sectors of hospitality, catering, food production and food retail.

Web Links

https://www.wjec.co.uk/qualifications/food-science-and-nutrition-level-3#tab_keydocuments

www.bbc.co.uk/health/healthyliving

www.nutrition.org.uk

www.bbc.co.uk/food/recipes

What does the course involve?**Year 1 - 1.5hr Examination and a Controlled Assessment assignment****Unit 1 Meeting the Nutritional Needs of Specific Groups**

This **mandatory** unit will enable students to demonstrate an understanding of the science of food safety, nutrition and nutritional needs in a wide range of contexts, and through on-going practical sessions, to gain practical skills to produce quality food items to meet the needs of individuals. The purpose of this unit is for students to develop an understanding of the nutritional needs of specific target groups and plan and cook complex dishes to meet their nutritional needs.

Year 2 - Controlled Assessments**Unit 2 Ensuring Food is Safe to Eat**

The second **mandatory** unit will allow students to develop their understanding of the science of food safety and hygiene; essential knowledge for anyone involved in food production or wishing to work in the food industry. Practical sessions will support the gaining of theoretical knowledge and ensure learning is a tactile experience. Students will develop 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. From this understanding, students will be able to recommend the control measures that need to be in place, in different environments, to ensure that food is safe to eat.

Unit 3 Experimenting to Solve Food Production Problems

The aim of this **optional** unit is for students 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

Through this **optional** unit, you will develop the skills needed to plan, carry out and present a research project on current issues linked to issues related to food science and nutrition. This could be from the perspective of a consumer, food manufacturer, caterer and/or policy-making perspective.

All learners must take units 1 and 2 and then select either unit 3 or unit 4.

Possible career pathway

Food Science and Nutrition can support students in a wide range of career paths including Nutrition, Dietetics, Food Science, Sport Science, Product Development, Marketing, Food & Consumer Studies, Environmental Health, Hospitality and Catering, Leisure and Tourism, Social Work, Health & Social Care disciplines, Nursing, Teaching and many more.

Complimentary A Level courses include Science, Business, Sports Studies and Health and Social Care.

Note: This is our current offer which is subject to change