

Food Science and Nutrition

Awarding Body: WJEC

Level: Level 3 Applied Diploma

Intro

We all need food to survive: it's a product that will be forever in demand! Plus, the people with knowledge and an interest in food are in demand! One in eight jobs in the UK is related to the food sector, the careers are interesting and varied from farming, to food manufacturing and food retail plus all the supporting roles within these areas.

This course will offer you the opportunity to deepen and develop your knowledge about food science, and nutrition plus develop a broad knowledge about food in a wide range of settings. You will have the opportunity to do hands on food science investigations, develop your practical food preparation skills and the coursework element will develop your written skills.

Food Science and Nutrition is a qualification that will support learners in progressing to University but, in addition, you develop skills and knowledge, that can be applied to areas of your interest. It is designed to support learners progressing to university but there are many other opportunities.

Content included within the two years:

UNIT 1 – Meeting the nutritional needs of specific groups

This unit will enable the learner to demonstrate an understanding of nutrients, their function in the body and the nutritional requirements in a wide range of situations. Students will acquire skills to help the planning and cooking of nutritionally balanced meals to meet the needs of specific groups.

UNIT 2 – Ensuring Food is Safe to Eat

This unit's aim is to give an understanding of the science of food safety in relation to handling food from storage to cooking and to gain knowledge to minimise risks.

UNIT 4 - Current Issues in Food Science and Nutrition

The unit gives students the opportunity to plan, carry out and present a research project on current issues affecting consumer food choice. This project will allow students to develop an interest from earlier studies or through this unit.

Assessment:

- Unit 1: 50% internal portfolio consists of a practical assessment and a written exam. – Internal and external assessment.
- Unit 2: 8 hours controlled assessment under exam conditions – external assessment.
- Unit4: 14 hours controlled assessment under exam conditions – Internal Assessment

What you will need.

You will need a GCSE grade 4 in English and a grade 4 in GCSE Biology, or 4/4 in combined science. You should have studied Food Preparation and Nutrition at GCSE and achieved a grade 4. If you have not studied food at GCSE, you should be able to demonstrate a high level of interest in food via an interview and competency based practical skill assessment.

Career and further study

The course will give an understand of food science and nutrition which is relevant in many sectors. Care providers and nutritionists in the health sector, or sports coaches and fitness instructions use this knowledge. The hospitality sector, hotels, restaurants plus food manufacturers use the understanding to develop menus and food products. Policy makers use knowledge to support Government health messaging.

There are numerous university courses for food science, nutrition, food marketing, culinary arts management, food manufacturing, public health and nutrition, food policy, food economics or agriculture plus apprenticeships or college courses.

Trips and other costs

You will be expected to invest in text books, to fund trips to a farm, food manufacturer and provide ingredients for practical tasks.