# St. Joseph's College
# FOOD SCIENCE AND NUTRITION
# Level 3 Diploma
# Exam Board: WJEC

## Overview

An understanding of food science and nutrition is relevant to many industries and job roles. Care providers and nutritionists in hospitals use this knowledge, as do sports coaches and fitness instructors. Hotels and restaurants, food manufacturers and government agencies also use this understanding to develop menus, food products and policies that that support healthy eating initiatives. Many employment opportunities within the field of food science and nutrition are available to graduates.

The WJEC Level 3 Certificate in Food Science and Nutrition has been designed to provide learners with underpinning knowledge, understanding and skills to progress to further study and training. It offers exciting and interesting experiences that focus learning for 16-19 year-old learners and adult learners through applied learning, i.e. through the acquisition of knowledge and understanding in purposeful contexts linked to the food production industry.

## What will I learn on this course?

The Level 3 Food Science and Nutrition qualifications allow 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.

## How is the course delivered?

The WJEC Level 3 Diploma in Food Science and Nutrition is made up of four units.

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

## Unit 1: Meeting the Nutritional Needs of Specific Groups (mandatory)

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.

This unit is assessed by a 1.5hr Examination and a Controlled Assessment assignment in Y12

- **The written examination is 90 minutes**
- **The 9 hours of controlled assessment include research and preparation, culminating in a 3 hour practical examination**

## Unit 2: Ensuring Food is Safe to Eat (mandatory)

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. 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.

- This unit is examined by an 8 hour supervised study, carried out in May of Year 13

## Unit 3: Experimenting to Solve Food Production (optional) – Controlled Assessment Y13

The aim of this 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 (optional) – Controlled Assessment Y13

Through this 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.

- Unit 3 or 4 is assessed through a **14 hour research project**, to include relevant practical and experimental work

Examples of topics include:

- Is it easier to avoid obesity by having a vegetarian diet?
- Does the provision of a school breakfast club improve concentration levels?
- Is it possible to have a balanced diet on a low budget?
- Does the current trend for juicing provide a healthy balanced diet?
- Is it possible to have a sugar free diet and still eat processed foods?
- Is it possible to change your diet without the assistance of weight loss clubs?
- Is the range of conflicting advice available on health and diet confusing the general public?
- So protein supplements really help you to build muscle mass?

## What careers would this course be useful for?

Together with relevant Level 3 qualifications such as AS and A Levels in Biology, Chemistry, Sociology and Maths, learners will gain the required knowledge to progress to higher education degree courses, such as:

- BSc Food and Nutrition
- BSc Human Nutrition
- BSc (Hons) Public Health Nutrition
- BSc (Hons) Food Science and Technology

An understanding of food and nutrition is relevant to many industries and job roles. Care providers and nutritionists in hospitals use this knowledge, as do sports coaches and fitness instructors. Hotels and restaurants, food manufacturers and government agencies also use this understanding to develop menus, food products and policies that that support healthy eating initiatives. Food and drink is the largest manufacturing sector in the UK. Many employment opportunities within the field of food and nutrition are available to graduates including:

Food Technology, Food Marketing, Food Product Development, Dietetics, Nutrition, Teaching, Catering, Nursing, Hotel Management, Environmental Health, Social Health, Sports science

## Final Grades

**Distinction* - equivalent to A***
**Distinction – equivalent to A**
**Merit - equivalent to C**
**Pass – equivalent to E**

**Six reasons to study Food Science**

1. Diversity
2. Develop numerous skills
3. Good graduate prospects
4. Earning power
5. Creativity and excitement
6. You'll be working with food

**Please note : Additional Costs**

Students would be advised to purchase one text book for each of the two years, and would be required to purchase ingredients as necessary for practical work.