Food Science and Nutrition

Type of qualification: Diploma
Level of Course: 3

Overview

An understanding of food science and nutrition is relevant to many industries and job roles.

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.

What will I learn on this course?

This Level 3 Food Science and Nutrition qualification 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.

How is the course delivered?

The 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)
Unit 2: Ensuring Food is Safe to Eat (mandatory)
Unit 3: Experimenting to Solve Food Production
Unit 4: Current Issues in Food Science and Nutrition

How is the course assessed?

Unit 1: Examination (90 minutes)
Controlled assessment (9 hours) including a 3 hour practical examination
Unit 2: Supervised study (8 hours) in Year 13.
Unit 3/4: Research project (14 hours) in Year 13.

What careers would this course be useful for?

Together with relevant Level 3 qualifications such as 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

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 support healthy eating initiatives.

Many employment opportunities within 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

Food Science and Nutrition – Unit details

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.

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.

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.

Examples of topics for unit 3 & 4 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?