



# Food Science & Nutrition Level 3 Diploma



**Exam Board:** WJEC

**Entry requirements:** Minimum of 5 GCSEs, Grade 9-4 which must include GCSE Maths and English. Grade 4 or above in GCSE Food and Nutrition, Hospitality and Catering, Home Economics or similar

## Intent

### Structure

Students will expand on their knowledge and experience of working with ingredients. They will look more in-depth into the nutrients found in food and why they are needed in the body. Students will learn about dietary needs of specific groups of people and learn to plan meals, considering the nutritional needs of the specific group. Hygiene and safety is taught in depth across both years and students will take their Level 2 Food Hygiene certificate. During the second year of the course, students will scientifically investigate and solve problems with food production and apply the knowledge they have gained to resolve these problems, looking at the chemical and physical functions of ingredients.

Topic areas covered are:

- The properties of nutrients
- The functions of nutrients in the body
- Nutritional needs of specific groups
- Planning of complex dishes
- Planning the production of menus
- Cooking of complex dishes
- Using advanced techniques in the preparation and cooking of ingredients
- Using advanced presentation techniques
- Monitoring of food production
- Hygiene and safety of food production

## Implementation

### Content & Sequencing

#### Unit 1 Meeting Nutritional Needs of Specific Groups

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.

- **LO1** understand the importance of food safety
- **LO2** understand properties of nutrients
- **LO3** understand the relationship between nutrients and the human body
- **LO4** be able to plan nutritional requirements
- **LO5** be able to plan production of complex dishes
- **LO6** be able to cook complex dishes

#### Unit 2 Ensuring Food is safe to Eat

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 minimize 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.

- **LO1** understand how micro-organisms affect food safety
- **LO2** understand how food can cause ill health
- **LO3** understand how food safety is managed in different situations

#### Unit 3 Experimenting to Solve Food Production Problems

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.

- **LO1** understand the scientific properties of food
- **LO2** be able to scientifically investigate changes to food
- **LO3** be able to solve food production problems

### Assessment Methods

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

Internal assessment: 50% - a single piece of controlled assessment which is scenario based and includes written and practical work.

External assessment: 50% - a 90 minute written exam plus 15 minutes reading time. Three sections: A - short answers, B - extended answers, C - relates to a case study.

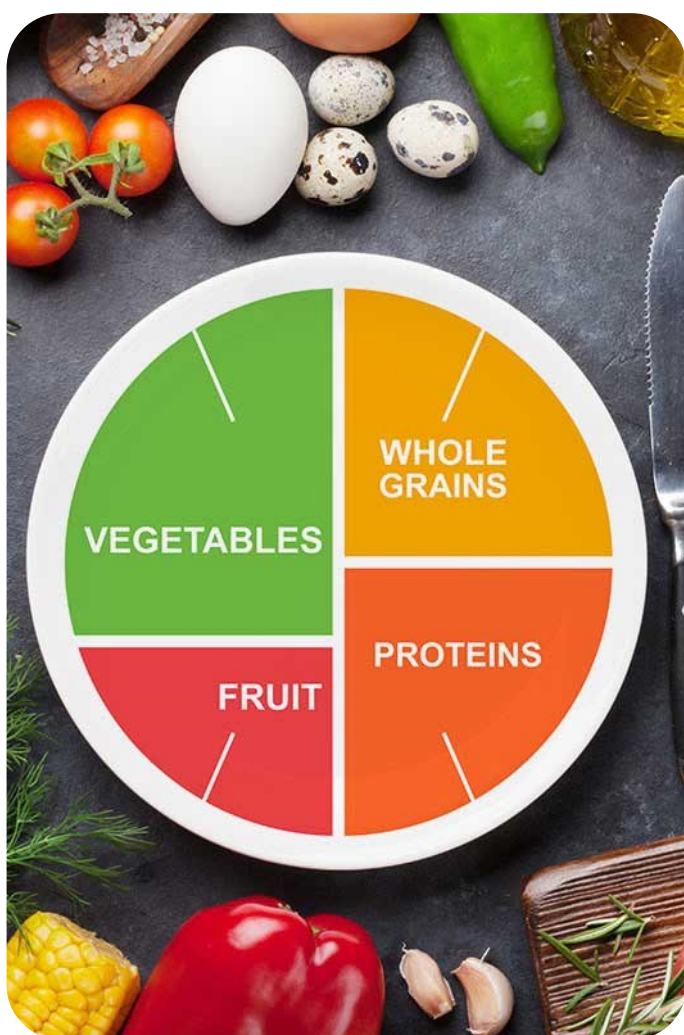
#### Unit 2: Ensuring food is Safe to Eat

External assessment: 25% - timed supervised assessment externally set scenario.

**and**

#### Unit 3: Experimenting to Solve Food Production Problems

Internal assessment: 25% - a single piece of controlled assessment which is scenario based and includes written and practical work.



## Impact

### Onward Progression

A diploma in Food Science and Nutrition will allow students to progress to further education together with relevant Level 3 qualifications such as A Levels in Biology, Chemistry, Sociology and Maths and/or Level 3 qualifications in Hospitality or Science, students 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

Future careers include: Chef, Food Writer, Food Technologist, Sports Nutritionist, Craft Baker, British Army Chef, Fresh Produce Development Technologist, Food Teacher – College/School, Super Market Buyer, Dietician, Food Photographer, Blog Writer, Cook Book Author, Restaurant Reviewer, Shop Owner – Coffee/Tea Shop, Cake Shop, Deli, Event Planner, Food Stylist, Sommelier, Spa Chef, Caterer, Food Blogger, Food Taster.

### Further information contact

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