

SUBJECT: Level 3 Food Science and Nutrition
EXAM BOARD: WJEC



Course Overview

An exciting new course which will allow students to learn about the relationship between the human body and food as well as developing practical skills linked to experimental work and the cooking and preparation of food.

Assessment Overview

Unit 1- 25% Exam, 25% Coursework

Meeting the Nutritional Needs of Specific Groups – this involves a practical food show case and an externally marked written examination. Learner will demonstrate an understanding of the science of nutrition and nutritional needs in a wide range of contexts. Students will experience on-going practical sessions, to gain a wide range of high level skills to produce quality food items to meet the needs of individuals.

Unit 2- 25% coursework

Ensuring Food is Safe to Eat – this is externally marked and involves experimentation and written research. This unit allows learners to develop their understanding of the science of food safety and hygiene; essential knowledge for anyone involved in food production in the home or wishing to work in the food industry. Again practical sessions will support the gaining of theoretical knowledge and ensure learning is a tactile experience.

Unit 3 or 4- 25% Internal assessment

Experimenting to Solve Food Production OR Current Issues in Food Science and Nutrition - Studying one of the two optional units allows learners the opportunity to study subjects of particular interest or relevance to them, building on previous learning and experiences.

The WJEC Level 3 Diploma in Food Science and Nutrition is assessed through a combination of a written exam and external assignment set and marked by WJEC and two centre marked assignments. Learners will be involved in weekly practical sessions and will build on the skills and knowledge developed at GCSE level.

Useful websites

The specification can be viewed here:

<https://www.wjec.co.uk/qualifications/food-science-and-nutrition/>

Useful Websites

BBC Health: www.bbc.co.uk/health/healthyliving

British Nutrition Foundation: www.nutrition.org.uk

Department for Health: www.dh.gov.uk

Food and Drink Federation: www.fdf.org.uk

Food Standards Agency:

www.food.gov.uk/aboutus/publications/industrypublications/

	<p>NHS: http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx</p> <p>Physical Activity and Nutrition Wales: www.physicalactivityandnutritionwales.org.uk</p> <p>Vegetarian Society: www.veg.soc.org.uk www.bbc.co.uk/food/recipes www.bbcgoodfood.com www.annabelkarmel.com</p>
Essential text books and reading list	<p>WJEC Level 3 Certificate in Food Science and Nutrition: Amazon.co.uk: Anita Tull: 9781911208587:</p> <p>Further reading on the sheet handed out in the session</p>
Summer task	<p>See sheet from session.</p>