

Food Science and Nutrition

Qualification: Level 3 Diploma in Food Science and Nutrition

Additional Entry Information:

Speak to **Mrs G Lewis** for more information.

What do students need to know or be able to do before taking the course?

Before undertaking Level 3 Food Science and Nutrition, you should ideally have followed the GCSE Food and Nutrition course. This will have given you the basic scientific knowledge and experience of practical processes. We will however accept students who haven't followed the GCSE course but you should discuss this with Mrs G Lewis

What will students learn on this course (skills and course content)?

This course will give you an understanding of food science and nutrition that is relevant to many industries and job roles. You will look into different nutritional needs and what affects them, along with fitness for purpose. It will also give you the chance to calculate nutritional requirements of individuals and analyse the nutritional needs of specific group's e.g. Individuals with Diabetes.

It will give you the opportunity to demonstrate an understanding of the science of food safety, nutrition and nutritional needs in a wide range of contexts. This course will also have practical cooking sessions throughout. This will give you opportunities to produce quality food items, designed to meet individual's needs. You will learn how to plan the production of complex dishes while using a range of advanced techniques, equipment and ingredients.

What sort of student is this course suitable for?

Students who undertake the course should have a passion and commitment to the subject. They should be motivated to develop their scientific knowledge behind food and its processes along with a desire to improve their practical skills and help others.

What kind of work will students need to be able to do outside of lessons?

- Practise practical skills and methods
- Research nutritional needs of individuals
- Keep up to date with current issues in Food Science and Nutrition

What is the course content and how is this assessed?

Unit 1: Meeting nutritional needs 50% of the diploma marks

Meeting nutritional needs of specific groups will enable you 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.

- Assessed by an external exam (25%)
- Assessed by a non-exam assessment (25%)



Unit 2: Ensuring food is safe to eat 25% of the diploma marks

Ensuring Food is Safe to Eat will allow you to develop your 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

- Assessed by an external exam (25%)

Unit 3: Experimenting to solve food production problems or current issues in food science and Nutrition

Experimenting to Solve Food Production Problems or Current Issues in Food Science and Nutrition will allow you the opportunity to study subjects of particular interest or relevance to you, building on previous learning and experiences.

- Assessed by a non-exam assessment (25%)

What could students go on to do at the end of this course?

Together with other relevant qualifications at Level 3, such as AS and A levels in Biology, Chemistry, Sociology and Maths and/or Level 3 qualifications in Hospitality or Science, learners will gain the required knowledge to be able to use the qualification to support entry to higher education courses such as: BSc Food and Nutrition, BSc Human Nutrition, BSc (Hons) Public Health Nutrition, BSc (Hons) Food Science and Technology.

