

Food Science & Nutrition

A stylized illustration of a pizza with various toppings like tomatoes, mushrooms, and olives, and a glass of red juice with a straw, set against a warm brown background.

Subject to Change
Level 3
Course Leader:
Mrs L Hunt

Entry requirements

- You do not need to have completed a GCSE course in Food, however you should have at least 5 GCSE's at grade 4 or above and a passion for food and cooking
- The ability to be creative
- The ability to be self-motivated to complete non examination assessments and meet deadlines

Why choose this course?

Level 3 Food Science and Nutrition 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. Students will be able to consider employment in a range of different industries including the food and drink sectors of hospitality, catering, food production and food retail.

Web Links

https://www.educas.co.uk/qualifications/level-3-alternative-academic-qualification-in-food-science-and-nutrition-extended-certificate/#tab_keydocuments

www.nutrition.org.uk

What does the course involve?**Year 1****Unit 1 Nutritional needs across the life stages—25%**

This unit develops knowledge and understanding of food and nutrition across the life stages.

- Understand properties of nutrients.
- Understand the relationship between nutrients and the human body.
- Be able to plan nutritional requirements

1 hour and 30 minute examination.

Unit 2 Developing practical food production skills—25%

Plan, prepare, cook and present food items to meet the needs of a specific target audience, using appropriate level 3 practical skills and techniques.

In this topic learners will gain knowledge, understanding and skills in the following areas:

- Factors affecting food choice
- Planning, preparation and cooking techniques
- Evaluating food production

11 hour 30 minute non examination assessment

Year 2**Unit 3 Principles of food hygiene and food safety in Food Production—25%**

In this topic learners will gain knowledge, understanding and skills in the following areas:

- Understand how micro-organisms affect food safety
- Understand how food can cause ill health
- Understand how food safety is managed in different situations

1 hour and 30 minute examination

Unit 4 Experimenting to Solve Food Production Problems—25%

The aim of this **optional** 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 5: Current Issues in Food Science and Nutrition—25%

Through this **optional** 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 or caterer.

12 hours non examination assessment.

Choose unit 4 or unit 5.

Possible career pathway

Food Science and Nutrition can support students in a wide range of career paths including Nutrition, Dietetics, Food Science, Sport Science, Product Development, Marketing, Food & Consumer Studies, Environmental Health, Hospitality and Catering, Leisure and Tourism, Social Work, Health & Social Care disciplines, Nursing, Teaching and many more.

Complimentary A Level courses include Science, Business, Sports Studies and Health and Social Care.

Note: This is our current offer which is subject to change