

Food Science and Nutrition

Exam Board: WJEC

Are you the type of person who enjoys the 'hands on' practical approach to learning and would like to include this element of education in your studies? The broad and multi-disciplinary nature of Food Science and Nutrition will allow you to demonstrate practical, investigational and experimental techniques as well as being an ideal vehicle to develop your key skills. Students interested in their diet and health, or a career in the food industry, dietetics, environmental health or health promotion would benefit from studying this subject. The course provides progression from all GCSE Home Economics and Design Technology courses, as well as accommodating students new to the subject. It is assessed through a combination of written examination, projects and case studies in order to cater for different learning styles.

Minimum Entry Requirements

- A minimum of 6 A* to C grades at GCSE with a **C** grade in Food and Nutrition if previously studied.

If you have any queries, please contact Miss L Lloyd (Head of Faculty).

Structure of the units

- Learners must complete the three units below.

Unit 1: Meeting Nutritional Needs of Specific Groups – Year 12

The purpose of this unit is for learners to develop an understanding of the nutritional needs of specific target groups and plan and cook complex dishes to meet their nutritional needs.

Assessment for this unit is a combination of internal and external tasks. The external assessment takes the form of a 90-minute written examination and the internal assessment is a summative controlled assignment.

Unit 2: Ensuring Food is Safe to Eat – Year 13

Learners 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 knowledge, learners will be able to recommend the control measures that need to be in place to ensure that food is safe to eat.

This unit is externally assessed. An assignment will be set by the examination board each year and candidates will complete it in 8 hours.

Unit 3: Experimenting to Solve Food Production Problems – Year 13

Through this unit you will use your understanding of the properties of food in order to plan and carry out experiments. The results of the experiments will be used to propose options to solve food production problems. A greater understanding of the scientific principles of food will provide you with a range of options to help you develop more innovative recipes.

This unit is internally assessed through a summative controlled assessment set by the examination board.

Progression Routes

Food Science and Technology, Human Nutrition and Dietetics, Public Health Nutrition, Sports Biomedicine and Nutrition, Environmental Health, Hospitality and Catering, Education.

Career Opportunities

The food industry is the largest industry in the UK and there are hundreds of unfilled postgraduate positions every year. Studying a food related course can open many doors and lead to a wide range of exciting career opportunities such as Food Technology, Product Development, Food Science, Sports Nutrition, Dietetics, Catering, Education, Environmental Health.