

FOOD SCIENCE AND NUTRITION – Level 3



“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” — *Ann Wigmore*

Overview

Food Science and Nutrition is relevant to many industries and job roles. You will explore the relationship between food, nutrition and health. Making use of creative, investigative and analytical study methods you will learn and demonstrate an understanding of the science of nutrition and nutritional needs in a wide range of contexts. The ongoing practical sessions enable you to gain a wide range of high level skills to produce quality food items and meet the needs of individuals.

Working on selection of optional units over the duration of the course you will be able to tailor your studies towards your area of interest in developing and problem solving in food production, food science and nutrition.

Year 12

Unit One: Meeting the Nutritional Needs of Specific Groups (external exam and internal assessment)

Year 13

Unit Two: Ensuring Food is Safe to Eat (external assignment)

Choice of one of the units from the list below:

- Experimenting to Solve Food Production Problems
- Current Issues in Food Science and

Assessment method

You will sit a written exam in Year 12 as well as completing an internally marked assignment.

In Year 13 you will carry out a 9 hour externally marked assessment and submit internally assessed coursework. These will contribute towards your final results.

Additional information

In addition to homework you will also be expected to carry out a minimum of 5 hours independent study per fortnight in each subject studied. During independent study periods you will be expected to carry out coursework assignments, prepare formal exam homework cards and exam style question papers.

Please be aware that students will need to make a contribution towards the cost of ingredients over the duration of the course.

Entry requirements

Five GCSE Grade 4 to 9 including English. Students do not need to have a GCSE in Food.

For more information contact

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Futures

Global opportunities in hotels and restaurants, nutritionists, sports coaches, fitness instructor, care provider, food manufacturer, environmental health, teaching, higher education.

Exam board

