



# A Level Food Science and Nutrition

## Why study Food Science and Nutrition?

Each unit within this qualification has an applied purpose which acts as a focus for the learning in the unit, and students are assessed through a combination of exams and controlled assessment. Students have their lessons in a dedicated theory classroom and state-of-the-art kitchen, both of which are excellently equipped, and allow teachers to bring the subject to life.

The controlled assessment usually appeals to students who enjoy producing work over a period of time and like to show off their creative flair. The examined components provide the opportunity for students to demonstrate their theoretical knowledge. Organisational skills are important for success, as students must bring their ingredients to each required practical lesson.

We offer a trip to a university food science department, where students participate in sensory testing and product development, as well as talks from industry professionals. Students also complete the Level 2 Food Hygiene and Safety certificate as part of the course, which is useful for future job applications.

## Entry requirements

Grade 6 in GCSE English and Mathematics is required. GCSE Food Preparation and Nutrition will certainly be beneficial to this course, but it is not a prerequisite.

## What does the course involve?

### Year 12 Unit 1: Meeting the nutritional needs of specific groups

You must produce a piece of controlled assessment (25% of the final grade) with a practical exam and take an externally marked written examination (25% of the final grade). You will demonstrate an understanding of the science of nutrition and nutritional needs in a wide range of contexts. You will gain a wide range of high-level practical skills to cook complex dishes to meet the needs of target groups.

### Year 13 Unit 2: Ensuring food is safe to eat

This unit allows 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. You will be able to identify the risks and hazards involved in food storage, preparation and cooking. The assessment is external and involves writing a report on food safety, using the notes you have prepared in class (25% of the final grade).

Optional work (choose one option)

### Unit 3: Experimenting to solve food production problems

This unit allows students to develop their understanding of the properties of ingredients in order to plan and conduct food science experiments. Your findings will allow you to propose solutions to food production problems (25% of the final grade).

### Unit 4: Current issues in food science and nutrition

You will develop the skills needed to plan, carry out and present a research project on current issues related to food science and nutrition. This could be from the perspective of a consumer, food manufacturer, caterer or policymaker (25% of the final grade).

## Exam Board

WJEC



## How is the course assessed?

Overall, each piece of work across the two years is worth 25% of the final grade, therefore the work in Year 12 and Year 13 carry equal weight. In Year 12, there is one piece of controlled assessment and one exam. In Year 13 there is one piece of controlled assessment and one exam. The main assessment difference to A Level is the grading, as shown below.

This course is equal to one A Level.

Grade	Equivalent A Level grade
Distinction *	A*
Distinction	A
Merit	C
Pass	E

## What can a Level 3 Diploma in Food Science and Nutrition lead to?

An understanding of Food Science and Nutrition is relevant to many industries and job roles. Dieticians and nutritionists in hospitals use this knowledge, as do sports coaches and fitness instructors. Hotels and restaurants, food manufacturers and government agencies also use this understanding to develop menus, food products and policies that support healthy eating initiatives. Possible university courses in this area include food science, food and nutrition, human nutrition, food and business and food marketing.

## What skills will be developed in the Level 3 Food Science and Nutrition Diploma course?

Food Science and Nutrition encompasses many skills, both theoretical and practical, and link wells to many other subjects including Chemistry, Biology, PE, Psychology and Geography. Students will leave the course having acquired the skills that will allow them to maintain good health throughout life, as well as be independent learners and creative problem-solvers.

