

Course Information



Level 3 in Food Science & Nutrition

What is a Level 3 Diploma in Food Science and Nutrition

The Level 3 Diploma in Food Science and Nutrition is about:

- Demonstrating an understanding of the science of food safety, nutrition and nutritional needs in a wide range of contexts, and through on-going practical sessions.
- Gain practical skills to produce quality food items to meet the needs of individuals.
- Develop an understanding of the science of food safety and hygiene.
- Develop an understanding of the nutritional needs of specific target groups and plan and cook complex dishes to meet their nutritional needs.

Year 12:

What will the course cover?

Meeting Nutritional Needs of Specific Groups

(50% of qualification)

- Develop an understanding of the nutritional needs of specific target groups and plan and cook dishes to meet this nutritional needs.
- Advanced Food Hygiene knowledge.
- Identify hazards and minimise risks when producing foods.
- Develop skills for preparing, cooking and presenting nutritious dishes that meet specific needs.

Year 13

What themes are studied in Year 13?

Ensuring Food is safe to Eat

(25% of qualification)

- Understanding of hazards and risks in relation to storage, preparation and cooking of food in different environments and the control measures needed to minimise risks.
- How micro-organisms can affect food safety.
- How foods can cause ill health in people that have intolerances and allergies.
- What controls need to be in place to minimise the risks of food causing ill health.

Experimenting to Solve Food Production

(25% of qualification)

- Understand scientific properties of food
- Scientifically investigate changes to food
- Solve food production problems

Studying this unit allows you the opportunity to study subjects of particular interest or relevance to you, building on previous learning and experiences.

How is it assessed?

Exam Board: WJEC

Students take a 90 minute exam for unit 1. This will be assessed alongside coursework for all units, which is completed at school and moderated externally.

Course entry requirements

Grade 5 or equivalent in a GCSE Science and Food Preparation and Nutrition.

Further information

Learners need to be aware that elements of this course will need them to have a good understanding of food science principles and be able to apply it in both a theoretical and practical way. This is not a vocational subject.

What next?

Students who study Food Science and Nutrition have access to a wide range of career and educational opportunities. By the end of the course you will have learnt how to solve problems, develop project work based skills, analyse and evaluate information, develop research skills and apply mathematical and ICT skills. Food Science combines effectively with PE and Science subjects to create an attractive portfolio of qualifications, enabling a student to move on with further education.