

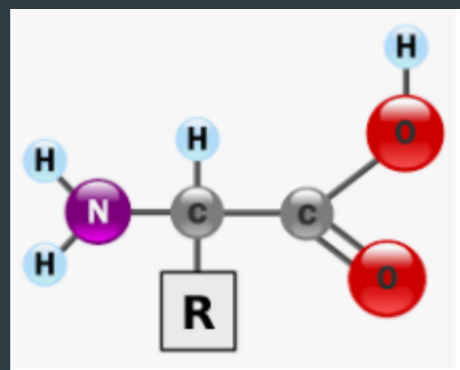
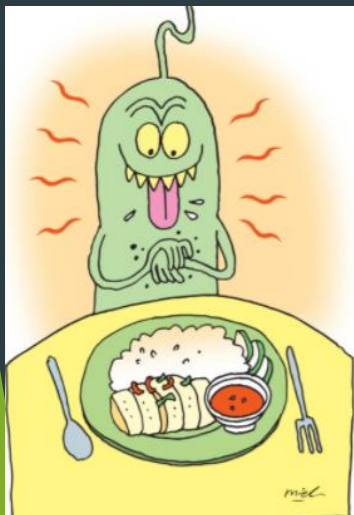
Welcome to the Southam College
Sixth Form



Welcome to Level 3 Food Science and Nutrition

Level 3

Food Science and Nutrition



Do you enjoy?

Being creative

Cooking

Being inquisitive?

Chemical structures

Experimenting

Science of food

Being part of a team

Developing skills for life

**Then the Level 3 Food Science and Nutrition Course
is perfect for you.. READ ON**

Who do we accept onto the course?

If students have studied:

- GCSE Food preparation and Nutrition we require a Grade 5 or above
- WJEC level 1/2 hospitality and catering we require a Level 2 pass or above
- We will consider students who have not studied food at level 2 but they must be able to show a passion for the subject and be willing to work extra hard to develop their base knowledge. I would also expect them to be keen cooks and show a passion and interest in all things “foodie”

Recent data

- **Every** student has successfully passed the course with the majority of students achieving a Merit or Above
- Several students have achieved a Distinction
- Three-Four students have excelled and managed to achieve a D*
- Three students are now studying Food at University including Leeds and Reading

Level 3 Food Science and Nutrition

WJEC Level 3 Diploma in Food Science and Nutrition

Grade	Tariff points
D*	56
D	48
M	32
P	16

Official title: Advanced GCE and Advanced VCE

Grade	Tariff points
A*	56
A	48
B	40
C	32
D	24
E	16

As you can see from this slide, the Diploma is equivalent to a GCE A level qualification. (size depth, rigour, Performance and UCAS points) Please note however there there is no D or B grade able to be awarded..

Level 3 Food Science and Nutrition

WJEC Level 3 Diploma in Food Science and Nutrition					
Unit Number	Entry Codes	Unit Title	Structure	Assessment	GLH
1	TBC	Meeting Nutritional Needs of Specific Groups	Mandatory	Internal and External	180
2	TBC	Ensuring Food is Safe to Eat	Mandatory	External	90
3	TBC	Experimenting to Solve Food Production Problems	Optional	Internal	90
4	TBC	Current Issues in Food Science and Nutrition	Optional	Internal	90

- **Three** units must be completed over the **two** year programme
- There are **two external** assessments and **two internal** assessments

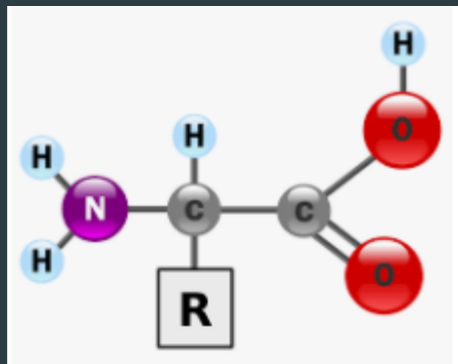
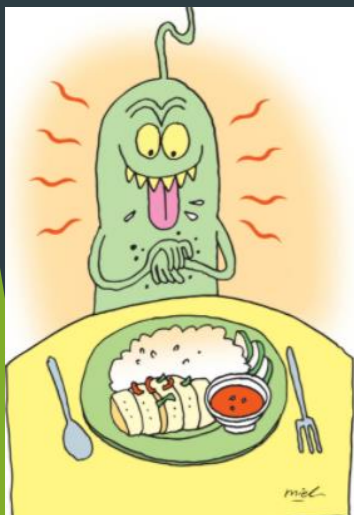
We do also run the one year certificate (equivalent to an AS) – this is Unit 1

Meeting Nutritional Needs of Specific Groups (Mandatory)

Two Assessments for this unit
One piece of coursework and one examination

Aim and purpose

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.



Meeting Nutritional Needs of Specific Groups (Mandatory)

Two Assessments for this unit

One piece of coursework and one examination

LO1 understand the importance of food safety

LO2 understand properties of nutrients

LO3 understand the relationship between nutrients and the human body

LO4 be able to plan nutritional requirements

LO5 be able to plan production of complex dishes

LO6 be able to cook complex dishes

Meeting Nutritional Needs of Specific Groups (Mandatory)

Examination Unit

(i) External assessment

90 minute examination plus 15 minutes reading time

Section A short answer questions

- (i) Name two types of food poisoning
- (ii) Explain the difference between water soluble and fat soluble vitamins

Section B extended answer questions

- (i) Assess how food production methods impact on nutritional value
- (ii) Discuss the value of food fortification

Section C relates to a case study

- (i) Analyse the individuals profile and identify their current and future specific nutritional needs.

Section C

Read the case study and answer all questions in the answer book provided.

Rhiannon has just joined the latest health promotion initiative at her local leisure centre. During her induction the personal trainer obtains the following personal details.

Name	Rhiannon
Age	18
Weight	65kg
Height	1.65m
Medical Conditions	Anaemic
Activity Levels	Works in shop Walks one mile to work five times per week Sedentary leisure time
Food/Drink Likes	Lager, cider, wine, french fries, beans, all fish and meats, chocolate, crisps
Food/Drink Dislikes	Vegetables
Approximate Daily Kcal Intake	2700 weekdays 4000 on weekends
Example Daily Diet	7 am – 2 slices of toast with jam 12 pm – bacon, lettuce and tomato baguette, can of fizzy cola, 1 packet of crisps, 1 chocolate bar 3 pm – bar of chocolate and cup of tea (2 sugars, semi-skimmed milk) 8 pm – meat feast pizza (12"), french fries, glass of red wine 9 pm – large glass of red wine Weekends - increased alcohol consumption

Meeting Nutritional Needs of Specific Groups (Mandatory)

Coursework Unit

LO5 Be able to plan production of complex dishes

LO6 Be able to cook complex dishes

Learners will need to

- (i) Select suitable dishes to meet the brief and showcase skills**
- (ii) Plan for the skills test**
- (iii) Prepare, cook and present the menu**
- (iv) Evaluate the menu and their efforts**

Learners have 9 1/2 hours to complete all sections of this assessment

Three course meal for 2 people in 3 hours



Range of skills developed throughout yr 12



Ensuring Food is safe to Eat (Mandatory)

Diploma only – Year 13

Aim and purpose

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 minimize these risks. From this understanding, learners will be able to recommend the control measures that need to be in place, in different environments, to ensure that food is safe to eat.

Learners have to

- (i) Produce a food safety resource to use as part of the training**
- (ii) Produce a food safety risk assessment for a set scenario**

EXAMINED UNIT



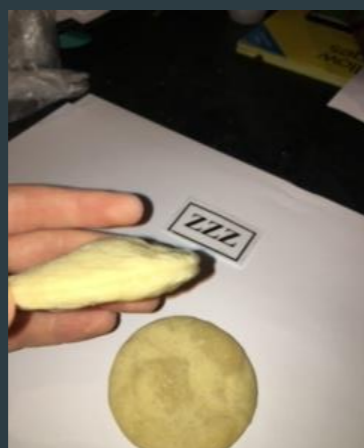
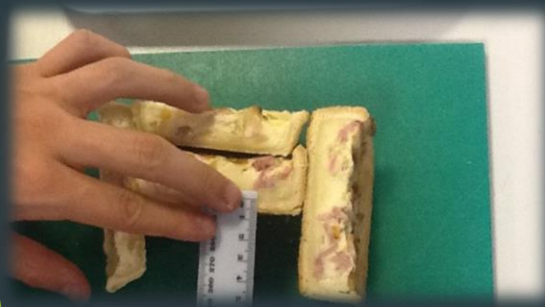
Experimenting to Solve Food Production Problems (Mandatory)

Diploma only – Year 13

Aim and purpose

The aim of this unit is for learners 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.

This is a coursework unit



Where next?

This course develops many skills and will support students who wish to go onto further education either in food or non food related subjects

**BSC Food Science
and nutrition**

**Dietetics and
nutrition**

BSC Food Science

Sport and exercise nutrition

Baking Science and technology

BSC Food Science and technology

BSC Food Technology

Quotes from my yr 12 students

“I decided to do Food Science and Nutrition as I wanted to improve my cooking skills and to know how to cook healthy and nutritious food. I was also interested in the science of food as I am interested in maybe studying it at University. My first few weeks have been really enjoyable as I have cooked a variety of foods and I have also learnt a lot about food safety and nutrition. It is a great course for anyone wanting to learn about food and the science and nutrition behind it” Year 12 student

“I choose food because you can experiment with different things and create dishes from your imagination” Year 12 student

“I chose food because I enjoy cooking but I especially like learning new ways of presenting food to restaurant quality” Year 12 student

“I like learning about the nutrition aspect of the course and linking it to different people” Year 12 student

Quotes from my yr 13 students

“I have enjoyed the course over the last two years; the smaller groups have created a friendly and supportive network; loved still being able to cook and experiment with food; I would highly recommend doing the course” Year 13 student

“The course is really good because we are well supported and it’s really interesting. I like the course because it leads to a range of jobs and opportunities” Year 13 student

“The Food course is a really valuable course to take as you learn lots of life skills and the science behind it all. The staff in the food block are lovely always make me feel welcome when i walk into the classroom there is never a dull moment. Support is always given if you are struggling. The course is spread out and explained well by teachers. I enjoy doing practicals and there is plenty off them along with practical investigations.I highly recommend the course”