



# Food Science and Nutrition

## Why should you follow this course?

- You have successfully completed a GCSE course and wish to gain a broad view of food science and nutrition.
- You wish to gain a greater understanding of the development in food science, nutrition and safety and its impact on all of our lives.
- You wish to develop key practical cookery skills
- You have studied any of the following with a degree of success: Food Preparation and Nutrition, Biology
- You are determined to work hard.
- You wish to develop dishes and understand the theory behind the manufacture and evolution of such products.
- You enjoy creatively solving problems.
- You can work to strict deadlines.
- You are self-motivated and enjoy working independently.



## What will you cover during the course?

During the course you will:

- Research and investigate ingredients and products functional properties to solve problems.
- Develop a range of complex practical skills
- Planning and time management
- To be able to identify the nutritional needs of a range of specific groups such as children and the elderly
- Experiment with techniques and processes
- Gain a greater appreciation of the relationship between design, ingredients, manufacture and marketing.

## What teaching and learning methods will be used?

Traditional teacher led activities, individual research, product analysis exercises, small group work and presentations.

Examination Board: WJEC  
Qualification: Level 3 Diploma

## COURSE CONTENT & ASSESSMENT

In Year 12 you will be guided through a coursework module meeting the needs of specific nutritional groups alongside theory lessons with essay style questions to complete. An external exam concludes year 12. Year 13 is made up of 2 selected modules focusing on solving food production problems and investigating current issues in food science and nutrition.

## How will the course be assessed?

- 1 exam
- 3 research and coursework based modules split over the 2 years.

Students are expected to respond independently to their set module briefs by working through research, investigation and experimentation to deliver a final product or solution which is fit for purpose.

## What can you do when you have your qualification?

University/employment

Problem solving and development is a creative activity which involves identifying and resolving problems, creating realistic responses and then producing and testing solutions.

Food science and nutrition could take you into a number of exciting career paths - nutritionist, dietician, health and safety manager and/or inspector, food technologist, brand manager, food buyer, development chef, teacher, catering coordinator and many more.

Examples of degrees that can lead on from this course include:

- Human Nutrition and Health
- Nutrition and Dietetics
- Food Science



For further information or advice please contact

**Miss Mckenna**

emckenna@williamhoward.cumbria.sch.uk