

## FOOD SCIENCE & NUTRITION Level 3 Diploma

**Qualification** Level 3 Diploma in Food Science and Nutrition

**Exam Board** WJEC

**Course Specific Entry Requirements** If you study Food Preparation and Nutrition or Hospitality and Catering, at Level 2, you must achieve a Grade 5 or above **or** a Merit or above. However, it is not necessary to have studied these subjects at Level 2

### Overview

This qualification offers you the opportunity to acquire knowledge and understanding through purposeful, work-related contexts linked to the food production industry and leads to many employment opportunities within the field of food science and nutrition. An understanding of food science and nutrition is relevant to many industries and job roles. Care providers 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.

### What will I learn?

▲ **Unit 1 Meeting the Nutritional Needs of Specific Groups** (*internally and externally assessed*)

The purpose of this unit is for you to develop an understanding of the nutritional needs of specific target groups and plan and cook complex dishes to meet their nutritional needs. It will enable you to demonstrate an understanding of the science of food safety, nutrition and nutritional needs in a wide range of contexts.

▲ **Unit 2 Ensuring Food is Safe to Eat** (*externally assessed*)

You 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 minimise these risks. From this understanding, you 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.

▲ **Unit 3 Experimenting to Solve Food Production** (*internally assessed*)

The aim of this unit is for you to use your 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

▲ **Unit 4 Current Issues in Food Science and Nutrition** (*externally assessed*)

Through this unit, you will develop the skills needed to plan, carry out and present a research project on current issues linked to issues related to food science and nutrition. This could be from the perspective of a consumer, food manufacturer, caterer and/or policy-making perspective

### How will I learn?

Practical and theoretical sessions will support the development of your theoretical knowledge and ensure learning is a tactile experience. Regular practical sessions will allow you to gain practical skills to produce quality food items to meet the needs of individuals. The two optional units will allow you to study subjects of particular interest or relevance to you, building on previous learning and experiences. The applied purpose of each unit requires you to consider the application of your learning on yourself, other individuals, employers, society and the environment. It requires you to develop independent learning skills, problem solving skills, presentation skills and project based research skills. The fundamental ability to work alongside other students, in a professional environment, will be central to how you learn on this course.

### Where could it lead?

The WJEC Level 3 Certificate in Food Science and Nutrition has been designed to provide you with underpinning knowledge, understanding and skills to progress to further study and training. Together with other relevant qualifications at Level 3, you will gain the required knowledge to be able to use the qualification to support entry to higher education courses such as degrees in Food and Nutrition, Human Nutrition, Public Health Nutrition and Food Science and Technology.