



Food Science and Nutrition

Examination Board: WJEC Food Science and Nutrition Diploma 4552/3

This level 3 qualification, equivalent to an A-level, aims to provide students with an understanding of applied nutrition and the science behind food preparation. The food and drinks industry is the largest in the UK and continually responds to demands and changes in consumer choice, government policy and the environment. Many of these demands and changes are issues that are studied in depth during this course. 133 industry standard food-based degrees are available in over 60 UK universities, including Reading and Nottingham. This course employs an investigative and problem-solving approach to the study of the subject and the development of complex practical food production skills is integral throughout all units. The GCSE in Food and Nutrition provides a strong foundation to this course. This course credits UCAS points in the same way as an A-level.

Certificate (AS equivalent)

Unit 1: Internal assessment - Meeting nutritional needs of specific groups and developing practical food production skills

This unit includes a 3.5 hour practical examination.

The aim of this unit is to give students understanding of nutrients, their functions in the body and how nutritional requirements vary in different situations. They will be able to use this understanding critically to assess diets of specific target groups and plan changes needed to ensure a nutritional balance is maintained. They will acquire skills to enable the planning and cooking of nutritionally balanced and complex dishes, whilst demonstrating an understanding of the importance of food safety.

Diploma (A2 equivalent)

Students complete three units: two mandatory and one optional for the diploma, including unit 1.

Unit 2: External assessment - Ensuring food is safe to eat (mandatory)

The aim of this unit is to give students an understanding of hazards and risks in relation to storage, preparation and cooking of food in different environments and the control measures needed to minimise these risks. To include the Level 3 Chartered Institute of Environmental Health qualification.

Choose either Unit 3 or Unit 4:

Unit 3 - Experimenting to solve food production problems (internal and optional)

The aim of this unit is for students to understand the properties of food, to plan and carry out experiments or practical work to demonstrate the properties of food and to use results of experiments or practical work to propose options to solve food production problems. Students will need to be able to produce and apply evidence using between 3,500 - 4,000 words.

Unit 4 - Current issues in food science and nutrition (internal and optional)

The unit requires students to develop skills to plan, carry out and present a research project on a current issue related to consumer food choice, producing a report of between 3,500 - 4,000 words.

Entry requirements

It is helpful, but not necessary, for candidates to have studied GCSE Food and Nutrition and Biology before commencing work on this specification.