

Level 3 Diploma in Food and Science Nutrition

Entry Requirements: GCSE grade 5 in a Science Biology or Chemistry or Combined Science and grade 5 in English Language, and an interest in food related studies. If Food Preparation and Nutrition has been studied, students need to have achieved a 5 or above. If students have studied Hospitality and Catering then they need a L2M or above.

Exam Board: WJEC

Subject Leader: Mrs T Stafford tstafford@taptonschool.co.uk

Main Syllabus Area

Y12 Level 3 Certificate outline:

Unit 1 Meeting Nutritional Needs of Specific Groups

This unit focuses on the importance of food safety, properties of nutrients, the relationship between nutrients and the human body and being able to plan nutritional requirements.

All learners will be expected to create a coursework portfolio, which is to be used as a revision resource.

Assessment:

50% External assessment - Set by the Examination Board one 90-minute external examination graded Level 3 Pass, Merit and Distinction.

50% Internal assessment - The outcomes of internal assessment will be externally moderated.

Success at Y12 Level 3 Certificate could lead to further study at Y13 Level 3 Diploma.

Y13 Level 3 Diploma outline:

Three units must be completed over the **two-year** programme (unit one completed in Y12)

Unit 2 - Ensuring Food is Safe to Eat

This is a mandatory unit and will be externally assessed but completed in 8 hours of lesson time under exam conditions (approximately around May/June). Candidates will have to respond to a scenario set by the exam board, through a written report and practical application.

Unit 3 - Experimenting to Solve Food Production Problems

This is an optional unit which is internally assessed but completed in 12 hours of lesson time under exam conditions (work sample to be submitted for moderation by 15th May). Candidates will have to respond to tasks set by the exam board through written and practical application.

Unit 4 - Current Issues in Food Science and Nutrition

This is an optional unit which is internally assessed but completed in 14 hours of lesson time under exam conditions (work to be submitted for moderation by 15th May).

Candidates will have to investigate current consumer food choices through either independent or group project work.

Method of Assessment

Examination:

Three units must be completed over the two-year programme. There are two external assessments and two internal assessments. Both assessments for Unit 1 must be completed in year 12 if learners want to cash in for a certificate and not continue to Year 13. The examination taken in year 12 can be a resit in year 13 if required. Unit record sheets must accompany work and teacher annotation is needed to confirm marking.

Internal progress monitoring:

Throughout the course learners will take part in peer-group and self-assessment in order to familiarise themselves with the assessment objectives and become more competent in their understanding. Staff review work with learners on a one-to-one.

Qualities Required

You need to enjoy coursework and practical activities, be capable of working as part of a group and independently. Enthusiasm and determination will help you ensure success.

Links with other subjects

An excellent complement to Biology, Chemistry, Social Sciences and Hospitality. This subject can be studied as both a means of developing a range of transferrable skills or as a distinct route to higher education courses as highlighted below.

Prospects

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. Many employment opportunities within the field of food science and nutrition are available to graduates. Learners will gain the required knowledge to be able to use the qualification to support entry to higher education courses such as:

- BSc Food and Nutrition
- BSc Human Nutrition
- BSc (Hons) Public Health Nutrition
- BSc (Hons) Food Science and Technology

Reading list

<https://www.illuminate.digital/aqafood/>

Student Username: STAPTON3

Student Password: STUDENT3

For information on how to use this book:

<https://taptonfood.wixsite.com/mysite/post/how-to-use-the-online-textbook>

Chapter 1 & 2 (especially if you didn't do Food preparation and nutrition at GCSE)

Chapter 5 & 6

(Please note this is a GCSE book but these 4 chapters are a great foundation for Level 3 learning)

Certificate in Food Science and Nutrition (WJEC Level 3) This is the book we will be using in Y12, any reading from this book would be fantastic. (However, it is super expensive so do not worry if you do not want to buy it).

Independent Study

- Consolidate class notes and add information to the notes using the textbook for more detail.
- Complete past paper questions from the Learning Platform and self-mark.
- Read the magazines and cookbooks provided in T22 and plan recipes for the practical exam.
- Watch 'Masterchef' for presentation ideas for the practical exam.
- Listen to the following Pod casts - 'A Thorough Examination' - Drs Chris and Xand Van Tulleken, 'Feel Better, Live More' - Dr Chatterjee - S7 E414
- Use the online textbook for revision on macro and micro-nutrients.

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