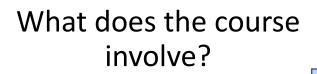# Food Science and Nutrition

You Will:

- Gain a wealth of knowledge about the Food and Nutrition industry.

- Explore and develop meal plans suitable for real life clients, such as clients of personal trainers, healthcare settings, childcare groups, or Chefs in a restaurant setting

- Build on and extend your practical food preparation skills

What does the course involve?

- Food show visits, talks and demonstrations from food professionals.

- Learning about the relationship between the human body and food as well as practical skills for cooking and preparing food.

- Solve problems relating to serving food safely, develop the ability to think independently, and carry out and analyse case studies.

Why should you consider Food and Nutrition?

An understanding of Food Science and Nutrition is relevant to many industries and job roles.

Unit 1: Meeting the nutritional needs of specific groups-

Children, Elderly, Sports coaches, fitness instructors, etc

Unit 2: Ensuring Food is safe to eat

Assessment: Largely Practical Based: 1 written examination in year 12 on nutrition and then 3 coursework assignments. One controlled assignment in year 13 on food hygiene and safety – assignment task given and then 3 weeks to produce the assignment.

Unit 4: Current issues in Food Science and Nutrition
OR Unit 3

Unit 3: Experimenting to solve Food Production Problems
OR Unit 4

Unit 1 and Unit 2 are assessed through external assessments (examinations).

Unit 1 is usually sat at the end of year 12 (can resit in year 13 if needed) and Unit 2 is sat between May 1st – June 1st in year 13.

Unit 3 or Unit 4 are assessed internally: you will need to respond to a set assignment brief at any time within the academic year, which will be marked by your teacher and moderated by WJEC.

Where can Food and Nutrition take you ?

Progression and Career Opportunities:

Careers:

Food Product Development

Catering

Sports Coaching

Food Marketing and Retail Management

Nutritionist

Dietician

Environmental Health Officer

Business

Teaching

Hospitality industry

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Degrees:

- BSc Human Nutrition
- BSc (Hons) Public Health Nutrition
- BSc (Hons) Food Science and Technology
- BSc (Hons) Sport, Exercise and Nutrition
- BA (Hons) Hospitality Management
- BA (Hons) Hospitality and Catering

What skills will I develop?

- Further enhanced practical cooking and catering skills

-The applied purpose will enable you to learn in such a way that you develop: skills required for independent learning and development

 - Skills to ensure your own dietary health and well being

- Problem solving

- The skills of project based research, development and presentation

Who is the course suited to?

Do you have an interest in Food, Nutrition, Catering, and practical skills?
Complimentary courses: Biology, Chemistry, Applied Science, Geography, Sport and PE, Business Studies ….

<u>Top tips for the course:</u>

- Try keeping a food diary and analyse what foods you(and others) are eating and consider if these meet nutritional needs.
- Develop practical skills at every opportunity – speed and finesse is key at Level 3.
- Evaluate dishes/meals you may eat and consider how these can be developed, adapted or improved.
- Think about how foods should be stored, prepared, cooked and served - safely and hygienically and with no detrimental effect on quality.
- Consider why food/ingredients acts in a specific way e.g., why does bread rise in the oven?
- Watch Food related programmes on-line and/or on TV to research and explore the topics you will cover in class.
- Read current food, diet related articles on-line or in newspapers.

Any Questions?

Why do students choose the course?
"Enjoy Practical work"
"Interested in a career in the hospitality Industry"
"Interested in career as a Nutritionist n/ dietician"
"A useful life skill"
"interested in sports coaching, fitness and healthy eating"
" interested in Learning more about nutrition and healthy eating"

Entry Requirements:

GCSE grade 4 in a Science and English Language, and an interest in food related studies.