

## Food Science and Nutrition

### Core technical qualification

WJEC Level 3 Diploma in Food Science and Nutrition

### What will you be learning?

The 2 compulsory units are:

- Meeting nutritional needs of specific groups
- Ensuring food is safe to eat

With a further optional unit from:

- Experimenting to solve food production problems
- Current issues in food science and nutrition

Unit 1 enables the learner to develop an understanding of the science of food safety, nutrition and nutritional needs in a wide range of contexts. Through regular practical sessions, you gain the skills needed to produce quality food items that meet the needs of individuals. You will investigate nutrition and diet, developing an understanding of the physical and functional properties of a broad range of ingredients and components. You will gain an understanding of the methods in which ingredients and components are manipulated to make products. You will begin to develop knowledge and understanding of the broader issues for the industry such as: environmental sustainability of products; health and social factors; the influence of culture and consumer safety.

Unit 2 allows learners to develop their understanding of the science of food safety and hygiene; essential knowledge for anyone involved in food production at work in the food industry or even simply in the home. Practical sessions further enhance the gaining of theoretical knowledge and ensure learning is a tactile experience

Studying one of the two optional units allows learners the opportunity to explore subjects of particular interest or current relevance through investigation and experimenting to solve food production problems or issues in food science and nutrition. This will extend and develop individual learning to a higher level.

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## **Methods of assessment**

The Diploma is assessed through a combination of written exam and course assignments, being both centre and exam board marked.

## **What are lessons like?**

Using a combination of traditional and independent learning styles you will be:-

- Using research to offer informed solutions to real issues relating to nutritional health
- Using case studies to explore innovative product development
- Carrying out projects to promote healthy nutritious eating in various settings
- Using practical sessions to develop and enhance your culinary skills
- Experimenting with ingredients to examine their functions and properties

## **How will we work with employers and the community?**

We will liaise and work with a range of food and nutrition professionals pertinent to the modules on offer. The modules offer plenty of opportunity to gain real time experience with employers from our local community.

## **Where can this pathway lead?**

This qualification can lead to a huge variety of specialist food and nutrition based courses at university or college such as food and nutrition, human nutrition, public health or food science. An understanding of food science and nutrition is relevant to many industries and job roles such as nutritionists, hospitals, sports coaches and scientists. Hotels and restaurants, leading brand food manufacturers and government agencies also use this understanding to develop menus, food products and in developing policies that that support healthy eating initiatives. Working within the Food industry will develop your skills and interests in a wide variety of subjects and applications which can lead to interesting career paths.