

# FOOD SCIENCE AND NUTRITION

## Level 3

### COURSE CONTENT

The WJEC Level 3 Certificate in Food Science and Nutrition is assessed through a combination of a written exam and an internal centre marked assignment.

Unit 1: Meeting Nutritional Needs of Specific Groups

Unit 2: Ensuring Food is Safe to Eat

Unit 3: Experimenting to Solve Food Production Problems

Unit 4: Current issues in Food Science and Nutrition

### ASSESSMENT CRITERIA

Each unit is assessed through one assignment.

Each assignment must have a brief that sets out an applied purpose. An applied purpose is a reason for completing the tasks that would benefit society, a community, organisation or company.

### EXTRA-CURRICULAR OR ENRICHMENT OPPORTUNITIES

Guest demonstrations from chefs  
Restaurant meals  
Tour of local food manufacturers  
Kitchen experience

### FUTURE OPPORTUNITIES

Together with relevant Level 3 qualifications such as A Levels in Biology, Chemistry, Sociology and Maths learners will gain the required knowledge to progress to higher education degree courses, such as:

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

### PRIOR KNOWLEDGE

Knowledge of a range of recipes  
Relevant work experience

Desirable: Level 2 Hospitality and catering  
GCSE food and nutrition  
Grade 5 or above in Science

Essential: Basic awareness of food hygiene and safety

Knowledge how to plan and cook a range of healthy meals.

