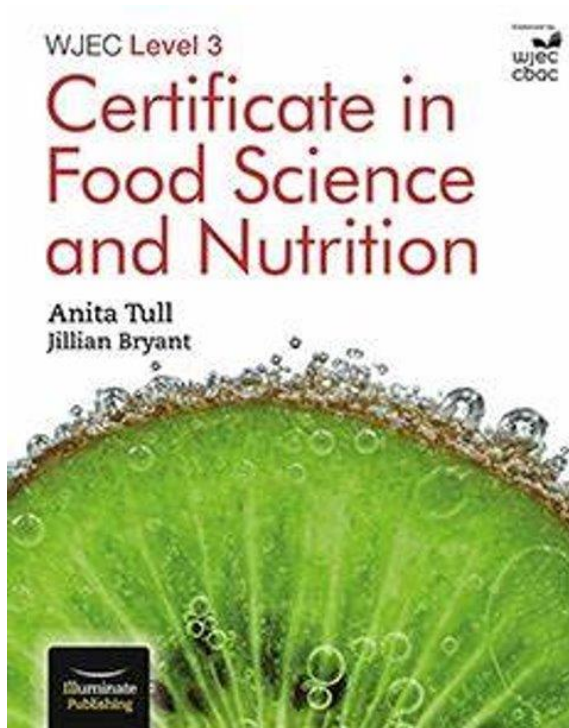


# WJEC Level 3 Food Science and Nutrition



- Our aim is for you to be able to access some online certificates that will support you in the background learning of this course.
- Many are free, however the ones that cost are worth doing for this course and are also useful for part time jobs when in the sixth form and University.
- Your practical skills will be an excellent support to this qualification; however, it is Nutrition that underpins the whole course.

**Transition into year 12  
Summer 2023**

# Food Allergens

- This online course looks at Food Allergens.
- This is knowledge you will need for Unit 1 & Unit 2 of the L3 Food Science and Nutrition Course.
- It's free to sign up and when you have completed it, please send a copy of your certificate to me and I will print a copy ready for September.

<https://allergytraining.food.gov.uk/>



Cymraeg

The impact of food allerg

## Welcome to the Food Standards Agency's food allergy online training

Study the modules and pass the tests to get a continuing professional development (CPD) certificate. This training has been developed by the Agency for enforcement officers. However, it might also be of interest to food business operators, those involved in selling or producing food or anyone wanting to learn more about food allergies.

### Step 1: Study the modules

There are six modules to study, each with a test. These modules cover

**Module 1:** current and incoming [rules and legislation](#)

**Module 2:** the effects that allergies have [in the body](#)

**Module 3:** considerations of allergies [in the factory](#)

**Module 4:** how allergenic ingredients should be displayed [on the label](#)

**Module 5:** identifying allergens in example of dishes [in the restaurant](#)

**Module 6:** how food businesses should be [providing consumers with allergen information](#) about the non-prepacked food they serve

### Step 2: Register and complete the tests

Once you have registered and are logged into the site you will be able to access the tests, either by clicking on the banner at the bottom of each module page, or via your CPD dashboard.

Email  Password

[Reset my password](#) [Register](#)

### Quick Links

- [About this training](#)
- [Find out about food sensitivities](#)
- [Food allergy facts](#)
- [Resource section](#)

# Nutrition



Nutrition underpins the L3 Food Science & Nutrition Course.

This will be useful as good background and / or revision.

- Our class is now set up and can be accessed using this link: <https://app.senecalearning.com/dashboard/class/dcerg77ulo/assignments/assignment/f613eec9-44f0-4896-806f-ee0b7cdfa93e>
- If you would like an electronic copy of the link, please email [c.larosa@derbycathedralschool.org.uk](mailto:c.larosa@derbycathedralschool.org.uk)

# Food Safety



This course comes at a cost but is highly recommended for this course and part time work.

Due to the cost, it's optional but very worthwhile!

- This online course leads to a **Level 2 qualification in Food Safety**

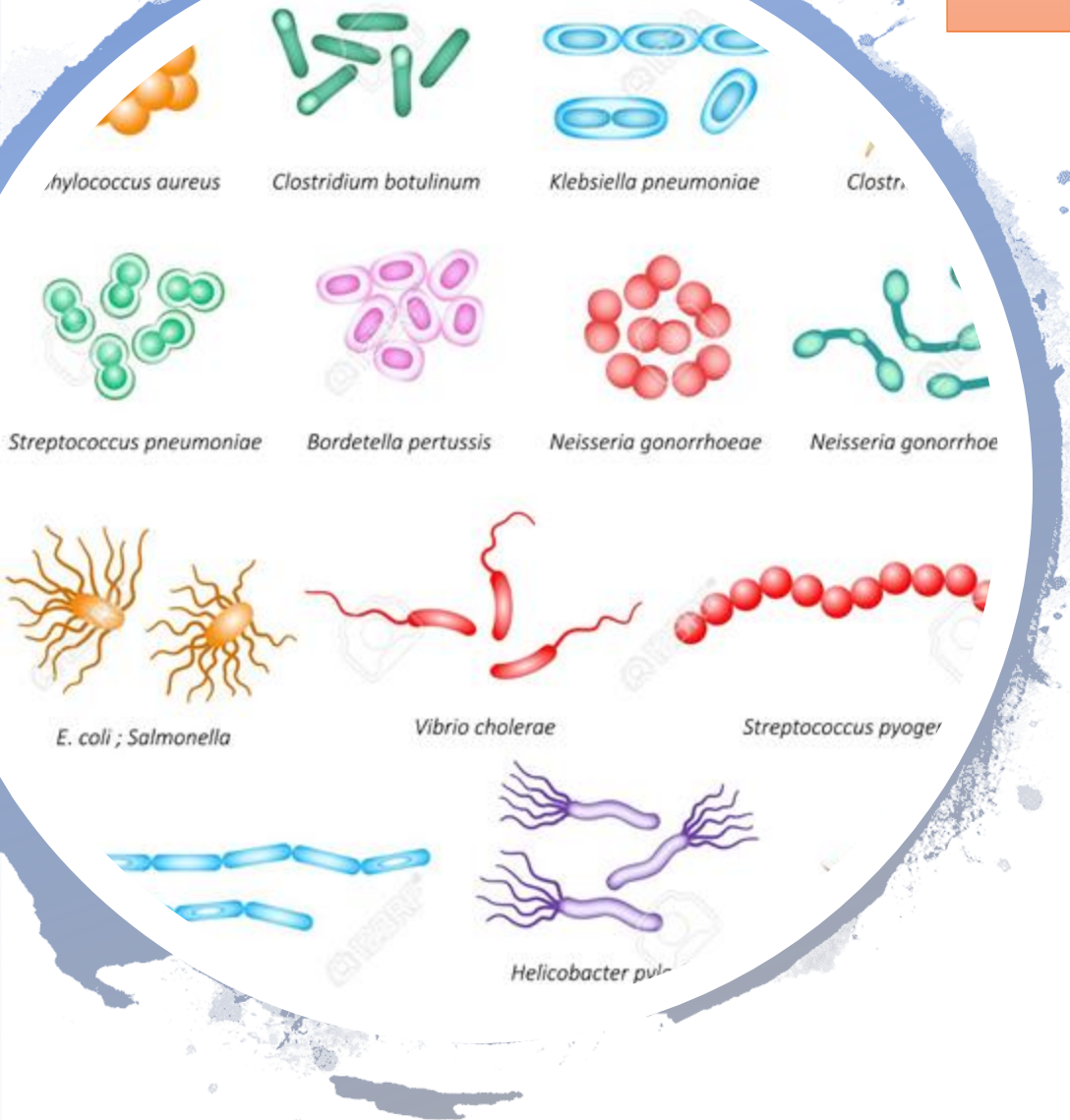
<https://food-safety.org.uk/courses/>

This certificate can be used when seeking part time employment in the hospitality industry.





# Food Safety



If you opt NOT to do the online course, complete this task instead:

- Create Mini A5 fact sheets on Food poisoning bacteria:
  - Bacillus Cereus
  - Campylobacter
  - Clostridium perfringens
  - Clostridium Botulinum
  - Escherichia Coli
  - Listeria monocytogenes
  - Salmonella
  - Shigella
  - Staphylococcus aureus
- Include: Foods it is likely to be found in, incubation period, symptoms, duration and severity of illness.

# Practical work

- Keep practicing high level practical skills.
- Evidence: Take photographs and keep a folder of successful recipes.
- Please contact me if you want guidance on possible dishes. At the moment I'm happy for you to practice anything based on what ingredients you can get and will be helpful in feeding your families.





# Suggested Practical work Starters

## **Starter:**

- - Homemade pasta and a sauce (filled pasta, tricolor pasta)
- - Spinach roulade
- - Chicken liver pate
- - Soup with particles: parmesan truffle
- - Chicken wings (portioned from a whole chicken) with marinade, spiralizer accompaniments
- - Fish cakes: Moulding, filleting, pane, shallow frying, mayonnaise to serve
- - Homemade mayonnaise: aioli
- - Scallops and samphire
- - Cheese soufflé
- - Complex breads

# Suggested Practical Skills Mains

- Boned and stuffed chicken: Kiev with pane
- - Chicken Ballantine: Portioning, rolling, stuffing, poaching, sautéing, accompaniments (turned or spiralizer vegetables and sauces)
- - Duchess/dauphinoise/hassel back/fondant/turned potatoes
- - Fish fillet: En papeout, filleting fish, knife skills (Julienne, brunoise)
- - Chicken pie: Portioning Chicken, homemade stock, puff pastry, free standing with short crust
- sides, knife skills with vegetable prep, possible roux sauce
- - Fish cakes: Moulding, fileting, pane, shallow frying, mayonnaise to serve
- - Fish fingers: homemade sauces
- - Chicken goujons: portioned from a whole chicken
- - Pea puree
- - Beef wellington (puff pastry)
- - Chutneys
- - Puff pastry and vegetable wellington
- - Burger: mincing, moulding, brioche bun?
- - Vegetable crisps/game crisps
- - Noodles (made from scratch), portioned chicken, knife cuts of vegetables.





# Suggested Practical Skills Desserts

- Profiteroles
- - Hazelnut brittle
- - Caramel basket
- - Panna-cotta
- - Mini meringue
- - Fondant (chocolate)
- - Soufflé
- - Fruit coulis
- - Ice creams
- - Sorbets
- - Steamed cakes
- - Individual free standing cheesecake (with gelatine)
- - Poached pear
- - Spun sugar
- - Custard