



Sixth Form Handbook
Level 3 Food Science
and Nutrition

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About the course

This course is beneficial for students who prefer to learn through a variety of methods and enjoy practical skills. The course content involves the following aspects—understanding the nutritional needs of specific groups, ensuring food is safe to eat and current issues in food science and nutrition.

In Year 12, you will study human nutrition and the relationship between diet and health, which will lead to being able form dietary plans. You will study the nutritional needs of specific target groups and will devise menus and dietary recommendations. You will also study food hygiene and safety and apply this to your practical work. You will expand and build upon your knowledge of food science and then a wide range of materials and components used in the making of food products. You will be given the opportunity to design and make a range of food products, solving a nutritional problem and creating a menu and dishes to suit your target group.

In Year 13, you will build upon the knowledge learnt in the first year of the course and will continue to develop your design and making work though identifying and solving a problem from a current food issue in the food industry either focusing on nutrition or food science..

Level 3 Diploma in Food Science and Nutrition complements other A-Levels such as Health and Social Care, PE, Biology, Chemistry, Sociology and Business studies. Studying this subject could lead to a career such as environmental health officer, dietician, nutritionist, teacher, food safety officer, product development chef.

How you will be assessed

Year 12:

Unit 1 Meeting Nutritional Needs of Specific Groups

- 50% externally assessed written theory exam (90 minutes plus 15 minutes reading time),
- 50% internally assessed coursework project.

Year 13:

Unit 2 Ensuring Food is Safe to Eat

- 100% externally assessed supervised assignment started after 1st May, task set by exam board.

Unit 3 Experimenting to Solve Food Production Problems

Or

Unit 4 Current issues in Food Science and Nutrition

Course Reading List & Materials

Books

Food Science, Nutrition & Health by Michael J Lean published by CRC Press ISBN 978-0-340-80948-8

The Science and Technology of Foods by R.K.Proudlove by Forbes Publication ISBN 978-1-899527-08-3

Useful websites

- www.bbcgoodfood.com – lots of good recipes.
- www.nutritionprogram.co.uk – remember your log in is your initial.surname and then password is homeec.
- www.nutrition.org.uk – lots of nutrition information.
- www.wjec.co.uk – past exam papers and subject specification.

Tasks before September

1. Watch youtube videos on how to make the following, make notes on the method and top tips for all products:
 - Naan bread,
 - Bagels,
 - Fresh pasta,
 - Ravioli,
 - Risotto,
 - Roux sauce,
 - Béchamel sauce,
 - Cornflour sauce,
 - Crème anglaise.
2. Create a leaflet using research, your own knowledge and past work on macro nutrients. Include the following information:
 - Carbohydrates – what the different types? DRV's, sources and uses in the diet.
 - Protein – what are the different types? DRV's, sources and uses in the diet.
 - Fats – what are the different types? DRV's, sources and uses in the diet.
3. Create a moodboard (A4 page full of pictures) of different types of bread with different shapes and finishing techniques.

Due in on the first Food lesson in September.

Who can I contact for help?

Mrs K James (k.james@poolehigh.poole.sch.uk)

Mrs T Smith (t.smith@poolehigh.poole.sch.uk)