

Food & Nutrition Applied Diploma

Who is the course for?

Food Science and Nutrition is an exciting and stimulating course which seeks to develop student's knowledge and understanding in purposeful work related contexts linked to the food production industry.

It focuses in depth on the nutritional requirements for different client groups and health issues. You will learn and demonstrate high level skills and processes involved in food production and the food science involved. The course is packed with practical investigations designed to test your skills and understanding to enable you to produce products fit for purpose, satisfy wants or needs and enhance our day to day lives.

What does the course involve?

You will need to be well organised, self-motivated, and able to work independently and most importantly be enthusiastic about food science and nutrition. You will need good practical skills in the kitchen, a creative approach in developing food ideas and the ability to problem solve. You will also need to be well organised as you will be required to regularly bring in ingredients to make complex dishes suited to a range of clients and nutritional needs. The course is very nutritionally based and so a good understanding of science is required. You will also need to have good literacy and numeracy skills to be able to analyse data, conclude findings and evaluate procedures. You are expected to read around and further research the subject.

Modules include:

Mandatory

Unit 1: Meeting nutritional needs of specific groups (controlled assessment and written exam)

This unit will enable you to demonstrate an understanding of the science of food safety, nutrition and nutritional needs in a wide range of contexts. You will learn through on going practical sessions to gain practical skills to produce quality food items to meet the needs of individuals. You will complete an internally assessed controlled assessment and an externally assessed written exam.

Unit 2: Ensuring food is safe to eat (controlled assessment)

This unit will allow you to develop your understanding of the science of food hygiene; essential knowledge for anyone involved in food production. Practical sessions will support the theoretical knowledge and ensure learning is a tactile experience. The controlled assessment is externally moderated for this unit.

Optional (one is chosen by the centre)

Unit 3: Experimenting to solve food problems

Unit 4: Current issues in Food Science and Nutrition.

Both units are internally assessed controlled assessment.

Assessment Methods

In Level 3 Food Science and Nutrition you will complete three units; two mandatory and one optional. Units are internally and externally marked, set and moderated by both WJEC and providing centres. Within one of these units there is one written exam. The exam is sat at the end of Year 12. Please note this is a TWO year course only.

Progression Options

A diploma in Food Science and Nutrition can open up a wide range of careers and higher education courses in many areas including a career working directly in the catering and hospitality industry, developing new products for manufacturing and retail, menu design in restaurants, food journalism, food styling for magazines, websites and cookery books, food scientist, nutritionist/dietician and food hygiene specialist including environmental health officer.

It can also help gain direct entry into employment particularly into scientific and related sectors.

Awarding Body

WJEC