



STEP UP TO 6TH FORM

KIMBERLEY SCHOOL TRANSITION INFORMATION

Food Science & Nutrition

WJEC Level 3 Diploma

COURSE DETAILS

UNIT 1

Meeting Nutritional Need of Specific Groups

- Understanding the nutritional needs of specific target groups and plan and cook complex dishes to meet their nutritional needs.
- Develop skills for preparing, cooking and presenting nutritious dishes that meet specific needs.

UNIT 2

Ensuring Food is safe to Eat

- Understanding hazards and risks in relation to the storage, preparation and cooking of food in different environments and the control measures needed to minimise these risks.
- Become able to recommend the control measures that need to be in place and ensure food is safe for consumption.

UNIT 3

Experimenting to Solve Food Production Problems:

- Understanding the properties of food in order to plan and carry out experiments.
- The results of the experiments would be used to propose options to solve food production problems.



EXAMS

90min
+Internal Assessments

LINK TO THE SPECIFICATION

See a detailed document of what we will cover in this course:

www.wjec.co.uk/media/gr3jc4gg/level-3-diploma-in-food-science-and-nutrition-



Work you can do to prepare for A Level study

Record

Keep a 2-day food diary. Use the programme explore food to find out how well this meets you daily nutritional requirements.

<https://explorefood.foodafactoflife.org.uk/Summary/Recipe> See SMH for guidance on this. If you have any nutrients lacking in your diet, research them. Why do we need them? What foods could you eat to get them?



Food Hygiene

<https://www.food-hygiene-certificate.co.uk/food-allergy-awareness-training-course.aspx>

- HACCP – Understanding HACCP. View demo and keep clicking NEXT
- Food Hygiene Level 1 Food safety & Hygiene. Launch demo and work through.
- Resources – Quiz. Have a go.

FILM & TV



Bake off
MasterChef
Food Unwrapped
Eat well for less
The Secrets of your Supermarket food