**Course details: FOOD SCIENCE AND NUTRITION Level 3 (A – Level equivalent)**

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| **Year 12** |
| **Unit 1: Meeting nutritional needs of specific groups*** **External Assessment** 90 minute exam (+ 15 minutes reading time

**3 sections****Section A –** short answers**Section B** – extended answers**Section C** – Relates to a case study* **Internal Assessment** Written and practicalThe briefs are set by WJEC each year.

**3 hours** to plan, **½ hour** mise en place (weighing, getting equipment out), **3 hour** practical, **3 hour** evaluation. |
| **Year 13** |
| **Unit 2:** **Ensuring food is safe to eat**A Case study completed internally in exam conditions | **Unit 3: Experimenting to solve Food Production Problems Internally assessed**  |

**Link to the specification:**

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

<https://www.wjec.co.uk/qualifications/food-science-and-nutrition-level-3/#tab_overview>

**Summer Work**

* 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>

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>

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

**TV programmes:**

* Any cookery programmes – Bake off, MasterChef and Food Unwrapped in particular
* Eat well for less
* The secrets of your supermarket food, Channel 5