



FOOD SCIENCE & NUTRITION

WHY SHOULD I STUDY LEVEL 3 FOOD SCIENCE & NUTRITION?

Level 3 Food Science & Nutrition is a well-respected qualification. This national qualification awards the same number of UCAS points as an A-level and is accepted by 95% of universities including those in the Russell Group.

This is a practical based subject that involves an understanding of the science of food safety, nutrition, and nutritional needs in a wide range of contexts. Through on-going practical sessions pupils will learn highly skilled, complex dishes and how to produce quality food items to meet the needs of individuals. The course has been designed to offer exciting, interesting experiences through applied learning, and to acquire knowledge and understanding in purposeful, work-related contexts, linked to the food industry.

WHAT WILL I LEARN ABOUT?

There are four sections of the course: the importance of food safety; the properties of nutrients; the relationship between nutrients & the human body; and nutritional requirements. The theory pupils learn will be linked to practical work and applied to 'real world' scenarios.

HOW WILL I BE ASSESSED?

There are two areas of assessment, an examination, and a coursework project. Both are based on meeting the nutritional needs of specific groups, and each account for 50% of the total marks. The examination is allocated 90 minutes plus 15 minutes reading time.

LEVEL 3

WHAT SKILLS WILL I DEVELOP?

Pupils will build on and extend practical food preparation skills. Each unit within the qualification has an applied purpose which acts as a focus for the learning. This requires pupils to consider how your learning impacts on themselves, other individuals, employers, society and the environment. The applied purpose will also enable you to learn in such a way that you develop:

- independent learning
- the ability to solve problems
- the ability to apply mathematical and ICT skills
- the skills of project-based research, development and presentation
- skills to ensure your own dietary health and well-being
- the fundamental ability to work alongside other professionals, in a professional environment
- the ability to apply learning in vocational contexts.

WHERE COULD THIS SUBJECT TAKE ME IN THE FUTURE?

This course is well placed to provide a foundation for studies in any food & nutrition related university course. It also provides a supplement to those interested in studying any other science at university as it provides opportunities to apply psychological, biological, sociological and technological concepts to their chosen Science

Possible degree options:

Food & Nutrition, Dietetics, Food Science, Food Technology, Public Health Nutrition, Food Business & Marketing, Hospitality & Catering.

Possible career options:

This qualification is relevant to many industries and job roles:

- The care industry and nutritionists in hospitals
- Sports coaches & fitness instructors
- Hotels, restaurants & hospitality
- Food photography & food styling
- Food manufacturers
- Food research & developers
- Food safety industry
- Government agencies & policy makers

