



Level 3

Food Science & Nutrition



Why study Food Science & Nutrition?

This is a relatively new course designed to offer exciting, interesting experiences through applied learning linked to the study of food. It is particularly suited to learners who enjoy a hands-on practical approach and independent project style learning. It enables you to demonstrate an understanding of the science of food safety, nutrition and nutritional needs in a range of contexts and through on-going practical sessions, to gain practical skills to produce quality food items to meet the needs of individuals. The course will benefit you from developing personal skills in independent learning, problem solving, research and presentation skills, application of Mathematics and ICT skills and the opportunity to work alongside professionals.

Overview of course content

There are two routes available for this course: either one year of study to achieve a certificate, or two years of study to achieve a diploma.

Exam Board:



Certificate (one-year course)

(Specification code: 601/4553/5)

| Diploma in Food Science & Nutrition | |
|---|-----------|
| Unit Title | Structure |
| Unit 1 - Meeting Nutritional Needs of Specific Groups | Mandatory |

This qualification would complement learning related to health and social care or sport, where an understanding of nutrition and diets would be useful to care managers and sport fitness instructors. It would also be of relevance to learners with no prior experience of the content when applied to a vocational context.

The Certificate is worth half the UCAS points of the Diploma.

Careers/Future Opportunities

Together with other relevant qualifications at Level 3, such as AS and A Levels in Biology, Chemistry, Sociology, Physical Education and Mathematics and/or Level 3 qualifications in Hospitality or Science, you will gain the required knowledge to support entry to higher education courses, such as:

- BSc Food & Nutrition
- BSc (Hons) Food Science & Technology
- BSc Human Nutrition
- BSc (Hons) Public Health Nutrition

An understanding of food science and nutrition is relevant to many industries and job roles. Care providers and nutritionists in hospitals use this knowledge as do sports coaches and fitness instructors. Hotels and restaurants, food manufacturers and government agencies also use this subject to develop menus, food products and policies that support healthy eating initiatives. Many employment opportunities within the field of food science are also available to graduates.

If you have any questions, please contact:
office@kennetschool.co.uk

Diploma (two-year course)

(Specification code: 601/4552/3)

| Diploma in Food Science & Nutrition | |
|--|---|
| Unit Title | Structure |
| Unit 1 - Meeting Nutritional Needs of Specific Groups | Mandatory |
| Unit 2 - Ensuring Food is Safe to Eat | Mandatory |
| Unit 3 - Experimenting to Solve Food Production Problems | Options available - you can choose either Unit 3 or Unit 4 to study |
| Unit 4 - Current Issues in Food Science & Nutrition | |

This qualification is designed primarily to support learners progressing to university and for those wanting to pursue careers or further learning in related areas. The range of units available would support learners' progression from study at Level 2 but in particular GCSEs in Food or Catering, Biology, Physical Education and Social Sciences.

The Diploma is worth between 40 (Pass) and 140 (Distinction*) UCAS points.

Additional Reading

- Bender, D. (2002). An Introduction to Nutrition and Metabolism (3rd Ed). Oxford, UK: Taylor and Francis Ltd
- Brown, A.C. (2010). Understanding Food: Principles and Preparation (4th Ed). USA: Wadsworth Publishing
- Campbell J (et al) (2011) Practical Cookery Level 3 Hodder Education
- Cesarani V (2002) Advanced Practical Cookery: A Text-book for Education and Industry Hodder Education
- Drummond, K.E. and Brefer, L.M. (2009). Nutrition for Foodservice and Culinary Professionals (7th Ed). Hoboken, NJ, USA: John Wiley and Sons.