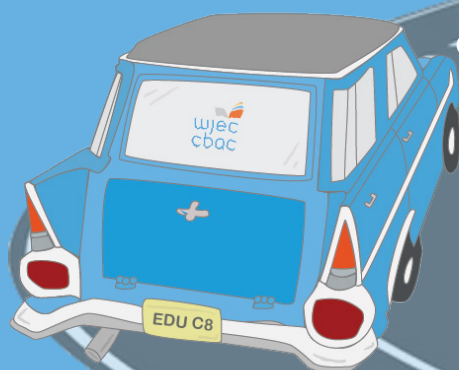


# YOUR JOURNEY

TO BECOMING EXAM READY



## WELCOME TO WJEC FOOD SCIENCE AND NUTRITION (LEVEL 3 DIPLOMA)



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 understanding to develop menus, food products and policies that support healthy eating initiatives. Many employment opportunities within the field of food science and nutrition will be available to you if you study this qualification.

## PLANNING AHEAD...

You will complete three units: two mandatory and one optional.

The first mandatory unit (usually completed in year 12) will enable you to demonstrate an understanding of the science of food safety, nutrition and nutritional needs in a wide range of contexts, and through ongoing practical sessions, to gain practical skills to produce quality food items to meet the needs of individuals.

The second mandatory unit will allow you to develop your understanding of the science of food safety and hygiene; essential knowledge for anyone involved in food production in the home or wishing to work in

the food industry. Again, practical sessions will support the gaining of theoretical knowledge and ensure learning is a tactile experience.

Studying one of the two optional units will allow you the opportunity to study subjects of particular interest or relevance to you, building on previous learning and experiences.

Together with other relevant qualifications at Level 3, such as AS and A levels in Biology, Chemistry, Sociology and Maths and/or Level 3 qualifications in Hospitality or Science, you will gain the required knowledge to be able to use the qualification to support entry to higher education courses such as:

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

# GIVE IT YOUR ALL!

## TOP TIPS!

**Get used to keeping a food diary** and try and analyse what foods you (and others) are eating and consider if these meet nutritional needs.

**Develop practical skills at every opportunity** - speed and finesse is key at Level 3.

**Evaluate dishes/meals you may eat** and consider how these can be developed, adapted or improved.

**Think about how** foods should be stored, prepared, cooked and served - safely and hygienically and with no detrimental effect on quality.

**Think about factors** that can contribute to food induced ill-health.

**Think about how to adapt meals** to meet specific dietary needs e.g. food intolerances.

**Consider why** food/ingredients acts in a specific way e.g., why does bread rise in the oven.

**Carry out experiments** to explore why foods behave in a certain way.

**Watch Food related programmes** on-line and/or on TV to research and explore the topics you will cover in class.

**Read current food, diet related articles** on-line or in newspapers.

## WELL-BEING GUIDANCE

### Take baby steps

Remember this is a journey and you will pick skills and knowledge up along the way.

### Take regular breaks from studying

Exercise, meet friends, spend time with family.

### Look after yourself

Make sure you are getting a balanced diet and get enough sleep.

### Try to stay positive

Even if you don't feel like it, a positive attitude will help you.

### Remember that everyone's different

Try not to compare yourself to others.

## HOW ARE YOU ASSESSED?

The Level 3 Applied Diploma in Food Science and Nutrition consists of three units: two mandatory units and one of the two optional units.

Unit 1	Assessed by exam	25% of the diploma marks
Unit 1	Assessed by non-exam assessment which is marked by your teacher	25% of the diploma marks
Unit 2	Assessed by exam	25% of the diploma marks
Unit 3 (optional)	Assessed by non-exam assessment which is marked by your teacher	25% of the diploma marks
Unit 4 (optional)	Assessed by non-exam assessment which is marked by your teacher	25% of the diploma marks

