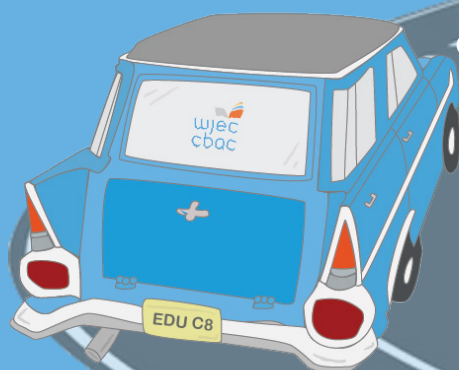


# YOUR JOURNEY

TO BECOMING EXAM READY



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



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 are available to learners who have studied Food Science and Nutrition.

## PLANNING AHEAD...

This qualification 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 on-going practical sessions, to gain practical skills to produce quality food items to meet the needs of individuals.

It has been designed to offer exciting, interesting experiences through applied learning, i.e. through the acquisition of knowledge and understanding in purposeful, work-related contexts, linked to the food production industry.

By studying for this certificate alongside other relevant qualifications at Level 3 e.g. GCE Biology, Physical Education, Sociology, you will gain the required knowledge to use the qualification to support entry to higher education courses such as:

- 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.

**Developing 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.

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

**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 Certificate in Food Science and Nutrition consists of one unit:

Unit 1	Assessed by exam	50% of the certificate marks
Unit 1	Assessed by non-exam assessment which is marked by your teacher	50% of the certificate marks

