



Level 3

APPLIED CERTIFICATE and DIPLOMA

Food Science and Nutrition

4563QC certificate, 4563QD diploma

January 2022 examination

Unit 1	Meeting Nutritional Needs of Specific Groups	Tuesday, 11 January 2022
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Advance Information

General information for students and teachers

This advance information provides the focus of the content of some of the questions in the January 2022 examination paper.

The topics that have been identified relate to the questions that will carry the highest number of marks in the paper.

There will also be questions on other areas of content that have not been identified in this notice.

The expectation is that all specification content will be covered by teaching and learning.

It does not apply to any other examination series.

It is intended to support revision.

It may be used at any time from the date of release.

It must not be taken into the examination.

Released: 22 November 2021

Additional information for students and teachers

This advance information covers Unit 1 only – 4563UB0-1

The following areas of content are suggested as key areas of focus for revision and final preparation, in relation to the January 2022 examination.

The structure of the exam paper remains unchanged.

It is advised that teaching and learning should still cover the entire subject content in the specification. It is important that students cover the curriculum as fully as possible, so that they are as well prepared as possible for progression to the next stage of their education.

You can ask your teacher for advice and discuss this notice with others in your class.

You can investigate the topics/themes included in this notice yourself using any resources available to you.

Learning Outcomes	Assessment Criteria	Content/Exemplification
LO1 Understand the importance of food safety	AC1.1 Explain how individuals can take responsibility for food safety	Individuals – Employers, Employees Learners should understand the means by which individuals know their responsibilities and what their responsibilities are in relation to food safety.
	AC1.2 Explain methods used by food handlers to keep themselves clean and hygienic	Methods (food handlers) – Personal hygiene, Protective clothing <ul style="list-style-type: none">how the methods used meet regulatory/legislative requirements.
	AC1.3 Explain methods used to keep work areas clean and hygienic	Methods (work areas) – Waste disposal, Signage, Kitchen design <ul style="list-style-type: none">how different methods/systems of keeping work areas clean and hygienic mitigate risks related to food safety. Learners should understand how different methods/systems of keeping work areas clean and hygienic mitigate risks related to food safety.
	AC1.4 Analyse risks associated with food safety	Risks – Contamination, Allergens, Implications for consumers

LO2 Understand properties of nutrient	AC2.1 Explain how nutrients are structured	<p>Nutrients</p> <ul style="list-style-type: none"> • Proteins <p>Learners should understand how proteins are structured and be able to use chemical terms and models.</p>
	AC2.2 Classify nutrients in foods	<p>Classify</p> <ul style="list-style-type: none"> • Biological value • Glycemic index • Nutrient density • Sources of nutrients • Complementary interactions/actions of nutrients <p>Learners should know the main and secondary sources of all nutrients and the different ways in which they are classified.</p>
	AC2.3 Assess the impact of food production methods on nutritional value	<p>Food production methods</p> <ul style="list-style-type: none"> • Preparation and cooking • Packaging/Storage methods • Preservation methods
LO3 Understand the relationship between nutrients and the human body	AC3.1 Describe functions of nutrients in the human body	<p>Functions</p> <ul style="list-style-type: none"> • Growth and development • Production of energy • Regulate metabolism • Complementary interactions/actions
	AC3.2 Explain characteristics of unsatisfactory nutritional intake	<p>Characteristics – Visible, Non-visible</p> <p>Unsatisfactory – Nutritional deficiencies, Nutritional excesses</p> <p>Issues are likely to relate to:</p> <ul style="list-style-type: none"> • Obesity • Cholesterol • Factors influencing food choice • Digestion problems
	AC3.3 Analyse nutritional needs of specific groups	<p>Specific groups</p> <ul style="list-style-type: none"> • Different life stages – Childhood • Medical conditions – Type 1/Type 2 diabetes, Lactose intolerant, coeliac disease • Culture – Religious beliefs, Lifestyle choices
	AC3.4 Assess how different situations affect nutritional needs	<p>Situations</p> <ul style="list-style-type: none"> • Different environments • Different activities • Physical activity factor

LO4 Be able to plan nutritional requirements	AC4.1 Evaluate fitness for purpose of diets	<ul style="list-style-type: none"> • Nutritional • Health and well-being • Against guidelines • Weight maintenance • To satisfy personal needs <ul style="list-style-type: none"> • Hunger • Avoid monotony • Eating patterns
	AC4.2 Calculate nutritional requirements for given individuals	Calculate <ul style="list-style-type: none"> • BMR • Dietary reference values • Physical activity factor • Deficit/Excess nutrient intake Individuals <ul style="list-style-type: none"> • Different life stages • Different activity levels • Different medical conditions • Different eating patterns • Different environments

End of advance information