

# Certificate and Diploma in Food Science and Nutrition

## COURSE CODE

L3 Certificate in Food Science and Nutrition

L3 Diploma in Food Science and Nutrition

## ENTRY REQUIREMENTS

- 5 in Science AND
- 5 in Food Preparation and Nutrition.
- You must complete the L3 Certificate in Food Science and Nutrition to continue the Diploma.

## WHAT WILL YOU LEARN?

- Detailed information about nutrients and nutritional needs of specific target groups.
- To plan and cook a variety of food ingredients such as cereals, meat, fish, eggs, dairy, fruit and vegetables to produce a range of complex dishes to meet nutritional needs.
- High levels of practical food skills alongside planning, organisation and evaluating skills.
- The nutritional value of food and the effect of this on individuals, as nutritional requirements can vary according to age, health, religion and lifestyle choices.
- An understanding of food hygiene – identification and minimising risks.
- About the causes of food poisoning, bacteria and how to control them, the role of the environmental health officer and the laws connected to safe practice.
- 'How to experiment with food to solve Food production problems'.
- This unit of work is about physical and chemical functions of ingredients.
- How to carry out practical science investigations into industry related food problems.

## ASSESSMENT

### Year 1

- 50% = external examination (+ 15 minutes reading time); a combination of short and extended questions and a case study.
- 50% = Internal controlled assessment – set by the examining board. A 9½ hour assessment involving selecting dishes with the emphasis on nutrition and skills, planning, making and evaluating a set of dishes (often a 3 course menu). The practical examination is a 3½ hour assessment counted as part of the assessment (50%).

### Year 2

- 50% = 1 externally assessed 8 hour detailed piece of work to be taken in May of the final year of study. Students will be asked to identify a range of issues related to micro-organisms and make a food safety resource linked to a specific scenario. For this exam, students are allowed notes.
- 50% = by internal controlled assessment – students will have to solve a food production problem; set by the examining board. The time allowance is 12 hours and includes planning, researching, carrying out food science investigations/experiments, analysing, discussing and concluding.

## NEXT STEPS

Students will have developed good or excellent food preparation skills and know and understand how a variety of ingredients and components can be used and how these can be adapted and made into dishes or meals for a variety of diets. Students will understand the effects of heat and other processing techniques on nutrients and components and will be very aware of the importance of food safety in both practical food work and in manufacturing, so are highly sought after for their skills and ability to multi-task.

### **CAREER INFORMATION**

This course is accepted as a qualification for entry on to a variety of University courses that are not related to the diploma. It is a very useful qualification for degrees such as: Dietetics, Food Science, Nutrition and Food Science, Consumer Studies, Business and Marketing, Hotel and Institutional Management, Teaching and Health related courses. Beyond university, students pursue careers in Dietetics, Food Product Research and Development, Primary and Secondary school teaching, Hotel Management, Marketing and Advertising.

### **EXTRA COSTS**

£15 per year contribution for experimental work, £30 for the L3 text book, cost of ingredients and trips.

