



Food Science and Nutrition

Why study Food Science and Nutrition?

Food is a vital part of everyday life, and the Food Science and Nutrition Level 3 qualification offers an exciting opportunity to explore the science behind what we eat and how food affects our health and wellbeing. This course combines practical cooking skills with scientific knowledge, making it ideal for students who enjoy both hands-on learning and theory. Throughout the course, you will develop a deeper understanding of nutrition, food composition, food safety, food production and the relationship between diet and health. You will learn how nutrients work in the body, investigate food science principles, and apply your knowledge to create dishes that meet specific nutritional needs.

What skills will I gain from studying Food Science and Nutrition?

You will develop skills required for independent learning and development, and the ability to ensure your own dietary health and well-being. You will learn a variety of generic and transferable skills such as the ability to solve problems and undertake project based research, development and presentation. You will also improve your ability to apply mathematical and ICT skills, as well as your ability to apply learning in vocational contexts.

Having studied Food Science and Nutrition what opportunities will be open to me?

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 graduates.

Entry requirements

5 GCSEs at grade 4 or above (GCSE Food and Nutrition is not essential but, if taken then a grade 4 is expected)

Type of Qualification – Level 3 Certificate/Diploma

Exam Board – WJEC

Specification code/no. - 601/4553/5

Topics covered in Year 12

Meeting Nutrition Needs of Specific Groups. This unit will enable you to demonstrate an understanding of the science of food safety, nutrition and nutritional needs in a wide range of contexts.

Topics covered in Year 13 Ensuring Food is Safe to Eat. This is an eight-hour timed, supervised assessment. The external assessment will involve bringing together and making connections between the knowledge, understanding and skills learned throughout the unit and applying these by responding to information provided in a scenario. Experimenting to Solve Food Production Problems. This unit will allow you to explore and then demonstrate your understanding of Food Production Problems through ongoing practical sessions.