



# Food Science and Nutrition

L3 Diploma

# WELCOME

## Course structure:

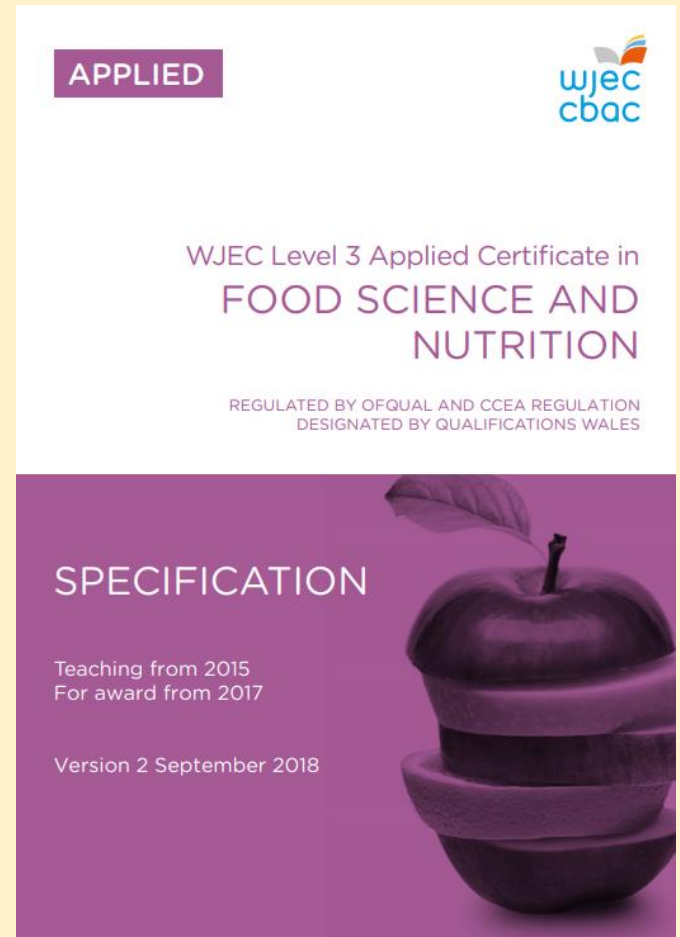
### YEAR 1 (CERTIFICATE)

You will do UNIT 1

(50% exam + 50% coursework)

### YEAR 2 (DIPLOMA)

You will do UNIT 2 (Investigation 50%) and UNIT 4 (Controlled Assessment 50%)



# Year 1

## Content:

1. Food Safety
2. Nutrition
3. Dietary Needs
4. Dietetics
5. Practical Food Skills



**Exam 90 minutes**  
**Taken in June**  
**(worth 50% of years grade)**

**Coursework Task**  
**(worth 50% of years**  
**grade)**

# Year 2

2 Units

No exams



## Unit 2: 'Ensuring Food is Safe to Eat'

Microbiology/Food causing Ill Health /  
Managing Food Safety

## Unit 4: 'Current Issue in Food Science and Nutrition'

Research project of your own choice

# Grading



- All units that you complete are graded as **Distinction Star, Distinction, Merit or Pass**
- Equivalent to A level grade:

## UCAS POINTS

<b>D*</b>	<b>=</b>	<b>A*</b>	<b>56</b>
<b>D</b>	<b>=</b>	<b>A</b>	<b>48</b>
<b>M</b>	<b>=</b>	<b>C</b>	<b>32</b>
<b>P</b>	<b>=</b>	<b>E</b>	<b>16</b>

# Structure of course

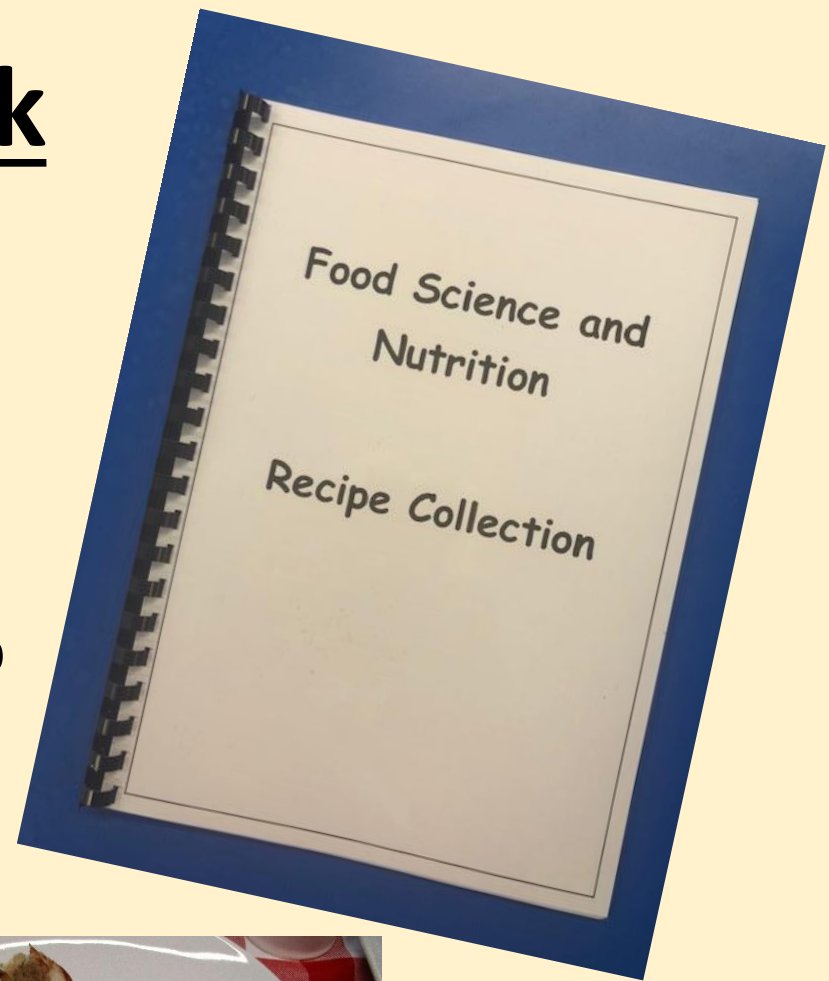
**4 lessons a week:**

- **1 'double' lesson = practical work**
- **2 single lessons = theory**
  
- **Start coursework in February**
- **Teaching resources on TEAMS**



# Year 1 Practical Work

- Practical every week
- Wide range of techniques covered
- Demonstrations carried out to guide you



# Year 1 Exam Questions

## Section A

Short answer questions eg:

- *Name 1 food rich in Vitamin B<sub>12</sub>*

## Section B

Slightly longer questions eg:


- *Evaluate the food safety risks involved when preparing and serving food at a summer BBQ*

## Section C

Long Case Study Question

(See overleaf)

Surname	Centre Number	Candidate Number
Other Names		4

 LEVEL 3 CERTIFICATE/DIPLOMA  
4563UB0-1

**FOOD SCIENCE AND NUTRITION**  
Unit 1: Meeting Nutritional Needs of Specific Groups

TUESDAY, 4 JUNE 2019 – MORNING  
1 hour 30 minutes plus 15 minutes reading time

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
Section A	22	
Section B		
1.	8	
2.	6	
3.	6	
4.	8	
Section C	14	
1.		
2.	8	
3.	8	
4.	10	
Total	90	

**ADDITIONAL MATERIALS**  
A calculator.

**INSTRUCTIONS TO CANDIDATES**  
Use black ink or black ball-point pen.  
Write your name, centre number and candidate number in the spaces at the top of this page.  
Answer all questions.  
Write your answers in the spaces provided in this booklet.

**INFORMATION FOR CANDIDATES**  
The total for the paper is 90 marks.  
The number of marks is given in brackets at the end of each question or part question.  
You are reminded of the necessity for good English and orderly presentation in your answers.  
Reading time may be permitted as indicated on the examination paper. This is additional time to the duration of the exam. This time can only be used for reading through the questions on the exam paper, and prioritising your time. However, you may write notes.

© WJEC CBAC Ltd. L3F1911-4563UB0-1



# Section C

## Long Case Study Question

<b>Name</b>	<b>Mia</b>
<b>Age</b>	24
<b>Weight + Height</b>	62kg      1.75 m
<b>Medical Conditions</b>	Early stages of pregnancy
<b>Activity Levels</b>	Nurse working shifts Drives to work High impact aerobics class three times a week
<b>Food/Drink Likes + Dislikes</b>	Likes: Junk food, cheese, milk shakes, wine Dislikes: Fruit and vegetables
<b>Approx Daily Kcal Intake</b>	1900 weekdays      2500 weekends
<b>Example Daily Diet</b>	7 am    milkshake (full fat milk) 10 am    cup of coffee + biscuits 1 pm    cheese sandwich, crisps, yogurt 7 pm    Chinese ready meal, glass of wine

**1. Analyse Mia's profile to determine her current and future nutritional needs (16)**

**2. Identify lifestyle changes Mia will need to make as a result of her pregnancy (10)**

**3. Produce a 2-day dietary plan for Mia (10)**

**4. Justify your dietary plan in relation to fitness for purpose (6)**

# Future plans

## Have a career in this area:

- Apprenticeship
- Degree eg:

**BSc Food Science and Technology**

**BSc Food Marketing and Product  
Development**

**BSc Dietetics**

**BSc Human Nutrition**

**FdSc Artisan Food Production**

**BSc Environmental Health etc**

- Or just choose **FOOD SCIENCE** as one of your 3 subjects at WSFC because you like it!



**Belle Parrish**

Food Science and Nutrition - Kings School, Worcester

I moved to Worcester Sixth Form College from Kings School, Worcester specifically to study Food Science and Nutrition. I have loved learning both the theory and practical sides of the course. I'm also studying Biology and Chemistry as I want to go onto university and do a Nutrition and Dietetics course where I can then become a qualified dietician. I have found that my choice of subjects has been very interesting and they all relate to each other and will help me to further my career.

# **Any questions?**

Please email:

**[laura.tonner@wsfc.ac.uk](mailto:laura.tonner@wsfc.ac.uk)**