

# Diploma in Food Science and Nutrition

## Course Description:

Food Science and Nutrition serves to provide a broad educational basis for further education or for moving into employment within the food industry, sports sector, care providers as well as nutritionist in Hospitals. It also seeks to build upon the broad educational framework providing a suitable route for progression for candidates completing GCSE Hospitality and Catering, Food and Nutrition, Physical Education and Science students. This course provides learners with underpinning knowledge, understanding and skills to progress to further study and training. It employs an investigative and problem solving approach to the study of the subject. It also provides opportunities for candidates to develop key skills in the areas of Communication, Application of Number, Information Technology, Working with Others, Improving Own Learning and Performance as well as Problem Solving.

## Qualifications Required:

Minimum two year course entry requirements apply. Students who have not previously studied the subject will be considered. Students should normally have Grade 5 in any of the following subjects; Food preparation and Nutrition, Sport Science, Biology, Chemistry, Science, or a Merit in Health and Social Care. Good organisational skills are essential.

## Aims of the Course:

- To gain an understanding of nutrients, their functions in the body and how nutritional requirements vary in different situations.
- To develop an understanding of hazards and risks in relation to storage, preparation and cooking of food in different environments and the control measures needed to minimise these risks.
- Understand the scientific properties of food.
- To develop skills to plan, carry out and present a research project on a current issue related to consumer food choice.

## Future Prospects:

WJEC Level 3 Diploma in Food Science and Nutrition is fully recognised as an academic qualification for entry to Higher Education, particularly for food related courses such as food chemistry, food studies, nutrition and dietetics and for related careers in food manufacture. The food industry is one of the biggest growth areas and as such offers the potential for a range of careers.

## Features of the Course:

Unit 1: Meeting Nutritional needs of specific groups. **Mandatory**

Unit 2: Ensuring food is safe to eat. **Mandatory**

Unit 3: Experimenting to solve food production problems. **Optional**

Unit 4: Current issues in food science and nutrition. **Optional**

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**Mandatory Units****Unit 1: Meeting nutritional needs of specific groups**  
(Mandatory) GLH 180

UNIT AIM The aim of this unit is to give learners understanding of nutrients, their functions in the body and how nutritional requirements vary in different situations. They will be able to use this understanding to critically assess diets of specific target groups and plan changes needed to ensure a nutritional balance is maintained. They need to acquire skills to enable the planning and cooking of nutritionally balanced/ complex dishes, whilst demonstrating an understanding of the importance of food safety.

Learning outcomes The learner will:

LO1 Understand the importance of food safety

LO2 Understand properties of nutrients

LO3 Understand the relationship between nutrients and the human body

LO4 Be able to plan nutritional requirements

LO5 Be able to plan the production of complex dishes.

LO6 Be able to cook complex dishes

**Unit 2: Ensuring food is safe to eat** GLH 90 External Assessments (Mandatory)

UNIT AIM The aim of this unit is to give learners an understanding of hazards and risks in relation to storage, preparation and cooking of food in different environments and the control measures needed to minimise these risks. They will be able to use this understanding to be able to produce guidance material to facilitate the training of new food handlers recommend control measures that need to be in place, in given environments, to ensure that food is safe to eat.

Learning outcomes The learner will:

LO1 Understand how micro-organisms affect food safety

LO2 Understand how food can cause ill health.

LO3 Understand how food safety is managed in different situations.

**Optional Units****Unit 3: Experimenting to solve food production problems** (Optional) GLH 90

UNIT AIM The aim of this unit is for learners to:

- Understand the properties of food.
- Plan and carry out experiments or practical work to demonstrate the properties of food.
- Use results of experiments or practical work to propose options to solve food production problems.

Delivery;

AC2.1 Set success criteria for scientific investigations

AC2.2 Obtain outcomes from scientific investigations

AC2.3 Record outcomes of investigative work AC2.4

Process data

**Unit 4: Current Issues in Food Science and Nutrition**  
(Optional) GLH 90

UNIT AIM The unit requires learners to develop skills to plan, carry out and present a research project on a current issue related to consumer food choice. The unit aims to provide learners with the opportunity to develop knowledge and understanding of an issue that is currently affecting or recently affected the consumer food choice within the food industry. This may be something they have developed an interest in through their earlier studies or something they are introduced to through this unit. The issue will be current in that it has arisen in the last five years or is on-going.

Learning outcomes The learner will:

LO1 Be able to plan research into a current issue in food science and nutrition.

LO2 Be able to manage a project

LO3 Be able to investigate current issues in food science and nutrition

LO4 Understand current issues in food science and nutrition

**Methods of Assessment:**

Unit 1; Meeting Nutritional Needs of Specific Groups will be both internally and externally assessed Exam 90 minutes.

Unit 2; an assignment will be produced each academic year and cannot be opened before May1st each year. It is an **eight** hour timed, supervised assessment

The following units are internally assessed:

Unit 1: Meeting Nutritional Needs of Specific Groups. This unit is also externally assessed.

Unit 3: Experimenting to Solve Food Production Problems

Unit 4: Current issues in Food Science and Nutrition