

Food Science and Nutrition

Why study Food Science and Nutrition?

The Level 3 Alternative Academic Qualification in Food Science and Nutrition has an applied purpose, with a focus on learning through practical experiences in a dedicated theory classroom and state-of-the-art kitchen. Students are assessed through a combination of exams and controlled assessments, allowing them to demonstrate their theoretical knowledge and creative flair.

Entry requirements

Ideally, students should have studied Food at GCSE with a Grade 7 or above. Alternatively, a Grade 6 in English is recommended if food was not taken at GCSE.

Course content

The course involves four units, each accounting for 25% of your final grade:

In Year 12:

- Unit 1: Nutritional needs across the life stages – Written exam (1 hr 30 mins) – 25%
- Unit 2: Developing practical food production skills – Internal assessment – 25%

In Year 13:

- Unit 3: Principles of food hygiene and food safety – Written exam (1 hr 30 mins) – 25%
- Plus one optional unit (Unit 4: Experimenting to solve food production problems or Unit 5: Current issues in food science and nutrition) – Internal assessment – 25%

Relevance

An understanding of Food Science and Nutrition is relevant to many industries and job roles, including healthcare, sports, hospitality, food development and manufacturing, and government agencies. This knowledge is essential for developing menus, food products, and policies that support healthy eating initiatives.

Career versatility

Level 3 Alternative Academic Qualification in Food Science and Nutrition can lead to various university courses, such as Food Science, Food and Nutrition, Human Nutrition, Food and Business, and Food Marketing. Career opportunities include working as a dietitian, nutritionist, sports coach, fitness instructor, or food manufacturer.

Academic flexibility and skills developed

Through this course, students develop a range of skills, including advanced practical skills, creativity, problem-solving, and analytical thinking, alongside a strong foundation of theoretical knowledge. They also gain the understanding and habits needed to maintain good health throughout life and develop as independent learners. The course links well to other subjects such as Chemistry, Biology, PE, Psychology, and Geography.