Food Science & Nutrition

Level 3 Alternative Academic Qualification – Extended Certificate

What will I learn?

Level 3 Food Science and Nutrition explores the relationship between food, nutrition, health and wellbeing, combining scientific knowledge with practical food skills. You will develop an understanding of nutrients and metabolism, nutritional needs throughout different life stages, and how food choices can affect health. You will also explore food safety and hygiene, food production and the scientific principles that underpin the preparation and manufacture of food. Practical work is an important part of the course. You will develop advanced food preparation and production skills and apply your knowledge to a range of practical situations. Later in the course, you will also study either food experimentation and problem solving or current issues affecting food science and nutrition.

How will I learn?

Lessons combine theory with practical investigation and food preparation.
You will take part in a range of activities including:
- practical food preparation and production
- scientific food investigations
- nutritional analysis
- research and independent study
- applying knowledge to real-life situations
- problem-solving activities
- examination practice
- completing Non-Examined Assessments (NEAs)

The course encourages you to become an increasingly independent learner and to apply scientific and nutritional knowledge rather than simply recall facts.

How will I be assessed?

The Extended Certificate consists of four units. Three are compulsory and you will also complete one optional unit.

FAQs.

Do I need to be good at cooking?
You do not need to be an expert cook before starting the course, but you should enjoy practical food work and be willing to develop your skills.
Practical food production is an important part of the qualification, and you will be expected to become increasingly confident, organised and independent in the kitchen.

Is this mainly a practical course?
No. Practical work is an important element, but the course also contains a significant amount of scientific and nutritional theory.
You will need to be comfortable learning about topics such as nutrients, metabolism, diet and health, food safety and the scientific principles behind food production.

Exam Board

Eduqas / WJEC

Skills Gained

Practical food skills
Scientific investigation
Nutritional analysis
Problem solving
Research skills
Independent learning
Organisation
Time management
Analytical skills
Communication
Evaluation
Applying theory to practical situations

Careers

Nutrition
Dietetics
Food Science
Sport Science
Product Development
Marketing
Food & Consumer Studies
Environmental Health
Hospitality and Catering
Leisure and Tourism
Social Work
Health & Social Care
Nursing
Teaching