CHASE HIGH SCHOOL
AMBITION - RESILIENCE - KINDNESS

BTEC OPTIONS | SUBJECT GUIDE

Food Science and Nutrition

QUALIFICATION	EXAM BOARD	ASSESSMENT TYPE
WJEC Level 3 Applied Diploma in Food Science and Nutrition	WJEC	50% External Assessment / 50% non-exam assessment

WHAT IS THIS SUBJECT ABOUT?

Food Science and Nutrition explores the science behind the food we eat and how it affects health and wellbeing. You will study nutrients, dietary needs, food safety and food production, while developing practical skills through preparing and evaluating food. The course combines scientific understanding with hands-on learning and real-world food issues.

WHAT WILL I LEARN?

KEY TOPICS

- Nutritional needs of individuals and specific groups
- The relationship between diet, health and wellbeing
- Food safety, hygiene and food poisoning
- Food science, ingredients and food production
- Current issues in food science and nutrition
- Practical food preparation and product evaluation

HOW WILL I BE ASSESSED?

- **Unit 1:** Meeting Nutritional Needs of Specific Groups – 50% (25% external assessment and 25% non-exam assessment)
- **Unit 2:** Ensuring Food is Safe to Eat – 25% external assessment
- **Unit 3:** Experimenting to Solve Food Production Problems OR **Unit 4:** Current Issues in Food Science and Nutrition – 25% non-exam assessment
- You complete two mandatory units and one optional unit.

WHAT SKILLS WILL I GAIN?

Alongside developing your knowledge of food and nutrition, you will build transferable skills:

- Practical food preparation, presentation and evaluation
- Applying scientific knowledge to real food-related situations
- Research, analysis and problem-solving
- Planning, organisation and independent working
- Communication and explaining nutritional information
- Making informed decisions about food safety and healthy eating

HOW WILL THIS SUBJECT SUPPORT MY FUTURE?

This qualification can support progression to higher education courses such as Human Nutrition, Public Health Nutrition and Food Science and Technology. It can also provide a foundation for further study and careers in food production, food development, nutrition-related services and the wider food industry.

WHO CAN I SPEAK TO?

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