

Year 11-12 Transition Pack:

WJEC Level 3 Applied Diploma in Food Science and Nutrition



**Introduction**

An understanding of food science and nutrition is relevant to many industries and job roles. Care providers and nutritionists in hospitals use this knowledge, as do sports coaches and fitness instructors. Hotels and restaurants, food manufacturers and government agencies also use this understanding to develop menus, food products and policies that that support healthy eating initiatives. Many employment opportunities within the field of food science and nutrition are available to graduates.

If you have any queries regarding this course please feel free to contact me by email: **Samuel.hayes@georgesalter.com**

**Course Overview**

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| **WJEC Level 3 Applied Diploma in Food Science and Nutrition** | | |
| Unit | Unit Title | Assessment |
| 1 | Meeting Nutritional Needs of Specific Groups | Coursework 25% Exam 25% |
| 2 | Ensuring Food is Safe to Eat | Coursework 25% |
| 3 | Experimenting to Solve Food Production Problems | Coursework 25% |

**Unit 1- Year 12 Unit 2+3- Year 13**

**Articles to Read**

**Textbooks**

* Bender, D. (2002). An Introduction to Nutrition and Metabolism
* Brown, A.C. (2010). Understanding Food: Principles and Preparation
* Campbell J (et al) (2011) Practical Cookery Level 3 Hodder Education
* Drummond, K.E. and Brefere, L.M. (2009). Nutrition for Foodservice and Culinary Professionals

**(Please do not buy any of these. Many pages of these can be read on Google Books for free or within your library).**

**Journals**

British Journal of Nutrition, Nutrition Society

Essentials of Healthy Eating, PJ Skerett

**Websites**

<https://www.nutrition.org.uk/>

<https://www.who.int/health-topics/nutrition>

<https://www.nhs.uk/live-well/eat-well/>

**Summer Activity- Due in your first lesson in September**

Consider the needs of the following groups. For each group explain the DRV and give examples of balanced meals explaining your choices. This work can be used as part of your Unit 1 coursework

* Children
* Adults
* Elderly
* Pregnant women
* Type 1 diabetes
* Type 2 Diebetes
* Hyperchloesterolemia
* Anaemia
* Lactose intolerant
* Coeliac
* Religious Beliefs
* Vegans
* Vegetarians
* Lifestyle