

## Subject: WJEC Food Science and Nutrition Diploma

**Subject Leader:** Mrs V Haines

**Contact email address:** v.haines@cns-school.org

### This course covers the following key topics:

The course has four units, only one of which contains a written exam. The other three units are assessed with a blend of practical investigations and coursework.

The main sections are Unit 1&2-**Nutrition, Food Safety & Hygiene**, Unit 3-**Food Science** and Unit 3&4- **Current issues in food production including environmental and ethical considerations**. The course will be taught through practical lessons, food science investigations and theory lessons. Students will have the opportunities to attend conferences, gain a Level 3 Food Hygiene qualification, visit professional food establishments, food tours in London and practical workshops.

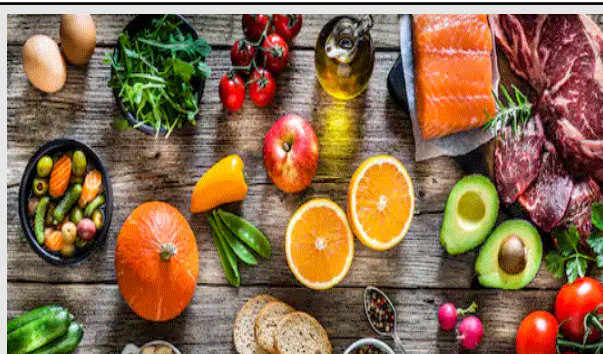
**We love teaching this course because: It is a great foundation for a career in any job in the food industry. There is great variety and range of content which focuses on real life issues facing the world. It suits both scientific and practical learners as students develops academic skills for future studies and practical skills for the workplace at the same time. It's a great course for students who want to maintain an interest in food but don't want to commit to a vocational course and limit their career options.**

### Our students say:

**"I wanted to continuing studying food as I really love it but didn't want to be a chef, so this course lets me keep learning about food but get a academic qualification as well."**

**"I enjoy learning about nutrition and it really ties in with Sports Science which I also study"**

**"I wanted to pick a practical subject whilst not harming my University prospects and the course has a really good blend of this"**



CNS 6<sup>th</sup> Form



### Recommended Textbooks:

- 1)WJEC Level 3 Food Science and Nutrition
- 2)The Science of Cooking Every Question answered to perfect your cooking – Dr Stuart Farrimond
- 3)Spoon Fed: Why almost everything we have been taught about food is wrong – Tim Spector

### If you love Food, we really recommend you read:

- 1) Cooking for Geeks by Jeff Potter
- 2) National Dish by Anya von Bremzen
- 3) The science of food by Marty Jopson
- 4) Zaitoun by Yasmin Khan
- 5) Hibiscus by Lopè Ariyo
- 6) Flavor + Us: Cooking for Everyone by Rahanna Bissret

### What future pathways are open to me if I study Food Science & Nutrition

- BSc Food and Nutrition
- BSc (Hons) Public Health Nutrition
- BSc (Hons) Food Science and Technology
- BSc (Hons) Food & Nutritional Science and Psychology
- BSc (Hons) Food Technology and Product Development
- Careers in the food industry [www.tastycareers.com](http://www.tastycareers.com)