

Level 3

Duration: One Year

Why should you take this course?

This course is equivalent to one A Level and suitable for anyone interested in food, nutrition and the food industry.

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 support healthy eating initiatives. Many employment opportunities within the field of food science and nutrition are available to graduates.

Course Content

Certificate in Food Science and Nutrition: In the first year you will learn about the science of food safety, nutrition and nutritional needs in a wide range of contexts, and through on-going practical sessions, to gain practical skills to produce quality food items to meet the needs of individuals.

Diploma in Food Science and Nutrition consists of the following: in the second year, you will extend your knowledge of food safety, as well as exploring current issues in food science and nutrition through an extended project.

Are there any special expenses?

There will be costs for ingredients for the cooking aspect of the course as students will learn practical skills through a range of cooking sessions and students will need to provide their own ingredients for the practical element of the controlled assessment.

How will I be assessed?

The Level 3 certificate is assessed by a 9.5 hour-controlled assessment, including a 3.5-hour practical session which is assessed internally and externally. There is also a 90-minute written exam which is marked externally.

The Level 3 Diploma is assessed by a mandatory unit, Unit 2 Ensuring Food is Safe to Eat which is an 8-hour timed controlled assessment that is externally assessed plus a 14 hour internally assessed controlled assessment unit, Unit 4 Current Issues in Food Science and Nutrition.

What I could do next?

This is excellent preparation for students wishing to pursue careers in Food and Nutrition, Food Science Food Technology and Public Health, Personal Training and Health and Social Care industry.

