

## St John's Curriculum Overview – Year 12

<b>Subject title</b>	<b>Level 3 Food Science &amp; Nutrition (WJEC)</b>
Setting arrangements	Mixed prior attainment
Time allowance each fortnight	9 hours

### Introduction

The WJEC Level 3 Diploma in Food Science and Nutrition is assessed through a combination of a written exam and external assignment set and marked by WJEC and two centre marked assignments. The written examination is at the end of year 12.

- I. Meeting the Nutritional Needs of Specific groups (Written examination 90 minutes)
- Ib. Meeting the Nutritional Needs of Specific groups (8 hours practical assessment)

The purpose of this unit is for learners to develop an understanding of the nutritional needs of specific target groups and plan and cook complex dishes to meet their nutritional needs.

### Topics, Skills and Assessment covered during the course

	<b>Topics covered</b>	<b>Skills developed</b>	<b>Assessment</b>
<b>Topic I Term I</b>	Unit 1: Food Safety	<p>Students will gain an indepth understanding of food safety in relation to employees and employers. Pupils will complete a series of practicals to demonstrate a clear understanding of key concepts covered.</p> <p>Pupils will be able to:</p> <ul style="list-style-type: none"> <li>Explain how individuals can take responsibility for food safety</li> <li>Explain methods used by food handlers to keep themselves clean and hygienic</li> <li>Explain methods used to keep work areas clean and hygienic</li> <li>Analyse risks associated with food safety</li> </ul> <p>Alongside the theory aspect of the course pupils will develop a range of practical skill:</p> <ul style="list-style-type: none"> <li>Pasta, Pastry, dough</li> </ul>	Mock HACCP plan in preparation for coursework

<b>Topic 2 Term 2 &amp; 3</b>	Unit 1: Understand properties of nutrients	Term two food safety has been assessed and completed with reference to the topic given during practical lessons. This module pupils will focus on the properties of nutrients, they will be able to: Explain how nutrients are structured Classify nutrients in foods Assess the impact of food production methods on nutritional value  The Practical Skill developed: Sauces, dough, jointing	Mock Coursework completed, including 3 hour mock practical exam.
<b>Topic 3 Term 4-6</b>	Unit 1: Understand the relationship between nutrients and the human body	Term 3 will focus on the relationship between the nutrients learnt in term 2 and the impact this has on the human body. Alongside this pupils will be completed coursework. Pupils will be able to: Describe functions of nutrients in the human body Explain characteristics of unsatisfactory nutritional intake Analyse nutritional needs of specific groups Assess how different situations affect nutritional needs Evaluate fitness for purpose of diets Calculate nutritional requirements for given individuals	Coursework – 8 hour practical assessment including a practical exam.

**Resources Recommended for Revision and where they are available:**

An extensive list of books available and recommended websites can be found below:

<https://www.wjec.co.uk/qualifications/food-science-and-nutrition/WJEC%20Level%203%20Certificate%20in%20Food%20Science%20and%20Nutrition%20spec%2014.08.15.pdf>

**Homework:**

Every student is expected to match the number of hours spent in lessons with work completed in their own time.

**Additional support and help for the course**

After school revision lessons from March, revision mornings prior to the exams

**Extra-Curricular:**

TBA