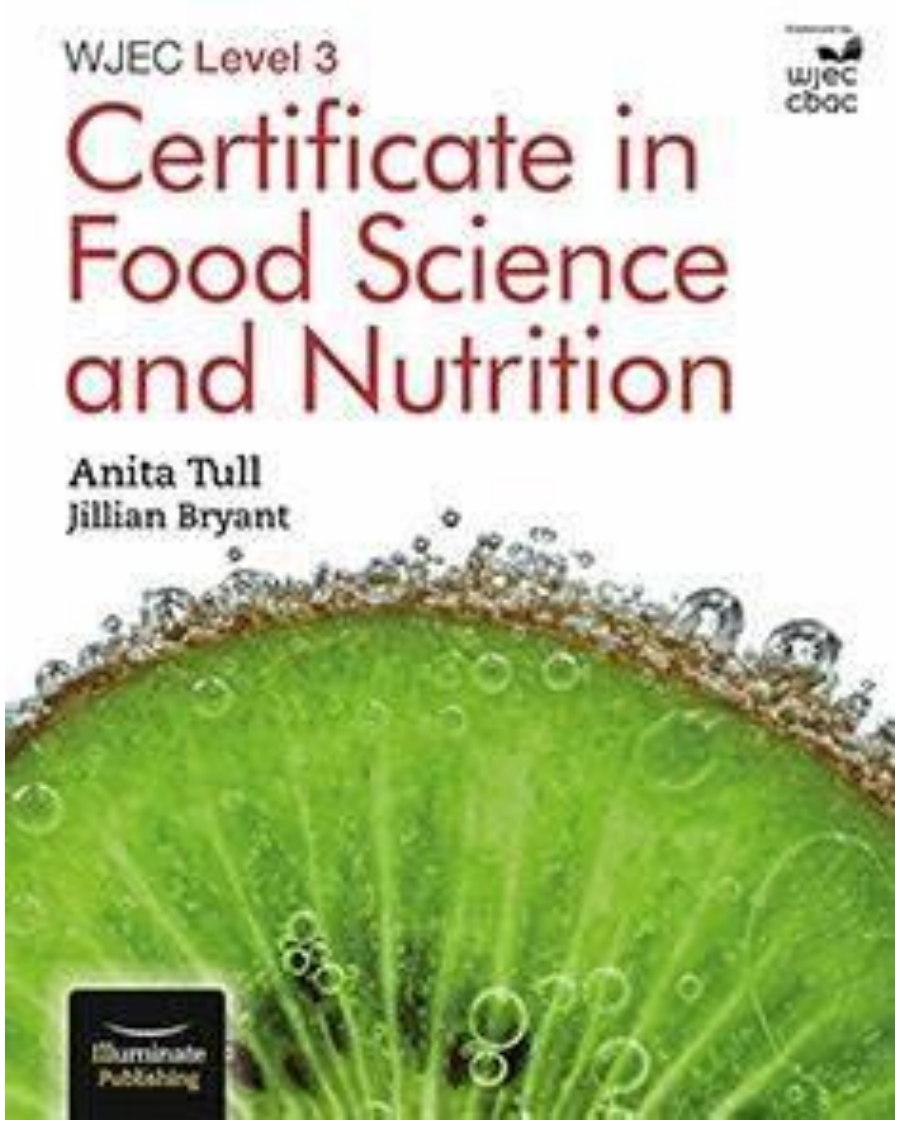
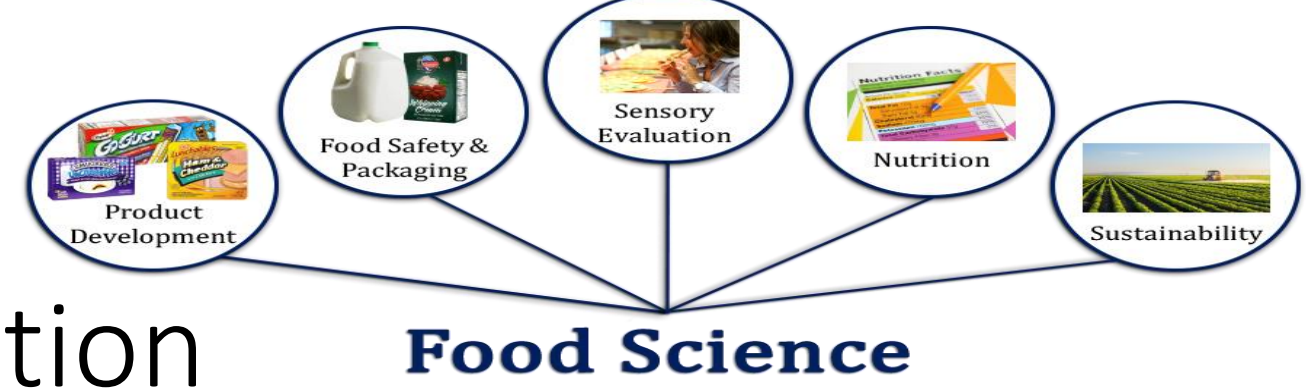
Level 3 Food Science and Nutrition

- 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 learners who have studied Food Science and Nutrition.



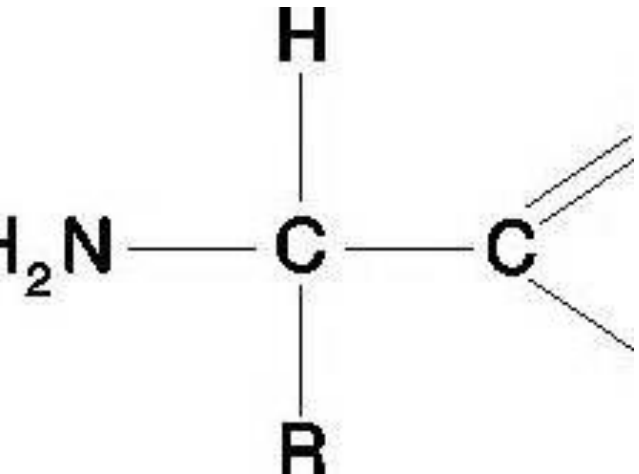
Level 3
Food Science and Nutrition



Unit	Year	Assessment	Final
1 Meeting Nutritional Needs	12	Internal Assignment (Written and practical) Jan- March External – written exam (June)	**Certificate** D*, D, M, P, U
2	13	External (8 hours)	**Diploma** D*, D, M, P, U
3 OR	13	Internal	Diploma
4	13	Internal	Diploma

Grading

Grade (Diploma)	A level Equivalent	UCAS POINTS	Marks needed (max. 400)
D*	A*	56	360
D	A	48	320
M	C	32	240
P	E	16	160



Unit 1 – Year 12

LO1 – Understand the importance of Food Safety

LO2 – Understand the properties of nutrients

LO3 – Understand the relationship between
nutrients and the human body

LO4 – Be able to plan nutritional requirements

LO5 – to be able to plan production of complex dishes

LO6 – be able to cook complex dishes.

Unit 1 Assessment (Year 12)

Internal (50 %)	External (LO 1-4). (50 %)
9 ½ hours (3 ½ hours practical) Jan- March Exam set brief You will need to: • Select suitable dishes to meet the brief and showcase skills (3 course meal) • Plan for the skills test • Prepare, cook and present the menu • Evaluate the menu and practical outcomes.	**90 mins + 15 mins reading time** Section A Short answer questions E.g. Name 2 types of food poisoning Section B Extended answer questions e.g. Discuss the value of food fortification Section C Relates to a case study Analyse the individual's profile and identify their current and future specific nutritional needs Exam in June (can retake in Yr 13)

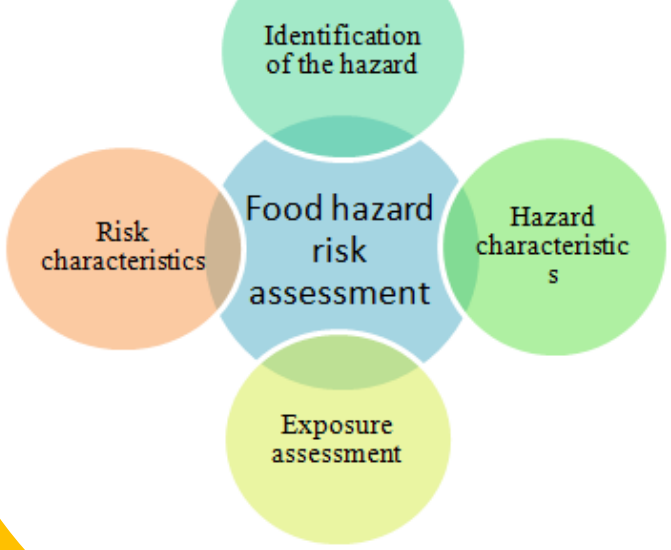
Year 13

- Unit 2 – Ensuring Food is safe to Eat - complete a risk assessment from a given scenario.

- Unit 3 – Experimenting to solve Food Production Problems – plan experiments and give advice based on a specific problem – e.g: gritty and bland ice-cream!

OR

Unit 4 – Current Issues in Food Science and Nutrition – plan, carry out and present a research project linked to Food Science and Nutrition.



Expectations

Independent Work outside of lessons – producing notes from lessons, organizing for practical work, additional reading .

Not completed a “food” course at KS4 … be prepared to catch up on basic knowledge/ Have an interest in food, nutrition and cooking.

Have an interest / passion in food, nutrition & cooking.

Practice practical skills at home

Look at media for ideas of presentation / creativity

Communication

Suggested Practical work Starters

Starter:

- - Homemade pasta and a sauce (filled pasta, tricolo pasta)
- - Spinach roulade
- - Chicken liver pate
- - Soup with particles: parmesan tuile
- - Chicken wings (portioned from a whole chicken) with marinade, spiralizer accompaniments
- - Fish cakes: Moulding, fileting, pane, shallow frying, mayonnaise to serve
- - Homemade mayonnaise: aioli
- - Scallops and samphire
- - Cheese soufflé
- - Complex breads

Suggested Practical Skills - Mains

- **Boned and stuffed chicken: Kiev with pane**
- **Chicken Ballantine: Portioning, rolling, stuffing, poaching, sautéing, accompaniments (turned or spiralizer vegetables and sauces)**
- **Duchess/dauphinoise/hassle back/fondant/turned potatoes**
- **Fish fillet: En papillotte, , filleting fish, knife skills (Julienne, brunoise)**
- **Chicken pie: Portioning Chicken, homemade stock, puff pastry, free standing with short crust sides, knife skills with vegetable prep, possible roux sauce**
- **Fish cakes: Moulding, fileting, pane, shallow frying, mayonnaise to serve**
- **Fish fingers: homemade sauces**
- **Chicken goujons: portioned from a whole chicken Pea puree**
- **Beef wellington (puff pastry)**
- **Chutneys**
- **Puff pastry and vegetable wellington**
- **Burger: mincing, moulding, brioche bun?**
- **Vegetable crisps/game crisps**
- **Noodles (made from scratch), portioned chicken, knife cuts of vegetables.**

Suggested Practical Skills - Desserts

- Profiteroles
- Hazelnut brittle
- Caramel basket
- Panna-cotta
- Mini meringue
- Fondant (chocolate)
- Soufflé
- Fruit coulis
- Ice creams
- Sorbets
- Steamed cakes
- Individual free standing cheesecake (with gelatine)
- Poached pear
- Spun sugar
- Custard

Practical work Sept- Oct 2020

Students this term have made:

Puff Pastry

Lemon Meringue Pie

Quiche

Meringue Roulade

Cheesecake

Panna cotta

Pasta

Chicken Kiev

Pies …..

Why Students choose the course:

“Enjoy Practical work”

“Interested in a career in the hospitality Industry”

“Interested in career as a Nutritionist n/ dietician”

“A useful life skill”

“ interested in Learning more about nutrition and healthy eating”

Progression ….. Higher Education and Careers

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Progression

Degrees:

- BSc Human Nutrition
- BSc (Hons) Public Health Nutrition
- BSc (Hons) Food Science and Technology
- BSc (Hons) Sport, Exercise and Nutrition
- BA (Hons) Hospitality Management
- BA (Hons) Hospitality and Catering

Careers:

Food Product Development

Food Marketing

Nutritionist

Dietician

Environmental Health Officer

Teaching

Hospitality industry ….

Top Tips!

- **Complimentary courses: Biology, Chemistry, Applied Science, Geography, Business Studies** ….
- Get used to keeping a food diary and try and analyse what foods you (and others) are eating and consider if these meet nutritional needs.
- Developing practical skills at every opportunity – speed and finesse is key at Level 3.
- Evaluate dishes/meals you may eat and consider how these can be developed, adapted or improved. Think about how foods should be stored, prepared, cooked and served - safely and hygienically and with no detrimental effect on quality.
- Consider why food/ingredients acts in a specific way e.g., why does bread rise in the oven.
- Watch Food related programmes on-line and/or on TV to research and explore the topics you will cover in class.
- Read current food, diet related articles on-line or in newspapers.

Any Questions?