

Food Science & Nutrition



HIVE Sixth Form Countesthorpe Academy



Inspiration
Perseverance
Excellence

Food Science & Nutrition

Food Science and Nutrition is a specialist course developing an academic and practical understanding of both food and nutrition.

Why study this course?

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.

The course is weighted as an A Level and will prepare students to enter the working environment in food production and preparation. The course combines practical skills development, alongside the theoretical side of food preparation and nutrition.

Aims of the course

The course aims to enable students to understand food in a commercial environment. They will learn how to fulfil the expectations of the working environment by ensuring that food is safe to eat, working for specific dietary needs and applying gained knowledge to solve food production problems.

Course outline

The course consists of 4 units - which will be completed over two years. Units 1 and 2 are mandatory. Students will opt to study either Unit 3 or 4.

- Unit 1 - Meeting nutritional needs of specific groups. **180 points** (double unit).
- Unit 2 - Ensuring food is safe to eat. **90 points**
- Unit 3 - Experimenting to solve food production problems. **90 points**
- Unit 4 - Current issues in food science and nutrition. **90 points**

How am I assessed?

Students are assessed through the submission of a body of written work and evidence for each unit. The majority of work is internally assessed and externally verified. Unit 1 includes a written examination and a practical assessment.

Where does this course lead?

The course enables students to prepare for a career in the food industry or for further study into courses such as:

- BSc Food and Nutrition
- BSc Human Nutrition
- BSc (Hons) Public Health Nutrition
- BSc (Hons) Food Science and Technology

Learn more at Countesthorpe.org.uk

Be the best you can be

