

# Food Science & Nutrition *at MSJ Sixth Form*



**This is an exciting course which explores food related issues and food preparation skills. You will learn the science behind food from its nutritional value to how food needs to be stored, handled, prepared and cooked correctly to ensure safe consumption.**

You will develop a range of advanced food preparation skills so that you can work with a range of commodities and present them to restaurant standard. This will enable you to interpret recipes so that you can plan out how to prepare a menu. Although it is preferable to have completed GCSE Food & Nutrition, it is not essential.

Throughout the course you will cook recipes requiring a high degree of skill and accuracy to learn a variety of skills in order to produce quality food items to meet the needs of different individuals.

**TO PURSUE THE A LEVEL COURSE SUCCESSFULLY, PUPILS IDEALLY NEED A MINIMUM OF:**

GCSE Food and Nutrition Grade 4

## WHAT DOES THE COURSE INVOLVE?

Lessons will be both theoretical and practical. Practical sessions will involve skill development and investigational work. You will gain an understanding of the science of food safety, nutrition and nutritional needs in a wide range of contexts. Questions will be posed to promote higher order thinking and response skills, for example, is any food “bad” for us? How does a food business ensure the food it produces is safe to eat? Why does obesity continue to rise despite the warnings?

## IS IT THE RIGHT COURSE FOR ME?

### What skills will I need?

Girls will need to have the ability to work independently, particularly during the second year. Girls will develop skills in making, analysing, experimenting, presenting, researching, and the use of ICT as well as learning a range of food preparation and presentation skills.

## WITH WHICH OTHER SUBJECTS DOES IT WORK BEST?

Food Science & Nutrition links well with the Sciences, Business, & PE.

## WHAT ARE THE POSSIBLE CAREER PATHWAYS?

Food Science, Food & Nutrition, Food Technology, Dietetics, Food and Consumer Science, Nutrition, Food Management, Exercise & Health, Consumer Marketing and Consumer Law. Food Technologist with large food stores, NPD, QC, Food Production Management, Quality Assurance Management, Food retail management, Marketing, Health Promotion, Dietician, Teaching (with a PGCE).

---

## HEAD OF SUBJECT

**Mrs S Turner**

[turnes@malvernstjames.co.uk](mailto:turnes@malvernstjames.co.uk)

## TWITTER

[@MSJ\\_FoodNut](https://twitter.com/MSJ_FoodNut)

## EXAM BOARD

WJEC

## HOW IS IT ASSESSED?

Food Science and Nutrition is assessed using a combination of internal and external assessment.

There is a 1 and ½ hour examination (plus 15 minutes reading time) worth a total of 90 marks taken in the summer term of Year 12. The examination is in three sections which involves short answer, extended answer and case study related questions.

You will also complete controlled assessment pieces completed over several lessons to show knowledge, understanding and skills learned throughout the unit and applying these by responding to information on different topics from the course.

The Food Science and Nutrition Diploma is awarded as Distinction\* (equivalent to A\* at A-Level,) Distinction (A,) Merit (C,) and Pass (E.) The UCAS points for the grades are as follows Distinction\*56 , Distinction 48 , Merit 32, Pass 16 points.