

**WJEC Level 3 Alternative Academic Qualification in
Food Science and Nutrition
(Extended Certificate)**



Introducing Food Science and Nutrition

This qualification is designed for 16–18-year-olds who are interested in food science, nutrition, and health and are considering pursuing graduate careers in these fields. It is ideal for learners with a strong interest in the science behind food production, dietary health, and the broader impact of nutrition on well-being.

This Academic Qualification bridges the gap between academic theory and practical application, developing real-world skills alongside a solid academic foundation.

Learners will study key topic areas including nutrients and metabolism, food safety and quality, dietary needs across the lifespan, and the impact of food choices on health.

Teaching & Learning

Students will have at least one double lesson a fortnight focusing on the development of a range of advance food preparation and cooking techniques e.g lamination, piping, emulsifying etc.

Alongside practical skills students will participate in teacher led theory lesson.

- How nutrients are structured
- The functions of nutrients in the human body
- Classify nutrients in food
- The impact of food production methods on nutritional value
- Characteristics of unsatisfactory nutritional intake
- Nutritional needs of specific groups
- How different situations affect nutritional needs
- Planning nutritional programmes
- The factors that influence food ingredient choice
- Properties of micro-organisms
- How changing conditions affect growth of micro-organisms in different environments
- How micro-organisms affect food quality
- How preservation methods prevent the growth of micro-organisms



Level 3 Assessment

Students will undertake 4 assessments in total; this consists of an external written and controlled assessment in year 12 and 13. Unit 2 includes a practical assessment.

Unit Title	Type of Assessment	External / Internal	Weighting	First assessed?
Unit 1 Nutritional needs across the life stages	Written examination	External	25%	2027
Unit 2 Developing practical food production skills	Controlled assessment	Internal	25%	2027
Unit 3 Principles of food hygiene and food safety in food production	Written examination	External	25%	2028
Unit 4 Experimenting to solve food production problems	Controlled assessment	Internal	25%	2028
Unit 5 Current issues in food science and nutrition	Controlled assessment	Internal	25%	2028

Units 4 and 5 are optional. Students must complete one of the two units

Subject combinations

WJEC Level 3 Alternative Academic Qualification in Food Science and Nutrition (Extended Certificate) can be studied with a wide range of other subjects.

Biology – Deepens understanding of human physiology, digestion, and metabolism.

Chemistry – Useful for food composition, chemical reactions in cooking, and food safety.

Geography – Links food production to sustainability and environmental impact.

Sports Science - Connects nutrition with sports performance and exercise science.

Business or Economics - Helpful if you're interested in food industry careers, product development, or running a food-related business.





Progression Routes

The qualification will be of particular interest to learners who intend to progress to higher education and pursue careers in areas such as dietetics, food science, nutrition consultancy, public health, or food product development.

It provides learners with an in-depth understanding of key topics, such as food safety, the role of nutrients in the human body, and the development of innovative food products.

By focusing on applied learning, the qualification prepares learners for the demands of higher education, equipping them with research, analytical, and practical skills that will benefit them in university courses and beyond.

Entry and skill requirements

What are the entry requirements for WJEC Level 3 Alternative Academic Qualification in Food Science and Nutrition (Extended Certificate)

Students need a grade 5 or above in GCSE Food & Nutrition **or** Biology **or** Chemistry

What do our students think?

“I really enjoy food A level as it is so interesting and you can develop your skills to a greater depth.” *Izzy*

“Food science and nutrition is a really interesting subject because we learn a lot of different topics that link to other subjects and are relevant in everyday life”. *Emily*

‘I didn’t take food at GCSE I chose this course as it had strong links to Biology. The practical has really helped me develop my cooking skills and I have learnt lots about nutrition I didn’t know’ *Izzy*



Contact us

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