

WELCOME TO WJEC LEVEL 3 FOOD SCIENCE AND NUTRITION



ICE BREAKER!



□ Can you work out the following dishes?

1. S9 P3
2. F4 & C5
3. T4 I2 T3 H4
4. R5 B4 & Y9 P7
5. S9 B10
6. C6 C3 C5
7. C3 A2 V3
8. L5 M8 P3
9. K8
10. P5 C8



ANSWERS

□ ANSWERS!

1. Shepherds Pie
2. Fish and Chips
3. Toad in the Hole
4. Roast beef and Yorkshire Pudding
5. Spaghetti Bolognese
6. Chilli Con Carne
7. Coq au Vin
8. Lemon Meringue Pie
9. Kedgeree
10. Prawn Cocktail



WHAT WORK WILL I
HAVE TO DO?
THERE ARE 3 UNITS
AND AN EXAM

IN YEAR 12 YOU HAVE
A CONTROLLED
ASSESSMENT AND
A 90 MINUTE WRITTEN
EXAM

Unit 1

Meeting the nutritional needs of specific
groups

Internal – Assessment 25%

External – 90 minute Exam 25%

Example task:

You work with a local playgroup to produce meals that could be served to the young children. Not only would the dishes have to be nutritionally suitable, they would also have to be presented in a way that would appeal to the children.



IN YEAR 13

UNIT 2 IS COMPULSORY. UNIT 3 HAS MORE PRACTICAL ELEMENT LOOKING AT THE SCIENCE OF FOOD.

Unit 2

Ensuring Food is Safe to Eat
Internal - assessment 25%

Example task:

You work with a local nursing home that prepares & serves food to a wide range of clients, many of whom have health related issues. You are asked to produce an induction leaflet for trainee employees who will be involved in making & serving the food describing food safety hazards & appropriate control measures that should be in place.



Unit 3

Experimenting to solve food
production problems
Internal – Assessment 25%

Example task:

You work with a major catering organisation tendering for the catering contract of a high profile event such as a gala dinner for the sponsors of the Grand Prix. The organiser wants high quality homemade products but is concerned with how high quality sauces will be achieved. You will consider & experiment with the variables involved in the production of sauces that may accompany the dishes and present your findings, along with the dishes to the team preparing the tender.

EXTENDED WORK

EVERY WEEK:

You will be required to prepare work for the next lesson. Tasks will include:

- Time plans
- Finding recipes
- Nutrition analysis
- Presentations
- Research
- Exam questions
- Web searches
- Wider reading

The more you find out outside the lesson the more you will know to achieve the higher grades in your qualification.

