*** This Level 3 Extended Certificate is equivalent to one A level and provides a comprehensive, science-based study of the complex links between food, nutrition, and human health. The course effectively integrates scientific principles with practical skills, fostering creativity, critical analysis, and problem-solving abilities. It is ideal for those planning careers in dietetics, public health, food technology, and hospitality management. This well-rounded qualification prepares you for higher education or immediate employment in diverse sectors like healthcare and food manufacturing.

Content and Aims This qualification offers a thorough understanding of the relationship between food, health, and industry, focusing on four key aims:

• Nutritional Needs: Understanding individual dietary requirements across the lifespan.

• Practical Skills: Gaining advanced competency in food production for specific diets.

• Safety: Mastering professional food hygiene and safety standards.

• Progression: Preparing for university courses such as Dietetics, Nutrition Science, Food Technology, and Hospitality Management..

Key Features The course is structured into distinct learning modules taken over Year 12 and 13.

Unit 1: Nutritional needs across the life stages This unit develops knowledge of the properties of nutrients, their relationship with the human body, and how to plan nutritional requirements for various needs and life stages.

Unit 2: Developing practical food production skills This unit is focused on developing complex, high-level practical food production skills. You will learn to plan, prepare, cook, and present quality food items tailored to meet the needs of a specific target audience.

Unit 3: Principles of food hygiene and food safety in food production This critical unit ensures you master the application of food hygiene and safety principles, including understanding the impact of micro-organisms, how food can cause ill health, and how safety is managed across different production environments.

Optional Units (Choose ONE) Unit 4: Experimenting to solve food production problems: applying scientific understanding of food properties to solve development challenges through planned experiments and detailed analysis. Unit 5: Current issues in food science and nutrition: Requires in-depth research into contemporary topics such as sustainability, emerging technologies, or public health crises related to food.