

Overview

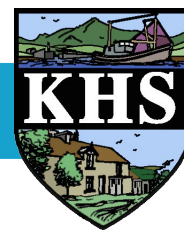
The central focus of Nutrition and Food Science education is the health and wellbeing of people in their everyday living. This involves enabling students to address increasingly complex challenges related to human needs and the management of resources to meet these needs. You need the knowledge, skills and attitudes developed in a study of Nutrition and Food Science to understand and challenge the way society impacts on health and wellbeing.

You will be encouraged to:

- Develop and apply knowledge, understanding and skills to meet human need in a broad range of activities
 - Develop an awareness of the how to manage resources to meet an identified human need in a diverse and ever-changing society
 - Develop higher order critical thinking skills such as problem-solving and decision making
 - Develop personal capabilities such as self-management and working with others become independent and lifelong learners
 - Develop Cross-Curricular Skills of Communication, Using Mathematics and Using ICT
 - Take account of and develop an awareness of rapid technological changes and the growth of scientific knowledge and understanding
 - Carry out research and present their findings in different formats
- Demonstrate through challenging internal and external assessments that they understand and can apply key concepts

AS LEVEL

Unit	Content	Assessment
1 – Principles of Nutrition	Focuses on the study of nutrients and other dietary constituents. Students also study nutritional requirements and current dietary recommendations for each life stage. Protein Fat Carbohydrate Vitamins Minerals Trace-minerals Water and other fluids Nutrition through life Nutrient requirements	50% of AS 20% of A Level Written examination – 1 hour 30 minutes
2 – Diet, Lifestyle & Health	Focuses on current research on diet, lifestyle and health. <ul style="list-style-type: none"> • Eating patterns • Energy and energy balance • Diet-related disorders:- <ul style="list-style-type: none"> – Overweight / obesity – Cardiovascular disease – Cancer – Type 2 diabetes – Alcohol – Physical activity 	50% of AS 20% of A Level Written examination – 1 hour 30 minutes



A LEVEL

Unit	Content	Assessment
3 – Option A – Food Security and Sustainability OR Option B – Food Safety and Quality	<p>Focuses on the consumer behaviour when making food purchasing decisions and consider the issues and implications of consumer food choice:</p> <ul style="list-style-type: none"> • Food security • Food poverty • Food sustainability • Food waste • Changing consumer behaviours <p>OR</p> <p>Focuses on exploring how to secure a safe food supply from the primary producer to the consumer:</p> <ul style="list-style-type: none"> • Food safety • Safety through the food chain • Microbiological contamination • Chemical contamination • Additives • Allergens • Controls and legislation 	<p>30% of A Level</p> <p>Written Exam – 2 hrs 30 mins</p>
4 – Research Project	<p>Students will choose a research area from <u>any of the other 3 units</u> (AS 1, AS 2 or A2 1) and produce a report of no more than 4,000 words. Teachers mark the projects, and CCEA moderate the results.</p>	<p>30% of A Level</p> <p>Internal Assessment (in class)</p>

Careers

Careers with Ministry of Agriculture, Fisheries & Food Nutritionist, Caterer, Baker, Publican, Butcher, Waiter, Chef/Cook, Confectioner, Consumer Adviser, Dietician, Home Care Organiser, Fishmonger, Food Shop Retailer, Food Writer/Photographer, Health Promotion Officer, Trading Standards Officer, Environmental Health Officer, Home Economist, Fast Food Operative, Restaurant Manager, Demonstrator, Teacher in Food Technology/Catering/Hospitality, Bar Attendant, Careers in Food Manufacturing, Food Guide Inspectors, Food Scientist, Microbiologist, Technical Brewer