Why choose Level 3 Food Science and Nutrition (Extended Certificate)?

The WJEC Level 3 Alternative Academic Qualification in Food Science and Nutrition (Extended Certificate) is designed for 16–18-year-olds who are passionate about food science, nutrition and health, and who are considering pursuing graduate careers in these fields.

What will I study and how will I be assessed?

You will complete four units; three mandatory and one optional, over the two years:

UNIT 1: Nutritional Needs Across the Life Stages (mandatory)	This unit will provide you with an in-depth understanding of the properties and functions of nutrients, the impact of food production on nutritional value and how dietary requirements vary across different life stages. These topics are directly relevant to human nutrition and food science degrees. You will be assessed through a written examination: 1 hour 30 minutes - 25% of qualification - 80 marks
UNIT 2: Developing Practical Food Production Skills (mandatory)	You will apply theoretical knowledge in a hands-on environment, learning advanced food preparation techniques while considering nutritional value and dietary needs. These skills mirror practical elements found in undergraduate laboratory-based / practical food science modules. You will be assessed through a non-examination assessment (NEA). 9 hours 30 minutes - 25% of qualification - 100 marks
UNIT 3: Principles of Food Hygiene and Food Safety (mandatory)	This unit is particularly relevant if you intend to pursue a career involving food technology, quality control and food safety management as it introduces fundamental concepts related to foodborne illnesses, hazard analysis and industry standards. These topics are widely covered in food science and public health degrees. You will be assessed through a written examination. 1 hours 30 minutes - 25% of qualification - 80marks

UNIT 4: Experimenting to solve food production problems (optional)	You will develop research and investigative skills, mirroring scientific methodologies used in university-level courses. You will learn how to formulate hypotheses, design and conduct experiments and analyse results. You will be assessed through a non-examination assessment (NEA). 12 hours - 25% of qualification - 100marks
UNIT 5: Current Issues in Food Science and Nutrition (optional)	This unit encourages critical thinking and research into contemporary food science challenges, preparing students for research-focused university programmes. You will be assessed through a non-examination assessment (NEA). 12 hours - 25% of qualification - 100marks

What knowledge and skills will I develop?

By studying Food Science and Nutrition you will develop a range of essential skills that will be valuable for higher education and future professional roles, including:

- Independent learning and research
- Problem-solving and analytical skills
- Practical laboratory and food preparation skills
- Data analysis and interpretation
- Communication and teamwork
- Adaptability and innovation.

What knowledge and skills will I develop?

Biology, Business, Chemistry, Health and Social Care, Mathematics, Physical Education, Psychology.

What could this qualification lead to?

This qualification attracts the following UCAS points →

Grade	UCAS Points
A*	56
A	48
B	40
C	32
D	24
E	16

Completion of this qualification can support progression to higher education courses such as:

- BSc Food and Nutrition
- BSc Food Science
- BSc Human Nutrition
- BSc Nutrition and Dietetics
- BSc (Hons) Public Health Nutrition
- BSc (Hons) Food Science and Technology