



# Welcome to Level 3 Diploma in Food, Science and Nutrition

## Your course

You will be studying Level 3 Diploma in Food, Science and Nutrition 601/4552/3 WJEC. Details of the specification and course assessment can be found here:

<https://www.wjec.co.uk/media/gr3jc4gg/wjec-applied-dip-in-food-science-nutrition-spec-from-2015-e-13-07-21-2.pdf>

We encourage you to become familiar with the course specification as soon as you start your course in September.

## Summer bridging work

Read through carefully to make sure you understand what you are required to hand in. **You will need to hand in this work during your first lesson in September.**

## TASK 1: Nutrition

To be able to successfully study and complete the Level 3 course it is important to have a sound understanding of Nutrition and food safety. The units we will cover throughout the course link back to the fundamental elements of Nutrition. To ensure you are prepared please complete the following activities:

### 1. Seneca Learning assignments

- Macronutrients
- Micronutrients
- Nutritional Needs and Health
- Food safety



<https://app.senecalearning.com/dashboard/class/ywhak8bm7s/assignments/assignment/c0bdccb7-4a65-47ba-b461-c67779ad90af>

Class code: **ywhak8bm7s**

## TASK 2: Food Allergens

In addition to Food Safety, unit 1 also explores Food Allergens. We revisit Food Allergens in Unit 2 in Year 13 so it important you have a good understanding of allergenic and food related illnesses before starting the course. Please complete the following Food Allergy and Intolerance Training:

<https://allergytraining.food.gov.uk/>

It is free to sign up and will provide you with a completion certificate – Please bring this to the first lesson in September.

## TASK 3: Food Preparation and Cooking Techniques (Practical Skills)

The skills and techniques you developed throughout your GCSE course will provide you with excellent knowledge and experience for this course. We advise you to continue cooking at home throughout the summer and to keep a photo diary of what you have been cooking.

Please follow the link to a range of food preparation videos to refresh you on the skill levels required for this course:

<https://resources.wjec.co.uk/Pages/ResourceSingle.aspx?rlid=813>

***NB This is the textbook we will be using in September. If you are planning on applying to the bursary due to financial difficulties, then the school will be purchasing these on your behalf at the beginning of the academic year.***

