Food and Nutrition
BTEC AAQ
(Equivalent to one A Level)

Course Description:

This qualification provides an in-depth understanding of food science, nutrition, and their application in real-world contexts. You will explore the relationship between diet and health, food safety, and the development of innovative food products. The course combines academic theory with practical skills, preparing you for higher education or careers in areas such as dietetics, food science, public health, and product development.

You will study:

- Nutritional needs across the life stages
- Practical food production skills
- Principles of food hygiene and food safety
- Optional units on food experimentation or current issues in food science and nutrition.

Qualifications Required:

- Five 9–5 grades including English, plus:
- Mathematics Grade: 4
- Subject Specific: 6 or above in Food Preparation and Nutrition (or 5 with teacher recommendation)
- Science Grade 4 and above.

Aims of the Course:

On completion of the qualification, learners will be able to demonstrate that they:

- have factual, procedural and theoretical knowledge and understanding of food science and nutrition to complete tasks and address problems that while well-defined, may be complex and non-routine
- be able to interpret and evaluate relevant information and ideas
- be aware of the nature of the area of food science and nutrition
- be aware of different perspectives or approaches within the area of food science and nutrition and be able to identify, select and use appropriate cognitive and practical skills, methods and procedures to address problems that while well-defined, may be complex and non-routine
- be able to use appropriate investigation to inform actions
- will be able to review how effective methods and actions have been.

Future Prospects:.

This qualification supports progression to higher education courses such as:

- BSc Food and Nutrition
- BSc Human Nutrition
- BSc Public Health Nutrition
- BSc Food Science and Technology

It is also relevant for careers in:

- Dietetics and nutrition consultancy
- Food product development

- Public health and food policy
- Catering and hospitality management

Student Feedback:

"There is a lot of food science content in the course; however, I particularly enjoy the practical aspects and the opportunity to make dishes."
"I also study Biology, which helps me to understand the theory content, and I am finding it easy to follow."

Features of the Course:

- The course is taught through a mix of classroom-based theory, practical sessions in a fully equipped kitchen, and independent research.
- You will develop advanced cooking techniques, understand food safety legislation, and apply scientific principles to food production.

Core Units

Learners are required to complete three mandatory units and can select their fourth unit from a choice of two:			
Unit	GLH	Mandatory/ Optional	Assessment
Unit 1: Nutritional needs across the life stages	90	Mandatory	External
Unit 2: Developing practical food production skills	90	Mandatory	Internal
Unit 3: Principles of food hygiene and food safety in food production	90	Mandatory	External
Unit 4: Experimenting to solve food production problems	90	Optional	Internal
Unit 5: Current issues in food science and nutrition	90	Optional	Internal

Methods of Assessment:

Assessment is a combination of written examinations and non-examined assessments (coursework):

In Year 12:

- Unit 1: Nutritional needs across the life stages – Written exam (1 hr 30 mins) – 25%
- Unit 2: Developing practical food production skills – Internal assessment – 25%

In Year 13:

- Unit 3: Principles of food hygiene and food safety – Written exam (1 hr 30 mins) – 25%
- Plus, one optional unit (Unit 4: Experimenting to solve food production problems OR Unit 5: Current issues in food science and nutrition) – Internal assessment – 25%