

Nutrition and Food Science

GCE Student Guide

This is a stimulating course which will allow you to gain a detailed understanding of nutrition and food science.

AS – You will explore:

- the principles of nutrition and its importance to human health; and
- dietary-related disorders and how they impact on health.

A2 – Firstly there is an opportunity to choose an area to focus on, either:

- **Option 1** – Issues affecting our food supply, how they impact upon the environment and the ethical implications

Or

- **Option 2** – Securing a safe food supply whilst maintaining high quality levels.

Secondly you will also select an area of personal interest to study further for your research project.



Why study Nutrition and Food Science?

Why do some foods help reduce the likelihood of heart disease and cancer? How can we best supply healthy, safe food to billions of people worldwide? Are we making any progress against fighting obesity and malnutrition?

By selecting GCE Nutrition and Food Science you will discover the answer to these questions, and many more through varied, interesting and challenging learning experiences. These include: theoretical and realistic applications, seminars, guest speakers and the use of the internet as a research tool.

Nutrition and food science is currently high in the public's perception and there could not be a better time to develop knowledge and understanding of the subject, given current global and national food issues.

Through the research project you will develop advanced study skills that will help prepare you for higher education and the world of work. This will provide you with the opportunity to develop a wide range of transferable skills and capabilities such as critical and creative thinking, decision-making, problem-solving, designing research tools, analytical aptitude and target-setting.

There are many career opportunities within this field of work as knowledge and research develops. The subject can open up a range of possibilities in the world of work, both at home and worldwide, with excellent opportunities for further and higher education.

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What will I study?

Unit	Areas of Study
AS 1: Principles of Nutrition	<p>You will study macronutrients and micronutrients and other dietary constituents:</p> <ul style="list-style-type: none">• protein;• fat;• carbohydrate;• vitamins;• minerals; and• water and other fluids. <p>This unit will also look at nutrition through life and nutrient requirements.</p>
AS 2: Diet, Lifestyle and Health	<p>You will study current research in relation to diet, lifestyle and health:</p> <ul style="list-style-type: none">• eating patterns;• energy and energy balance;• diet-related disorders;• alcohol; and• physical activity.
A2 1: Option 1: Food Security and Sustainability	<p>You will study consumer behaviour in relation to food purchasing decisions and consider issues and implications of food choice:</p> <ul style="list-style-type: none">• food security;• food poverty;• food sustainability;• food waste; and• changing consumer behaviour.
Or Option 2: Food Safety and Quality	<p>You will study the importance of securing a safe food supply from producer to consumer:</p> <ul style="list-style-type: none">• food safety;• safety through the food chain;• microbial contamination;• chemical contamination;• additives;• allergens; and• controls and legislation.

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How will I be assessed?

Unit	Assessment Description	Weighting
AS 1: Principles of Nutrition	External written examination 1 hour 30 minutes You will answer all short questions in Section A and two extended writing questions from a choice of three in Section B.	50% of AS 20% of A level
AS 2: Diet, Lifestyle and Health	External written examination 1 hour 30 minutes You will answer all short questions in Section A and three extended writing questions from a choice of four in Section B.	50% of AS 20% of A level
A2 1: Option 1: Food Security and Sustainability Or Option 2: Food Safety and Quality	External written examination 2 hour 30 minutes You will answer a compulsory structured question in Section A and three extended writing questions from a choice of four in Section B.	30% of A level
A2 2: Research Project	Internal assessment You will complete a 4000-word research-based project. Your teacher will mark the project and CCEA will moderate the results.	30% of A level

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What can I do with a qualification in Nutrition and Food Science?

This subject provides a solid foundation for higher education and a wide range of careers.

In the UK the multi-billion pound food industry employs over 3.2 million people, our largest manufacturing business, and is the second largest employment sector in the world. The agri-food sector contains many multi-national companies and therefore offers opportunities for travel and work abroad. Graduates can expect to find exciting job opportunities in the expanding food industry.

Food choices each day affect your health – how you feel today, tomorrow and in the future. Good nutrition is an important part of a healthy lifestyle and can help reduce the risk of chronic illness and promote your overall health. There are many career opportunities within this field of work as scientific knowledge and research of nutrition develops along with the increasing battle with poor dietary choices.

There are numerous job opportunities in the diverse nutrition and food science sector and associated fields such as:

- Dietetics
- Human Nutrition
- Food Design and Nutrition
- Food Product Development
- Food Management and Marketing
- Food Manufacturing
- Environmental Health
- Food Science and Technology
- Consumer Business Management
- Teaching
- Sports Studies
- Nursing
- Occupational Therapy
- Radiotherapy.

To find out more, visit the **CCEA Website** for the latest support and updates for this subject.

