

Key Stage 4 - WJEC Applied Diploma in Food Science and Nutrition

Unit 1: Meeting nutritional needs of specific groups The purpose of this unit is for learners to develop an understanding of the nutritional needs of specific target groups and plan and cook complex dishes to meet their nutritional needs.

Unit 2: Ensuring Food is Safe to Eat This unit develops an understanding of hazards and risks in relation to the storage, preparation and cooking of food in different environments and the control measures needed to minimise these risks. From this understanding, learners will be able to recommend the control measures that need to be in place, in different environments, to ensure that food is safe to eat.

Unit 3: Experimenting to Solve Food Production Problems The aim of this unit is for learners to use their understanding of the properties of food in order to plan and carry out experiments. The results of the experiments would be used to propose options to solve food production problems.

The course will cover the following:-

- Pastry - puff, filo, pate sucee, choux, hot water crust Samosas, strudels, spring rolls, tart au citron, fruit tartlets, savoury pie, jalousie, cheese gougeres, quiche, chocolate tart, custard tart, tarte tatin, millefeuilles.
- Stocks and Soups - home-made chicken/vegetable stock, soups showing vegetable cuts, leek and potato, minestrone, French onion. Cold and Hot soups.
- Bread - enriched, shaping, focaccia, naan, flat bread, ciabatta rolls, grissini sticks, panettone.
- Sauces - reduced, roux, béchamel, hollandaise, crème anglaise.
- Meat - pot roasting, roasting, casseroles, carbonade of beef, stroganoff, curry, stuffed pork tenderloin, pates, steak and mushroom pie, sweet and sour ribs.
- Chicken - boning, make stock for soups, stuffing and coating, chicken kiev, curries.
- Fish - filleting, stuffed and rolled, whole fish dishes, fish pie, thai fish cakes, salmon mousse (gelatine), salmon en croute, terrine.
- Vegetables - puree, cuts, soups, lasagne, stuffed, potato croquettes, gratin dauphinoise. Vegetable side dishes/accompaniments; e.g. honey roasted parsnips, braised red cabbage.
- Pasta and rice - fresh with flavours, shapes, ravioli, risotto.
- Pulses - soya mince, salads, curry, quinoa salad. Use of dried as well as canned. 11. Salad dressings - mayonnaise, vinaigrette.
- Desserts - pannacota, tarte au citron, meringue desserts - roulade, chocolate fondant, jalousie, gelatine cheesecakes and mousses, profiteroles, macaron dessert, genoise sponge.

	Year 12	Year 13
Autumn	<p>Unit 1 Meeting Nutritional needs of Specific Groups Nutrition theory and related practical work. Focused complex skills practical work.</p> <p>Unit 2 Ensuring Food is Safe to Eat Relate theory to practical work</p>	<p>Unit 3 Experimenting to Solve Food Production Problems</p> <p>A written report based on scientific experimentation to solve a food production issue</p>
Spring	<p>Unit 1 Meeting Nutritional needs of Specific Groups Nutrition theory Meal planning Jan - Feb half term: Practise practical brief</p> <p>ASSESSMENT: Feb - April: Begin 9½ chosen brief</p> <ul style="list-style-type: none"> • Planning 3 hours • Practical exam 3½ hours • Evaluation 3 hours 	<p>Unit 2 Ensuring Food is Safe to eat Theory and practical work Mar - April</p>

	<p>Mock unit 1 Examination</p> <p>Unit 2 Ensuring Food is Safe to Eat relate to theory and practical work</p>	
<p>Summer</p>	<p>Unit 1 Meeting Nutritional needs of Specific Groups</p> <p>Nutrition theory</p> <p>Complete Unit 1 practical brief, completed to be sent to WJEC for moderation by 15 May</p> <p>Revision for unit 1: Meeting Nutritional needs of Specific Groups -</p> <p>ASSESSMENT - written paper: June</p> <p>After exams: Prepare research for optional brief Unit 3</p>	<p>Unit 2 Ensuring food is safe to eat</p> <p>1st. May begin unit 2 ensuring food is safe to eat 8 hour task completed in 3 weeks to be sent to WJEC for moderation by the 1st June</p>