

WJEC LEVEL 3 FOOD SCIENCE AND NUTRITION

Reading List for Unit 1 - Meeting Nutritional Needs of Specific Groups (Mandatory – Y12)

Please see the compulsory reading/viewing for Year 12. For each learning objective (LO), please complete a **knowledge organiser** to summarise the key points (see example attached)

UNIT 1	Sources	Key Points
LO1: Understand the importance of food safety	Food Standards Agency: https://www.food.gov.uk/business-guidance/managing-food-safety The Food Inspectors TV programmes: https://www.youtube.com/watch?v=MbH2fPAH4Vc	Summarise how food businesses are expected to manage food safety including HACCP procedures, food hygiene, labelling laws and allergen/additive obligations
LO2: Understanding properties of nutrients	TED-Ed Videos: How your digestive system works: https://www.youtube.com/watch?v=Og5xAdC8EUI How to spot a fad diet: https://www.youtube.com/watch?v=8V15Z-yyiVg	Summarise how your body breaks down the food you eat into the nutrients your body needs. See sample knowledge organiser
LO3: Understand the relationship between nutrients and the human body	Medical News Today: https://www.medicalnewstoday.com/articles/why-is-nutrition-so-hard-to-study	Why is it so hard to determine whether a food is good or bad for health? Summarise the dilemmas associated with nutritional research

Other useful websites:

BBC News/nutrition: <https://www.bbc.co.uk/news/topics/ce1grvlegnxt/diet-nutrition>

British Nutrition Foundation: www.nutrition.org.uk

The British Dietetics Association: <https://www.bda.uk.com/>

Department for Health: <https://www.gov.uk/government/publications/the-eatwell-guide>

Food and Drink Federation: <https://www.fdf.org.uk/>

NHS: <https://www.nhs.uk/live-well/eat-well/>

Free Online Courses

There are also a number of free courses available from Open Learn. The following would be useful introduction to some of the topics covered in Year 12:

[Obesity: Balanced Diets and Treatment](#)

[The Science of Nutrition and Healthy Eating](#)

[Nutrition: Proteins](#)

[Nutrition: Vitamins and Minerals](#)

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Knowledge Organiser: How to spot a fad diet

Fad diets can be medically unsuitable to the individual, unsustainable, or even dangerous. Long term, fad diets can cause serious health problems if followed for more than a few days or can result in a regain of weight.



Definition

A fad diet is a diet that is popular for a time, similar to fads in fashion, without being a standard dietary recommendation, and often promising unreasonably fast weight loss or nonsensical health improvements

Long-term impact

FAD Diets

History

The word "diet" comes from the Greek diaita, which described a whole lifestyle, including mental and physical, rather than a narrow weight-loss regimen. Western medical science was founded on diatetica, the "fundamental healing therapy of a regimen of certain foods". Overweight or being too slim were seen as signs of an unhealthy body, with an imbalance of its four essential "humours" (black bile, yellow bile, blood and phlegm).

STAY AWAY FROM FAD DIETS

- Initial weight loss is from water and lean muscle
- Metabolic rate is reduced and you burn less calories
- Weight gain is the end result
- Body breaks down lean muscle to meet energy requirements
- The diet is too hard and unsustainable



Short-term impact

Fad diets encourage the notion of a diet as a short-term behaviour, instead of a sustainable lifelong change. They fail to re-educate dieters about healthy nutrition, portion control or physical activity. Short-term, a diuretic affect may lead to fluid weight loss and/or a lower calorie intake may result in an initial loss of fat before the body lowers the BMR



Examples



Promising rapid weight loss that is "too good to be true". Being nutritionally imbalanced, or highly restrictive, forbidding entire food groups or even only allowing one food type or only liquids. Recommending eating food in a specific order or combination. Recommending specific foods for detoxing or to 'burn' fat.

Key Terms Restrictive Diets / Nutritionally Imbalanced / Detoxing / Basal Metabolic Rate / Weight Loss