

## **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)

| <b>UNIT 1</b>                                                         | <b>Sources</b>                                                                                                                                                                                                                                                                                                           | <b>Key Points</b>                                                                                                                                           |
|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| LO1: Understand the importance of food safety                         | Food Standards Agency:<br><a href="https://www.food.gov.uk/business-guidance/managing-food-safety">https://www.food.gov.uk/business-guidance/managing-food-safety</a><br><br>The Food Inspectors TV programmes:<br><a href="https://www.youtube.com/watch?v=MbH2fPAH4Vc">https://www.youtube.com/watch?v=MbH2fPAH4Vc</a> | 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:<br>How your digestive system works:<br><a href="https://www.youtube.com/watch?v=Og5xAdC8EUI">https://www.youtube.com/watch?v=Og5xAdC8EUI</a><br><br>How to spot a fad diet:<br><a href="https://www.youtube.com/watch?v=8V15Z-yyiVg">https://www.youtube.com/watch?v=8V15Z-yyiVg</a>                      | Summarise how your body breaks down the food you eat into the nutrients your body needs.<br><b>See sample knowledge organiser</b>                           |
| LO3: Understand the relationship between nutrients and the human body | Medical News Today:<br><a href="https://www.medicalnewstoday.com/articles/why-is-nutrition-so-hard-to-study">https://www.medicalnewstoday.com/articles/why-is-nutrition-so-hard-to-study</a>                                                                                                                             | 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](http://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

