**WJEC LEVEL 3 Food Science and Nutrition exam breakdown**

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| **Year** | **SECTION A** | **SECTION B** | **SECTION C** |
| 2017  69/90 = Distinction  49/90 = Merit  30/90 = Pass | Cross contamination/prevention of  Vitamin B12/deficiency  Sodium – function/side effects  Iron – functions  Complementary proteins  Energy imbalance  Water soluble vitamins – cooking/preparation | Food safety risks – summer BBQ (6 marks)  Chemical structure of carbohydrates (6 marks)  Elderly (6 marks)  Medical conditions/dietary needs (8 marks) | Female, 24 years old, BMI 20, pregnant   * Analyse profile (16 marks) * Identify lifestyle changes (10 marks) * Produce a 2 day diet plan (6 marks) * Justify diet plan (6 marks) |
| 2018 | Personal hygiene rules  Food poisoning bacteria – names  Calcium  Vitamin A/pregnant women  BMR/GI meanings  Causes of obesity  Role of antioxidants | Lipids – functions, difference between saturated/polyunsaturated (6 marks)  Food safety regulations/legislation (8 marks)  Adapting a menu for coeliac/vegan (6 marks)  Diet of primary/secondary school children (8 marks) | Male, 49 years old, BMI 30   * Analyse profile (14 marks) * Identify lifestyle changes (10 marks) * Modify daily diet (6 marks) * Justify modifications (10 marks) |
| 2019 |  |  |  |
| 2020 |  |  |  |
| 2021 |  |  |  |
| 2022 |  |  |  |
| 2022 |  |  |  |