



# **Nutrition and Food Science [NFS]**

**(Syllabus 6073)**

*Secondary Two [NA] Streaming Presentation*





# The NFS journey

**01**

**AIMS**

*Starting your NFS  
journey RIGHT*

**03**

**Subject  
Content**

*What you will LEARN*

**02**

**Scheme of  
Assessment**

*What you will EXPECT*

**04**

**Career Prospects  
[FAQ]**

*Where you CAN head to*

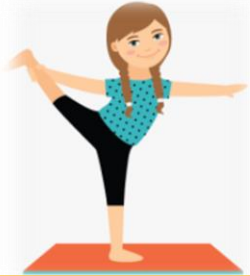


# 01

## **AIMS**

*Starting your NFS journey RIGHT*

# AIMS



## LEAD

*A healthier lifestyle proactively through proper diet and nutrition.*



## ADVOCATE

*Sustainable food consumption by planning and making appropriate food choices.*



## APPLY

*Principles of culinary science creatively in food preparation and cooking.*





# 02

## Scheme of Assessment

*What you will EXPECT*



# Scheme of Assessment



## Paper 1 : 40%

Written Paper  
- 80 marks

Section A: 16 marks  
- Multiple Choice Questions

Section B: 40 marks  
- Short-answer-type questions  
and data-response-type  
questions

Section C: 24 marks  
- Open-ended questions



## Paper 2: 60%

Coursework  
- 60 marks

Research [R] : 6 marks

Decision Making [DM] : 6 marks

Exploratory Study [ES]

- *Plan and conduct* : 6 marks

- *Discussion* : 6 marks

Planning [P] : 6 marks

Execution [Exe]

- *Organisation and Management* : 6 marks

- *Manipulation* : 10 marks

- *Product and Presentation* : 8 marks

Evaluation [Eva] : 6 marks





# Examples of Coursework



# Paper 2 Sample [Coursework]

Obesity is an increasing problem among teenagers. Plan and prepare a range of interesting baked dishes with reduced fat content that would appeal to teenagers. You should include a rubbed-in biscuit in your choice.

**Exploratory Study:** To investigate the effects of varying the quantity of fat on the appearance, texture and taste in a rubbed-in biscuit of your choice. Use **three** different amounts of fat in the recipe.





# Paper 2 Sample [Coursework]

Record the taste (sweet, bland, buttery, creamy, etc.) and texture (soft, tender, dry, coarse, grainy etc.) of the 3 variations in the results table.



Blueb

Key

Teen

As



Obesity is an incre  
Recipes

Name of Dish	Skill Set 1	Skill Set 2	Skill Set 3
Blueberries biscuit		Rubbed-in biscuit	
Ham and cheese meatball	Mincing and dicing Shaping	<b><i>Decision making</i></b>	
Curry chicken pot pie	Dicing and chopping		Roux sauce

# Let's LOOK at the **new** Coursework Components

## ES

**Exploratory  
Study [NEW]**

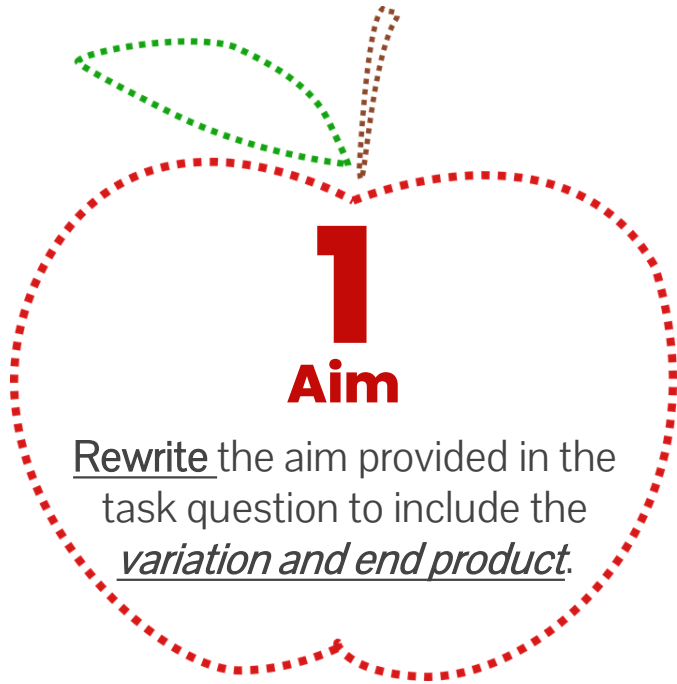


## Exe

**Execution**



# Exploratory Study [ES]



## Example of aim from task question:

To explore the effects of varying the quantity of fat on the appearance, texture and taste in a rubbed-in cake of your choice.

Use three different amounts of fat in the recipe.

## Example of revised aim:

To explore the effects of varying the quantity of fat (30g, 50g, 70g) on the appearance, texture and taste in blueberry scones.



# Exploratory Study [ES]



2

## Plan and Conduct

Presents detailed procedures on the:

1. Preparation of three variations of a stipulated product.
2. Data collection method to record sensory qualities.



3

## Plan and Conduct

Carry out the exploratory experiment proficiently.

[Note: Prepare complete product for all three variations]



# 4

## Discuss

Record detailed sensory observations (including photographic evidence) of the three variations

Discuss how different variations are suitable/unsuitable for the target group based on sensory observations

Inform the choice of variation based on the outcomes of the recorded sensory observations



# Execution [Exe]



2

skill set 1



1

skill set 2



1

skill set 3



## Changes:

Increased **emphasis** on **Manipulation**

Refer to the **Food Preparation Skills Expectation table** on the assessment of the Manipulation criterion

# Food Preparation Skills Expectations

Skill Set 1			
Choose any 2	<p><u>Knife Skills (at least 2)</u></p> <p>May include:</p> <ul style="list-style-type: none"><li>• <i>slice, dice, julienne, chop, mince, carve (garnish), grate</i> into appropriate sizes</li></ul>	<p><u>Prepare, Combine or Shape</u></p> <p>May include:</p> <ul style="list-style-type: none"><li>• <i>roll, wrap, skewer, coat, layer</i> ingredients</li></ul>	<p><u>Setting or Finishing</u></p> <p>May include:</p> <ul style="list-style-type: none"><li>• <i>custard, jelly, pudding:</i> using appropriate quantities of ingredients to <i>achieve required texture</i> setting</li><li>• <i>preparing and piping of frosting, fruit glaze</i></li></ul>
	Skill Set 2		
Choose any 1	<p><u>Biscuits and Cakes</u></p> <p>To demonstrate:</p> <ul style="list-style-type: none"><li>• proper techniques to <i>achieve biscuits/cakes</i> with desired sensory qualities</li></ul>	<p><u>Pastry</u></p> <p>To demonstrate:</p> <ul style="list-style-type: none"><li>• proper techniques to <i>achieve pastries</i> with desired sensory qualities</li></ul>	<p><u>Dough (Yeast and Pasta)</u></p> <p>To demonstrate:</p> <ul style="list-style-type: none"><li>• proper techniques to <i>achieve yeast and pasta dough</i> with desired sensory qualities</li></ul>
	Skill Set 3		
Choose any 1	<p><u>Batters</u></p> <p>May include:</p> <ul style="list-style-type: none"><li>• <i>thick batter:</i> thick consistency: able to coat/bind food</li><li>• <i>thin batter:</i> pouring consistency</li></ul>	<p><u>Sauces</u></p> <p>May include:</p> <ul style="list-style-type: none"><li>• <i>starch-based</i> (e.g., roux/blended sauce): free from lumps</li><li>• <i>reduction sauce</i> (e.g. compote)</li><li>• <i>emulsified sauce</i> (e.g. mayonnaise): stabilised emulsion, free from splitting</li><li>• <i>curry paste/rempah/sambal sauce</i></li></ul>	



# NFS N(A) Level Paper 2 Coursework [6073]



<b>Period</b>	<i>Beginning of the examination year till end July/early August</i>
<b>Duration</b>	<i>25 hours of curriculum time</i>
<b>Format</b>	Word processes and <i>submitted electronically</i>
<b>Font type</b>	<i>Arial, minimum font size 11, or Times New Roman, minimum font size 12</i>
<b>Images</b>	<i>Digital photographic evidence of the <u>Exploratory Study</u> and final dishes of the <u>Execution</u> are counted as part of page limit</i>
<b>Page limit</b>	<i>15 - 20 pages</i>



A top-down photograph of a wooden cutting board on a white wooden surface. On the board is a whole orange, a sliced orange, and a knife. To the right of the board is a glass of orange juice. A white wavy line graphic starts from the bottom left, loops around the oranges, and ends near the glass of juice.

03

# Subject Content

*What you will LEARN*





**NUTRITION AND HEALTH**

**FOOD LITERACY**

**FOOD SCIENCE**



# Overview of contents



## Nutrition and Health

Nutrients, Water and Dietary Fibre

Diet and Health Problems

## Food Literacy

Food Management

Smart Consumer

## Food Science

The science of food preparation and cooking

Reactions in food during preparation and cooking

Evaluation of food



# Photographs of Upper Sec Practical



*Batch of Class 2021*

*Batch of Class 2022*



# 04

**Career**

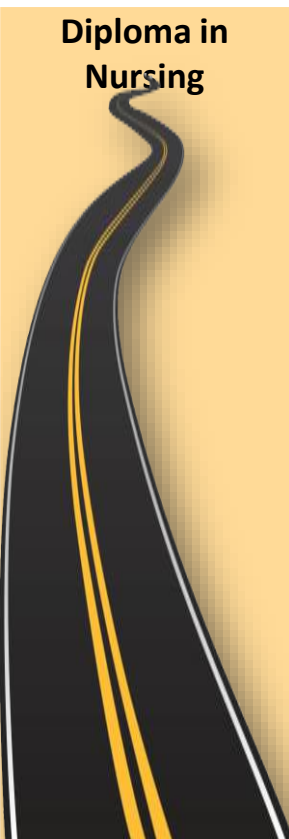

**Prospects**

**[FAQ]**

Where you CAN head to



# Courses offered by different poly

NGEE ANN POLYTECHNIC (NP)	TEMASEK POLYTECHNIC (TP)	SINGAPORE POLYTECHNIC (SP)	NANYANG POLYTECHNIC (NYP)	REPUBLIC POLYTECHNIC (RP)
<p>Diploma in Nursing</p> 	<p>Diploma in Applied Food Science &amp; Nutrition</p>	<p>Diploma in Nutrition, Health and Wellness</p> <ol style="list-style-type: none"> <li>1. Health and fitness</li> <li>2. Nutrition and Dietetics</li> </ol>	<p>Diploma in Dental Hygiene &amp; Therapy</p>	<p>Diploma in Health Science</p> <ol style="list-style-type: none"> <li>1. Health management and promotion</li> <li>2. Health services management</li> <li>3. Sports coaching</li> <li>4. Sports and exercise Sciences</li> </ol>
	<p>Diploma in Baking &amp; Culinary Science</p>		<p>Diploma in Nursing</p>	<p>Diploma in Applied Sciences</p> <ol style="list-style-type: none"> <li>1. Pharmaceutical science</li> </ol> 
	<p>Diploma in Pharmaceutical Science</p>		<p>Diploma in Social Sciences (Social Work)</p>	
<p>Diploma in Social Science (Social work)</p>				

# CAREER PROSPECTS

- Nutritionist / Nutrition Educator
- Health Promotion Executive
- Food Technologist (Food Product Development)
- Food Safety Officer
- QA/QC Officer
- FCE / NFS Teacher :D



# Frequently Asked Questions

1) Does **Nutrition and Food Science** has written paper?

**Ans: Yes. 80 marks (40%)**

2) Do I need to have good grades in FCE in order to choose Food Studies?

**Ans: You need to *pass* the subject. More importantly, you need to be at least *confident* to prepare, cook and serve food *independently*.**

3) How many **hours** of the curriculum time do we need to complete the coursework?

**Ans: 25 hours from beginning of February to end July/early August.  
The report needs to be typed written, not exceeding 20 pages.**

4) Do I need to buy all the ingredients for my cooking exam?

**Ans: Yes if it is not easily available.**







2011



2012



2013



2021



2014



2015



2017



2016



2020



# Class of 2021

The 1<sup>st</sup> NFS batch taking GCE 'N' level in Yr2022.

## Join the NFS family

*If you have the PASSION and the LOVE for food and cooking.*

*You should approach your NFS teachers should you have any enquiry for the elective offer for Yr2023:*

*# Mdm Royhayati # Ms Pauline Chua # Mdm Norliah*



*“A recipe has no soul.  
You, as the cook, must bring soul to the recipe.”*

**—Thomas Keller—**

