The background of the slide is a photograph of various pastries. In the center, there is a row of cream puffs (profiteroles) topped with white cream and dusted with powdered sugar. To the right, there are several eclairs, some with yellow custard filling and others with chocolate glaze. On the left, there are round cakes with white cream and almond slices, and rectangular cakes with chocolate drizzle. The pastries are arranged on a light-colored surface.

NUTRITION AND FOOD SCIENCE

NORMAL (TECHNICAL) LEVEL
(SYLLABUS 5979)



NFS in a nutshell



Provide students with a broad understanding in **nutrition and health**, **food literacy** and principles of **food science**



Syllabus Aims

- lead a healthier lifestyle proactively through proper diet and nutrition;
- advocate sustainable food consumption by planning and making appropriate food choices; and
- apply principles of culinary science creatively in food preparation and cooking.





What you will learn

Topics	Content
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



COMPONENTS IN NFS ASSESSMENT

WRITTEN PAPER (CONTENT)

COURSEWORK (TASK:
PRACTICAL + REPORT)





Paper 1: 1.5 hours

Written examination **(80 marks)**

Section A : 16 marks (Multiple choice type questions)

Section B: 32 marks (Short-answer type questions)

Section C: 32 marks (Structured type questions)

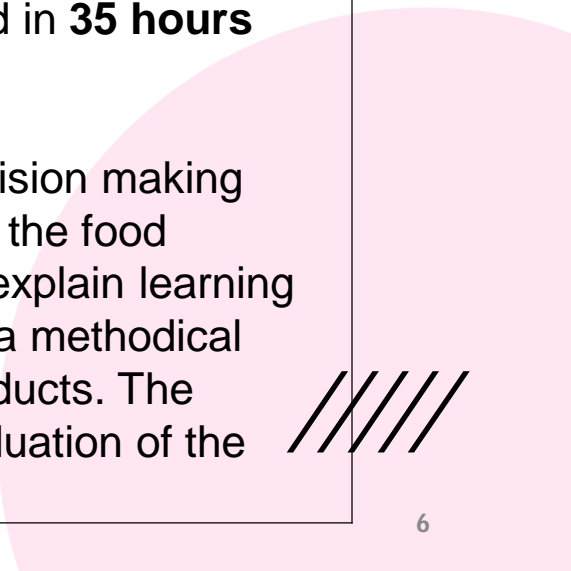
Paper 2:

Coursework **(60 marks)**

Given at beginning of examination year and to be completed in **35 hours**

Presentation submitted electronically **(25 – 35 page/slides)**

Assessment will focus on background study of the task; decision making process of three final dishes based on the task in relation to the food preparation skills set list; ability to record observations and explain learning acquired from the outcomes of exploration; ability to record a methodical approach in the production and presentation of the final products. The evaluation will require candidates to record the sensory evaluation of the dishes prepared presented either in video or prose.



Expectations of Practical Work

FOOD PREPARATION SKILLS SET

Candidates are to select recipes that would allow them to demonstrate the food preparation skills set listed below. The skill set mentioned in the Coursework Assessment Task (CAT) would be considered as 1 skill set.

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



How do I know if NFS is for me?

- Shows keen interest and passion about the subject
- Display relatively good food preparation skills set
- Able to meet demands of syllabus, i.e. good work attitude and committed; active use of research tools and work processing on the computer to complete coursework and good time management skill





For further enquiries

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