

A decorative border surrounds the central text area. It features various food items like carrots, strawberries, and tomatoes, as well as scientific symbols like triangles and circles, some with halftone patterns.

NUTRITION AND FOOD SCIENCE

6097 (O level)

Aim of subject

1. Lead a healthier lifestyle proactively through proper diet and nutrition
1. Advocate sustainable food consumption by planning and making appropriate food choices
1. Apply principles of culinary science creatively in food preparation and cooking.

Subject details



ASSESSMENT

Paper 1 (40%)
Written Exam
2hrs

Paper 2 (60%)
Coursework
28hrs



NO. OF CHAPTERS

16 chapters

- Nutrients in foods
- Diet and diet problems
- Meal planning and analysis
- Convenience foods
- Food safety and preparation
- Methods of cooking
- Sensory evaluation

ADVANCEMENT Junior College

Computation of LIR5

NFS subject as your relevant subject
(R4, R5)

ADVANCEMENT POLY



- Food Science and Technology;
- Biotechnology;
- Biomedical Science;
- Culinary Science;
- Pharmaceutical Science;
- Chemical Engineering etc.





UNIVERSITY OPPORTU

LOCAL UNIVERSITIES

1. Singapore Institute of Technology (SIT)
2. National University of Singapore (NUS)
3. Nanyang Technological University, Singapore (NTU)



OVERSEAS UNIVERSITIES offering Food Science/Technology related courses



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Food Science and Technology (FST)

Home Food Science and Technology (FST)

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The slide features a decorative border with various illustrations. At the top, there are orange and red circular shapes, a green textured circle, and a green textured capsule. On the left side, there are orange and red capsules, a blue textured circle, and a red strawberry. At the bottom, there are orange and red capsules, a green textured capsule, a blue textured circle, and a red strawberry. On the right side, there is a green textured capsule, an orange capsule, and a green textured capsule. The background is a light yellow color.

LOOKING FORWARD..

GOOD CAREER PROSPECT

“30 by 30 vision” (The Green Plan)

To position Singapore as a comprehensive
Research and Development hub for
alternative proteins such as plant-based
proteins, microbial proteins and cultured meat.

Eating insects: These 20-year-old S'porean students created protein bars made out of crickets

Zafrah Salim • June 10, 2021



Insect protein bars:
Republic Polytechnic graduates from biotechnology course

Plant-based cheese:
Collaboration between STI and food industry



Collaboration with Industry Partners

Our recent collaboration with food and agrocommodities multinational, Agrocrops, culminated in HerbYvore, a plant-based cheese, which is now sold in Fairprice Finest outlets and other food online platforms.

POSSIBLE CAREER CHOICES



Givaudan



Food Scientist

Food Technologist

Fragrance creator

Nutritional therapist

Quality manager

Regulatory affairs officer

Procurement manager

and many more..



Agency for
Science, Technology
and Research



A decorative border surrounds the central text area, featuring various food items and geometric shapes. At the top left are two carrots. To the right are strawberries and a lemon. On the right side, there is a blue kiwi slice and a green leaf. At the bottom right is a red apple. Along the bottom are cherries, a blue kiwi slice, and a lemon. The background is a light yellow color with small geometric shapes like triangles and circles scattered throughout.

WHY SHOULD I CHOOSE TO STUDY FOOD AND NUTRITION?

1. Have a deep interest in Nutrition and Health
2. Keen to explore a career path in Life Sciences, Nutrition and culinary industries
3. Enjoys aspects of experimenting and solving problems in relation to food science and nutrition