

NUTRITION AND FOOD SCIENCE

(a) What is going to be taught?

The syllabus is available online:

O-Level NFS:

https://www.seab.gov.sg/docs/default-source/national-examinations/syllabus/olevel/2022syllabus/6097_y22_sy.pdf

N-Level NFS:

https://www.seab.gov.sg/docs/default-source/national-examinations/syllabus/nlevel/2022syllabus/6073_y22_sy.pdf

	Paper 1 (Written Examination)	Paper 2 (Coursework)
<i>O-Level Examination</i>	40% (100 marks)	60% (80 marks)
<i>O-Level Examination</i>	40% (80 mark)	60% (60 marks)

Nutrition and Food Science helps to develop the students' understanding of the concepts of nutrition and meal planning, nutrition and health, and principles of food science. They will also learn to investigate and develop ideas towards a solution.

(b) What is expected of the student in learning the subject?

- An interest in health, nutrition and food science
- Independence to work on his/ her own to gather information and resources on topics related to the subject
- Willingness to try out new recipes on her/ his own
- Hand in coursework on time
- Discipline, commitment and good time management

(c) Assessment

- Common Tests (written and practical)
- Coursework, including 1 practical exam to be done at Secondary 3
- Written Examination
- Regular written assignments
- Practical sessions – acquiring skills in preparing skillful dishes

(d) How can parents/guardians assist and support?

Monitor the child in the completion of their coursework on time.

(e) How is the subject useful or relevant for the future?

The subject helps the child develop process skills. They learn to investigate and develop ideas towards a solution. These skills will be helpful when they further their

education in post-secondary educational institutions especially in the area of Food Science and Culinary. This subject can be used for admission in some polytechnic courses that require a relevant science subject.