



# NUTRITION AND FOOD SCIENCE (NFS)

## DEPARTMENT

### ABOUT

In Nutrition and Food Science, besides learning the science behind food reactions and its nutritional values, students get to appreciate how knowledge of diet and health can impact well-being of a person.

Through the experiences of planning and designing menu such as reviewing and suggesting food sold in canteen, they create meals in consideration of managing one's diet. A special workshop was also conducted to enrich students in culinary skills which gave the students a glimpse into the Food & Beverage industry.

### SIGNATURE PROGRAMMES



#### ICHEF COMPETITION

Organised by Republic Polytechnic, iChef's objective is to reach out and inspire upper secondary school students to venture into the exciting world of food and beverage culinary.

In 2013, iChef was listed in the Singapore Book of Records as the largest culinary competition for secondary school, reaching to 400 students per year.



Cakes decorated by staff, students and parents



Students decorating their monster themed cake

#### FCE ACTIVITY DURING AESTHETICS WEEK

Activities like cake decorating and bento designing classes have been organised in recent years as part of food aesthetics appreciation in conjunction with aesthetics week. Classes have been well-received by students, staff and parents alike.

This is an optional programme is for all Sec 1 to 3, staff and parents to register and sign up during the annual Aesthetic Week@GESS.



Showing off the product of their hard work for bento making

#### BENTO PROJECT FOR SEC 1 & 2 (EXPRESS)

As part of the Sec 1 and 2 express course FCE curriculum, students are introduced to cuisines from different parts of the world. Students work in groups to research on the assigned food cultures/cuisines and present their findings in class. They are also required to create a healthy bento box featuring commonly-eaten dishes of the cuisine and design a marketing poster to promote the meal to their classmates and teachers.

This project will be assessed as part of their semestral coursework assessment.



Students' marketing poster for their bento project



Student's food presentation assignment

How is the dish visually appealing: The colour of the dish make it look sweet, hot and juicy. The seafood is placed in the middle in a straight manner, while other ingredients are placed in a circular manner. And the green of the coriander is added on top of the dish and it make it look more visually appealing.

Identifying of Cuisine: Italian  
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#### FOOD PRESENTATION AND GARNISHING TECHNIQUES FOR SEC 2NA & 2EXP

Students will learn about how to further enhance the flavour and look of food. Students are tasked to search for dishes that are presented attractively and creatively. They have to take pictures of these dishes and post on Instagram commenting on the garnishing techniques used and how the plating affects the overall presentation of the dish.

This project will be assessed as part of their continuous coursework assessment.