



# My Learning My Future

**Where can studying Food and Nutrition  
take you?**

Highlighting the relevance of Food and Nutrition to future  
careers and opportunities



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# Why Food and Nutrition matters

**Have you ever considered where studying Food and Nutrition can take you?**

Today, we'll be exploring some of the career opportunities that are available to you, as well as the various pathways you can take to get there.

What pathways can you take with this subject?

What do you think these roles involve (daily task, etc.)?

What careers can you think of that use Food and Nutrition?

Why is Art & Design an important subject?

Why Food science matters | Institute of Food Technology

What skills do you think you might need for these roles?



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## Explore a career as a...

Here are some  
example roles and  
careers linked to

Food and Nutrition



**Chef**

BBC Bitesize case study

BBC Bitesize case study

icould case study



**Food Technologist**

icould case study

STEM case study



**Food Quality Control Inspector**

BBC Bitesize Profile



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# Explore a career as a...

**Here are some  
example roles and  
careers linked to**

**Food and Nutrition**



**Dietician**

icould case study

icould case study



**Restaurant Manager**

BBC Bitesize Profile

icould case study



**Food & Beverage  
Manager**

icould case study

YEUK case study

Careers First case study

# Discover more about the role

Explore careers using [National Careers Service](#) and find out about what jobs involve and how they are right for you

## Includes:

- Average salary
- Typical hours
- Work patterns
- Pathways/How to become
- Essential Skills
- Daily tasks
- Career path and progression
- Current opportunities

## Research Ideas:

[Chef](#)  
[Food Technologist/Scientist](#)  
[Food Quality Control Inspector](#)  
[Dietician](#)  
[Restaurant Manager](#)  
[Catering Manager](#)

## National Careers Service

We provide information, advice and guidance to help you make decisions on learning, training and work.

This service is available to people who live in England.

### Skills assessment

Learn more about your skills and match them to potential new careers.

[Assess your skills](#)

### Explore careers

Choose from over 800 career profiles to discover what each job involves.

[Search job profiles](#)

### Find a course

Look for online learning opportunities and training courses local to you.

[Look for courses](#)

## Careers advice

### Making career choices

Whether starting your career, changing job or if you have been affected by COVID-19, understand and make the right choice for you.

### Getting a job

Be successful in the recruitment process with tips on great CVs, interviews and graduate scheme applications.

### Progressing your career

Move up in your career by developing new skills. Find opportunities like volunteering and online learning.

### About us

The National Careers Service can help you with your career, learning and training choices. [Find out more](#) about the different ways we can support you.

### Speak to a careers adviser

Wherever you are in your decision-making, you can call us on [0800 100 900](tel:0800100900) or [use webchat](#).

### Follow us

- [Twitter](#)
- [Facebook](#)
- [LinkedIn](#)
- [YouTube](#)

# Why not teach Food & Nutrition?

Start in the classroom, where you go from there is up to you. Bring your passion for your subject, keep learning, and pass your knowledge onto others

- No two days are the same – and neither are the pupils
- Once qualified you can teach throughout your life
- You could teach abroad
- Progress your career into leadership and management
- Bring your outside interests into the classroom and your subject

# Why is STEM important?

- It boosts essential skills such as problem solving and curiosity
- It helps you see and understand the wider world around you
- It helps young people become future entrepreneurs

Explore teaching

The right skills to teach?

[Vjendra's Story](#)

[Every Lesson  
Shapes a Life](#)

[Love to keep  
learning?](#)

[Love to nurture  
imagination?](#)

What makes a great  
teacher?



## GCSE

While there are different routes you can take to be a teacher there are a few essential things that you will need:

- A minimum GCSE Grade 4 or above in English and maths (plus science if you want to teach primary)

A degree or equivalent qualification

### A level

A levels are 2 years of study

### T Level

T Levels are nationally recognised, technical qualifications for 16–19-year-olds. Designed by leading employers, one T Level is equivalent in size to 3 A Levels

### Vocational/Technical Qualification

These include BTEC, Applied General Qualifications (AGQ) and Vocational Technical Qualifications (VTQ) – all at Level 3

### Apprenticeship

Apprenticeships are jobs which combine practical work and study. Intermediate is Level 2, Advanced is Level 3

### Degree

#### Complete a degree course

It is possible to get QTS as part of an undergraduate degree, for example:

- Bachelor of Arts (BA) with QTS
- Bachelor of Education (BEd) with QTS
- Bachelor of Science (BSc) with QTS

### Level 4/5 qualifications

Complete a L4/5 course and top up to a degree – L4/5 includes Certificate of HE, Diploma of HE, Higher Technical Qualification (HTQ), HNC, HND and Foundation degrees

Top up to a degree (Level 6) in a year of full-time study

### Higher apprenticeships

Higher level apprenticeship (foundation degree / Level 5)

### Degree apprenticeships

Degree apprenticeship (Level 6-7). There is a Level 6 Teaching apprenticeship programme

Initial Teacher Training (ITT) with qualified teacher status (QTS)

Teacher

# Why not teach activity?

- Pick a topic in Food and Nutrition you think you would like to try and teach
- Agree your choice of topic with your teacher and the length of session (and with which group)  
(It may be the perfect opportunity to try this with a younger class lower down the school, or as a transition activity for Y6)
- Plan a short activity to cover the topic in a way you feel will be engaging and memorable for your peers as part of a lesson starter, main activity or plenary

## Consider:

- What are you trying to achieve (teach)? Be clear what information you intend to impart
- How will you make it fun? How will you make it 'stick'? How long will this take?
- What type of activity will you plan for? (written/practical)
- How will you know others have learned it?
- How will you make sure everyone is stretched and challenged?
- What will the end-product be?


Once you have checked it with your teacher, try the lesson with a small group (as agreed by your teacher)  
Try and get feedback during and after the session from those in the lessons and from the teacher

## After, consider:

- What you enjoyed about the experience
- Whether this is something, with training, you would enjoy
- How you felt when others learned from you





## 5 | Non-obvious jobs using Food and Nutrition: Ever thought about..?

 [How to become a Personal Trainer: Louis' story](#)


 [How to become a Chocolate maker: Max's story](#)


 [How to become a Dental lab Assistant: Tom's story](#)

 [Careers ideas and information - Hospitality](#)

 [Careers ideas and information - Home economics/Food](#)

 [Cellar Technician | Explorecareers | National Careers Service](#)

 [Consumer Scientist | Explore careers | National Careers Service](#)

 [Wedding Planner | Explore careers | National Careers Service](#)



# MYPATH Job of the week (Food and Nutrition)



Nutritionist



Chef



Toxicologist



# Food and Nutrition careers in a changing world: How can I future-proof my career pathway?

The world will be changing drastically in the next few years to cope with the impact of climate change and nature loss, and the need to lower greenhouse gas emissions and unsustainable practices. How might this steer your choice of career path using your Food and Nutrition skills?

Sustainability means meeting our own needs without compromising the ability of future generations to meet their own needs.  
*(UN definition)*



Founders4Schools



# Food and Nutrition careers in a changing world



Sustainability Manager (Zero Carbon Farm)



Head Chef



Sustainable Fisherman

**Every career can be sustainable**

1. Use your skills and passion for sustainability to help businesses adapt
2. Work for a company with sustainable values
3. Innovate for a sustainable future



Founders4Schools





# A spotlight on Technicians using Food and Nutrition

6 |



Discover here how the technical jobs related to Food and Nutrition keep industries moving and the real difference technicians make in our lives.

R017  
Brewing  
Technician

R046  
Food  
Packaging  
Technician

R048  
Food science  
Technician

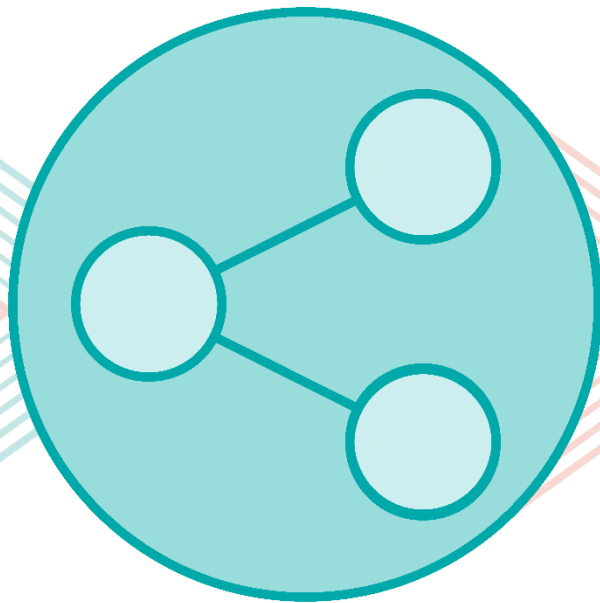
R030  
Crop  
Technician

R047  
Food  
Maintenance  
Technician

R102  
Agricultural  
Technician



## 7 | Food and Nutrition Pathways



Combine Study  
and Work



Study



Work

# 7 | Combine Study and Work

## Apprenticeships

- Dietitian
- Hospitality team member
- Fishmonger
- Butcher
- Advanced Baker
- Senior Production Chef
- Dairy Technologist
- Commis Chef
- Food & Drink Engineer
- Chef de Partie

## T Levels

T Levels | National Careers Service

T Levels | Science

T Levels | Agriculture, Land Management and Production

T Levels | Catering

## VTQs

Vocational Technical Qualifications (VTQs) | National Careers Service

- Food Science and Nutrition
- Professional Cookery
- Professional Chefs
- Global Hospitality
- Food safety in Catering
- Hospitality and Catering
- Nutrition
- Professional Bartending



[Find more >](#)

# 7 | Study Pathways

## HTQs (Higher Technical Qualifications)

Higher technical qualifications (HTQs) | National Careers Service

You might find courses in:

- Applied Baking Pastry and Technology
- Hospitality
- Food Preparation and Nutrition
- Sensory Science
- Human Nutrition
- Catering and Hospitality Management

## A levels

A levels | National Careers Service

You might find courses in:

- Food

## Higher education

Higher education | National Careers Service

You can explore undergraduate courses in Food-science

You can explore undergraduate courses in Hospitality, Leisure and Tourism

You might find courses in:

- Quality and safety across the food chain
- Sensory Science
- Human Nutrition
- Food Chemistry
- Sustainable Agriculture and ingredient sourcing
- Hospitality and Catering







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## 7 | Work Pathways

### Supported internships with an education, health and care plan

[Supported internships](#) | [National Careers Service](#)

[Watch Saul's story](#)

**You might read about:**

- [Access to Work Funding](#) (if you have a disability or health condition)
- [Preparing for Adulthood](#)
- [Talking Futures](#) (A parents' toolkit for career conversations)

### School leaver schemes

[School leaver schemes](#) | [National Careers Service](#)

**You might read about:**

- [How to fill in an application form](#)
- [How to write a CV](#)
- [Interview help](#)
- [Progressing your career](#) (Careers Advice from NCS)



# 7 | University League Tables

See at a glance the university ranking for Food and Nutrition

[Food and Nutrition Rankings \(thecompleteuniversityguide.co.uk\)](https://thecompleteuniversityguide.co.uk)

**Filter by:**

- Overall score
- Entry standards
- Student satisfaction
- Research quality
- Research intensity
- Graduate prospects



# Discover Uni

Have you ever  
considered if higher  
education is right  
for you?

**1. Go to** <https://discoveruni.gov.uk/>

**2. Search for a course or subject**

(You should get a page of search results, you can filter these by university or college, whether you want to study full or part time or perhaps you want to see that courses are near you)

Once you have had a look at a few different courses and subjects now it is time to compare some side by side

**3. Check out this video which shows you how to use our comparison tool** <https://youtu.be/dBFzCQgTp8I> -  
Pick 5 courses and add these as a saved course and then you can compare

**4. Once you have your chosen five side by side, try to answer the following questions:**

- a. What kinds of qualifications do students on the course have when they start the course?
- b. How many have a placement year?
- c. How many courses let you study abroad?
- d. Which has the highest student satisfaction rating? How do you know this?
- e. What kinds of job do graduates from this course go on to?
- f. Which course has the highest salary after three years? (higher/lower than national average)
- g. Choose your favourite course and explain why you chose this course over the others?

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**4. Once you have your chosen five side by side, try to answer the following questions:**

Is the data I am looking at for a course or a subject?

- a. What year, or years, does the data relate to?
- b. How many students or graduates is this data based on?
- c. Does the data represent all the students on the course or subject area?
- d. Does the data include people like me?
- e. What factors might impact the data?



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1 |



**In 10 years time...**

**Job in 10 years time (related to Food and Nutrition):**  
\_\_\_\_\_

**What GCSEs helped you get this job:**  
\_\_\_\_\_

**What KS5 Pathways choice did you make and what did you study:**

Apprenticeship    T level    A Level    other L3 equivalent  
\_\_\_\_\_

**Post 18 pathways choices did you make: explain:**

Study & Work

Study

Work  
\_\_\_\_\_

**Essential skills used in the job:**  
\_\_\_\_\_

**Progression route:**  
\_\_\_\_\_



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## My local options...

**Subject chosen (related to Food and Nutrition):**

\_\_\_\_\_

Local college options:

Local apprenticeships options:

Other options:

\_\_\_\_\_  
\_\_\_\_\_

**The pros and cons of these options for me:**

**Pros:**

**Cons:**

\_\_\_\_\_  
\_\_\_\_\_

**Consider how these will apply and explain:**

Cost \_\_\_\_\_

Travel \_\_\_\_\_

Convenience \_\_\_\_\_

Aspirations \_\_\_\_\_

Personal circumstances \_\_\_\_\_

Other \_\_\_\_\_

**Final choice – justify:**

\_\_\_\_\_

**Next steps:**

\_\_\_\_\_



3 |



**Prepare a 3 - 5 minute talk to share with a small group on any role that interests you related to Food and Nutrition**



What's the role



Where do you need to go to carry out the role



Where has the interest come from



What's the chances of getting this role



What do you need to do to become one



Who do you look up to in this role



Where can you go to study and what level of study



What might a typical day look like



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4 |



My career path....

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8 | 

## Essential Skills

Here are three key skills needed for a career that uses



Food  
and Nutrition

	Video	Skills Builder Resource KS3	Skills Builder Resource KS4	Skills Builder Resource Post 16
The ability to use tactics and strategies to overcome setbacks and achieve goals	<a href="#">Watch here</a>	<a href="#">Short Lesson Staying Positive Step 6-8</a>	<a href="#">Short Lesson Staying Positive Step 8-10</a>	<a href="#">Short Lesson Staying Positive Step 10-12</a>
Working cooperatively with others towards achieving a shared goal	<a href="#">Watch here</a>	<a href="#">Short Lesson Teamwork Step 6-8</a>	<a href="#">Short Lesson Teamwork Step 8-10</a>	<a href="#">Short Lesson Teamwork Step 10-12</a>
Supporting, encouraging and developing others to achieve a shared goal	<a href="#">Watch here</a>	<a href="#">Short Lesson Leadership Step 6-8</a>	<a href="#">Short Lesson Leadership Step 8-10</a>	<a href="#">Short Lesson Leadership Step 10-12</a>



	<b>Staying Positive</b>	I can do this
Step 6	I keep trying when something goes wrong and encourage others to keep trying too	
Step 7	I look for opportunities in difficult situations	
Step 8	I look for opportunities in difficult situations, and share these with others	
Step 9	I look for opportunities in difficult situations, and adapt plans to use the opportunities	
Step 10	I look for opportunities in difficult situations, and create new plans to use the opportunities	
Step 11	I identify risks and gains in opportunities	
Step 12	I identify risks and gains in opportunities, and make plans to manage them	

**My Strength (s)**

**My area (s) of Development**



8 |



	<b>Teamwork</b>	Tick which apply
Step 6	I contribute to group decision making	
Step 7	I contribute to group decision making, whilst recognising the value of others' ideas	
Step 8	I contribute to group decision making, encouraging others to contribute	
Step 9	I improve the team by not creating unhelpful conflicts	
Step 10	I improve the team by resolving unhelpful conflicts	
Step 11	I improve the team by building relationships beyond my immediate team	
Step 12	I influence the team by reflecting on progress and suggesting improvements	

**My Strength (s)**

**My area (s) of Development**



8 |



	<b>Leadership</b>	Tick which apply
Step 6	I manage disagreements to reach shared solutions	
Step 7	I recognise my own strengths and weaknesses as a leader	
Step 8	I recognise the strengths and weaknesses of others in my team	
Step 9	I recognise the strengths and weaknesses of others in my team, and use this to allocate roles accordingly	
Step 10	I support others through mentorship	
Step 11	I support others through coaching	
Step 12	I support others through motivating them	

**My Strength (s)**

**My area (s) of Development**



## Explore careers

Find out what a job involves and if it's right for you.

Use the National  
Careers Service  
Explore careers tool  
to research for this  
homework

[Explore here](#)

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Where can studying Food and Nutrition take you?

Name: \_\_\_\_\_ Tutor group: \_\_\_\_\_

Draw lines to match the ingredients to the food product and then to their correct main nutrients!

Eggs, Cheese, Milk	Coleslaw	Fibre & Carbohydrates
Oranges, Strawberries, Blackcurrants	Salmon Frittata	Calcium
Salmon, Mushrooms, Spinach, Eggs, milk	Cheese Omelette	Vitamin C
Cabbage, Carrots, Onions, Mayonnaise	Brown Bread	Iron & Protein
Brown flour, Yeast, Salt, Water	Fresh fruit Salad	Vitamin A & Calcium

Please research each of the jobs below and write down information about what that job would involve.

Nutritionist

Street Food Trader

Food Manufacturing Inspector

Food Scientist

Please use the [National Careers Service](#) website to help you

Creation of homework task accredited to Wolverley CE Secondary School, Worcestershire Careers hub.



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