



'The Aspiring Food Scientist'

KS4/5

A S P I R I N G P A T H W A Y



CHELTENHAM
BOURNSIDE
SCHOOL

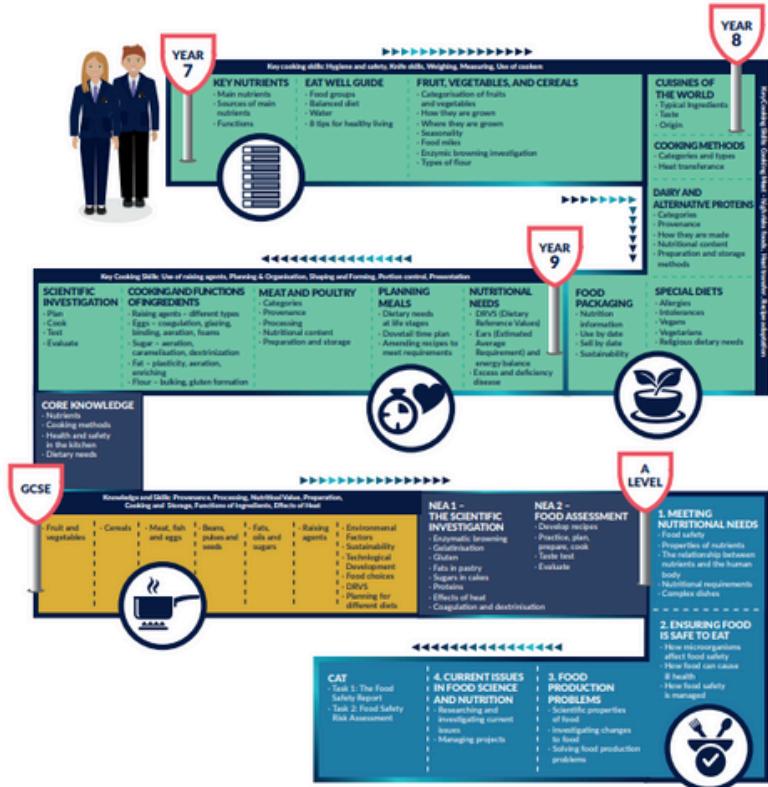


Inspiring lives through learning

‘The Aspiring Food Scientist’



FOOD PREPARATION AND NUTRITION



'The Aspiring Food Scientist'



If you're curious about how food works, how it keeps us healthy, and how science shapes what we eat, you're in the right place! Studying Food Science and Nutrition is your first step into an exciting world where science, health, and creativity come together.

This course will help you understand the fascinating science behind food, from nutrients and diet planning to food safety and product development. You'll explore real-world issues like healthy eating, sustainability, and how we can create innovative food products for the future.

By studying **Food Science and Nutrition**, you'll gain valuable knowledge and practical skills that employers are looking for—from understanding nutrients and dietary needs to food safety, quality assurance, and product development. These are the foundations for careers in:

- **Food Science** – creating new products, improving shelf life, and ensuring food is safe and high quality.
- **Nutrition and Health** – supporting individuals and communities to make informed, healthy choices.
- **Food Industry Roles** – working in research, product innovation, manufacturing, or quality control.
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The food sector offers a wide range of opportunities, from working in hospitals, schools, and public health to developing cutting-edge products for major brands or even starting your own business.

This course is your first step toward a rewarding career that makes a real impact on people's lives. Stay focused, be curious, and make the most of every opportunity to learn and apply your skills. The future of food needs professionals like you.

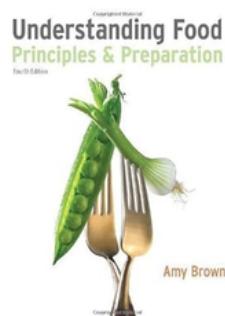
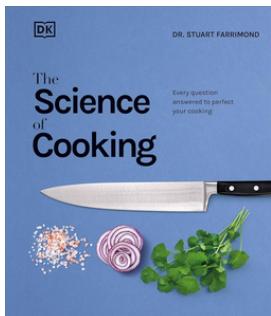
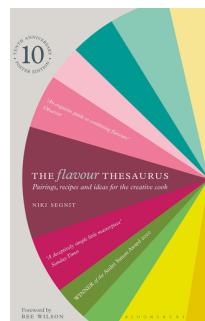
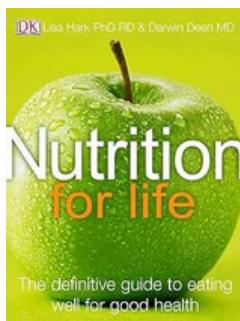
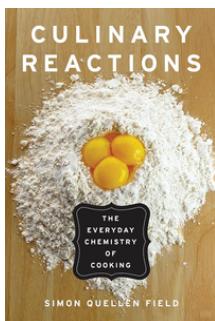
Good luck!

Miss Scott

Reading list



- **Culinary reactions** - *Simon Quellan Field*
- **Nutrition for Life** - *Darwin Deen and L. Hark*
- **The Flavour Thesaurus** - *Niki Segnit*
- **The Science of Cooking** - *Dr Stuart Farrimond*
- **An Introduction to Nutrition and Metabolism (3rd Ed)** - *Bender*
- **Understanding Food: Principles and Preparation (4th Ed)** - *Brown*



Competitions



Springboard
FUTURECHEF

Springboard Future Chef

The Springboard FutureChef competition is now the biggest school culinary competition in the UK celebrating talent and adding to our long list of successful alumni.

Rotary Young Chef competition

The Rotary Young Chef competition, sponsored by Filippo Berio, gives entrants the chance to develop their culinary skills and be judged by leading industry professionals.

Entrants plan and cook a two-course meal (main course and dessert), develop their food presentation skills, and gain experience in high-pressure situations.

Whether you're keen on a culinary career or just an enthusiastic home cook, this competition is a fantastic opportunity.

The winner of the Rotary Young Chef National Final will receive a prize of a two-day trip to Tuscany, which includes cookery classes to learn the secrets of regional Italian cooking.



**SOUTH WEST
CHEF OF
THE YEAR**

South West Chef of the Year

Whether you win or not, the competition can provide you with an incredible platform upon which to further develop your career, raise your profile within the industry and demonstrate your skills to our panel of judges, some of the region's finest chefs. How good would it look on your CV to be able to say you reached the semi-final or even the final of South West Chef of the Year?

Listen and Watch



Podcasts



Food For Thought Nutrition Podcast

hosted by nutritionist Rhiannon Lambert, focusing on evidence-based advice and intuitive eating, and the ZOE Science & Nutrition podcast.



Food Matters Live Podcast

Welcome to the Food Matters Live podcast – where we showcase the innovations, the big ideas, and the visionaries in the food industry.



The Doctor's Kitchen Podcast

The Doctor's Kitchen explores how food, medicine, and lifestyle impact health. Join Dr. Rupy and expert guests for practical insights on nutrition, mental well-being, and mindset—helping you live your healthiest life.



Sound Bites – A Nutrition Podcast

Join Certified Dietitian and celebrated host Melissa Joy Dobbins – better known as the Guilt-Free RD – as she explores the premise that eating should be a positive experience. Through engaging discussions with diverse specialists, she delves into everything from popular diet trends to agricultural practices. Get reliable, evidence-based insights that will empower you to make informed choices about your nutrition based on science rather than anxiety.

Listen and Watch



Films/YouTube/TV



Fed Up (2014 PG 1h 32m)

An examination of America's obesity epidemic and the food industry's role in aggravating it.



That Sugar Film (2014 12A 1h 30m)

Damon Gameau embarks on an experiment to document the effects of a high sugar diet on a healthy body.



Inside the factory

These episodes are a fantastic starting point for unit 3 experimenting to solve food production problems where they supersized food production lines.



The role of food in health | Dr Rupy Aujla | TEDxBristol

"The biggest impact on your health is not with a blockbuster drug, it's not with a new pioneering surgical technique, it's with the simplest solution. It's how we feed ourselves".



How the food you eat affects your brain | TED Talk

When it comes to what you bite, chew and swallow, your choices have a direct and long-lasting effect on the most powerful organ in your body: your brain. So which foods cause you to feel so tired after lunch? Or so restless at night? Mia Nacamulli takes you into the brain to find out.



How sugar affects the brain | TED Talk

When you eat something loaded with sugar, your taste buds, your gut and your brain all take notice. Nicole Avena explains why sweets and treats should be enjoyed in moderation

Listen and Watch



Social media

The Good Food Institute @thegoodfoodinstitute

This organization focuses on alternative proteins and sustainable food solutions.

Institute of Food Science and Technology @ifstnews

This UK-based professional body shares insights and updates on food science.

Dr. Alexandra MacKillop

An influencer on the Feedspot list of top food science influencers, providing expertise on the topic, according to Feedspot

Emily English @emthenutritionist

A Sunday Times best-selling author and registered nutritionist who provides expert advice.

Dr. Megan Rossi @theguthealthdoctor

A leading influencer and gut health expert who debunks health myths with science-backed information.

Rhiannon Lambert

Another top nutrition influencer on the Feedspot list.

Work Experience and Events



So, you're thinking about a career in food science or nutrition? Excellent! but to really stand out, you need more than classroom knowledge. Work experience and attending events can make all the difference— here's why:

Ever wondered how food products are made or how diet plans are created? Work experience takes you behind the scenes—whether that's in a food lab, a restaurant, or a nutrition clinic. It's your chance to see the science you learn in class come to life.

Employers love practical skills like teamwork, communication, and problem-solving. These aren't just buzzwords—you'll practice them every day during work experience, and that confidence will stick with you for life.

Events like careers fairs, food industry talks, or nutrition conferences are goldmines for networking. You'll meet people who work in the exact jobs you want and discover opportunities you didn't even know existed.

Do you want to invent the next big food trend? Improve public health? Work in sports nutrition? Hands-on experience helps you figure out what you enjoy most—and what's not for you—before you commit to a career path.

Make sure you grab every opportunity for placements, taster sessions, and events. Your future career in food science or nutrition starts now, and these experiences could be the secret ingredient to your success!

Work Experience and Events



Early Careers with Wagamama | Springpod

Dive into back house, front of house and head office roles, whilst also making your way through this programme's project where you'll get the chance to develop wagamama's next menu item.



Explore Catering & Hospitality Work Experience Youth Employment UK

Work experience gives you a taste of what you might enjoy in the world of catering & hospitality careers!



Work Experience | McDonalds

Our programme offers you the chance to join the crew of your local restaurant, gaining valuable experience of an exciting and high-performing workplace.



Students | Join Us | Farm Foods

This isn't just a job on the checkouts. From serving customers at the till to keeping the shelves and freezers full, as a member of our team you'll do a bit of everything.



Work Experience | Gloucestershire Hospitals NHS

GHFT offer work experience in Dietetics - Dietetics is the science of how food effects our health



Work Experience | Gloucestershire County Council

County Council has a staff canteen in Shire Hall in Gloucester - this not only caters for council workers but also for visitors to Shire Hall.



breakfast lectures



The Careers Team at Bournside deliver regular Inspire Breakfast Lectures. Open to students in Year 10 - 13, these business-focused breakfasts invite speakers from all corners of industry to share their professional experiences and valuable insights with Bournside students over breakfast; opening our eyes to the opportunities available across many industry sectors.

[Take a look at upcoming speakers and reserve your space here.](#)



