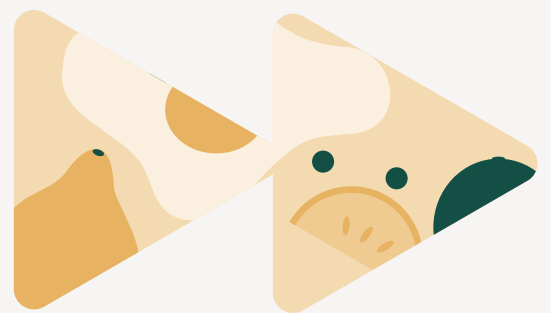




My Learning, My Future



Where can studying Food and Nutrition take you?

Introduction

At The Careers & Enterprise Company, our mission is to help schools and colleges to inspire and prepare young people for the fast-changing world of work.

My Learning, My Future is a suite of resources that has been developed by The Careers & Enterprise Company in partnership with Skills Builder to help you speak confidently about the careers related to your subject as well as the various pathways and skills needed by employers.

Benchmark 4

Linking curriculum learning to careers. Bring your subject to life by providing real-life examples from the world of work to help motivate and inspire students.

[Learn more](#)



Contents

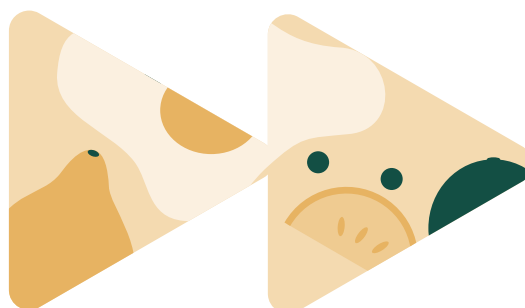
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[Why study Food and Nutrition?](#) 2-6

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[Careers in the Curriculum](#) 9-11

[Pathways](#) 12-16



How to use this guide

In this guide and supporting documents, you'll find resources to engage your students in curriculum learning, supporting work towards Benchmark 4, by highlighting the relevance of your subject to future careers and opportunities.

Explore the four key areas of the guide to inspire your students about where your subject can take them in the future.

Why study Food and Nutrition?

Access key resources that link to your subject area that can be used in your lessons to help your students explore future careers.

Essential Skills

Learn how you can engage with Skills Builder to help students identify and develop essential skills linked to your subject.

Careers in the Curriculum

Discover resources and inspiration to link careers to the curriculum, employer engagement and extra-curricular opportunities.

Pathways

Take a look at a wide variety of resources that focus on the pathways a young person can follow to a career linked to the subject.

The background features a stylized illustration of a citrus slice, possibly an orange or grapefruit, with three seeds visible. A dark green leaf is positioned to the right of the slice. The entire scene is set against a light beige background with several dark green circular dots scattered around. The text is centered within a white, irregularly shaped area that resembles a speech bubble or a piece of paper.

Why study Food and Nutrition?

Why Study Food and Nutrition?

There is a wealth of resource to support you in raising opportunity awareness as you highlight the relevance of your subject to future careers.

This section will connect you with key resources and links for students to explore opportunities linked to your subject area with the aim of motivating and inspiring your students about the world of work and pathways to a career using Food and Nutrition.

There are a number of examples of roles and activities to support student opportunity exploration.



Activity Ideas

1|



[Click here to access a KS3 My Learning, My Future homework task](#) you can set for your students, which encourages them to research and explore roles linked to your subject.

2|

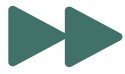


Encourage students to research and present on roles of interest to them linked to your subject.

3|



[Click here to access a student facing PowerPoint slide deck](#), which will support you in highlighting the relevance of your subject with content taken from this guide.



Resources to highlight the relevance of your subject

- Amazing Apprenticeships: [Where can Food Technology take you poster.](#)
- Jobs that use Food & Nutrition: [BBC Bitesize Careers.](#)
- [Tasty Careers](#) will provide everything you need to know about the fast growing food and drink industry as well as the opportunities available to your students, whatever their qualifications.



Labour Market Information

- The [LMI for All](#) portal provides high-quality, reliable labour market information (LMI) to inform careers decisions.
- Help your students to find out what a job involves and if it is right for them with [National Careers Service](#)
- National Careers Week [Future of Work Guide](#)

Explore a career as a...



Food Manufacturing Inspector

Food manufacturing inspectors make sure companies meet hygiene and safety standards, and that products are safe to eat.

[See Case study](#)

[Visit National Careers Service to learn more](#)



Chef

Chefs prepare, cook and present food in hotels, bars and restaurants.

[See Case study](#)

[Visit National Careers Service to learn more](#)

Food Technologist

Food scientists and food technologists develop food and drink products, making sure they are safe to consume.

[See Case study](#)

[Visit National Careers Service to learn more](#)





Restauranteur

Restaurant managers oversee their venues and make sure customers are satisfied with the food and service.

[See Case study](#)

[Visit National Careers Service to learn more](#)

Nutritionist

Nutritionists share scientific food knowledge and advice about the effects of diet and nutrition on health and wellbeing.

[See Case study](#)

[Visit National Careers Service to learn more](#)





Essential Skills

Essential Skills



A critical part of effective careers provision is building students' essential skills. These are the skills that underpin success in the classroom and the world of work such as Teamwork, Problem Solving, Speaking and Listening. Students need to be able to recognise their skillset and talk about it confidently too. They will probably be using them already in your lessons, but this can be a confusing space, with lots of overlapping terminology.

The Skills Builder Universal Framework has been developed by The Careers & Enterprise Company, [Skills Builder Partnership](#), Gatsby Foundation and others to address this problem.

The Framework breaks down eight essential skills into 16 teachable steps. It outlines a roadmap for progress, giving educators and employers a common language for talking about the skills that are essential for employment. [You can explore the Interactive Framework here.](#)

As a teacher, you can also create a free account on the [Skills Builder Hub here](#). There's over 300 short lessons and a suite of other resources too. We have picked three essential skills that are likely to come up in your lessons. These short lessons are perfect for pastoral time and starters/plenaries.

Key Skill



Working cooperatively with others towards achieving a shared goal

[Overview video](#)

[Key stage 3](#)

[Key stage 4](#)



Supporting, encouraging and developing others to achieve a shared goal

[Overview video](#)

[Key stage 3](#)

[Key stage 4](#)



The ability to set clear, tangible goals and devise a robust route to achieving them.

[Overview video](#)

[Key stage 3](#)

[Key stage 4](#)

Overview

Resources

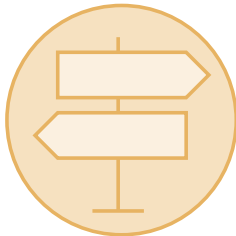


Careers in the curriculum

Careers in the Curriculum

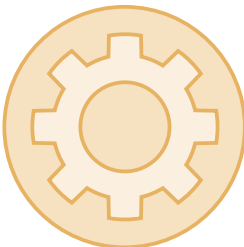
Young people critically need support to see and understand their future and ensuring that careers learning is delivered in all subjects has benefits clearly aligned to the priorities of schools and colleges and to positive outcomes for students. There are three different approaches to careers in the curriculum to consider:

1 |



Highlight the relevance of your subject to future careers and opportunities.

2 |



Set curriculum learning within the context of careers and the world of work.

3 |



Deliver curriculum learning through employer encounters, experiences of work and/or extra-curricular opportunities.

Embed careers in curriculum teaching and learning

There are some excellent examples of how curriculum teaching can be put into the context of careers and the world of work. Here are some examples of resources linked to your subject for inspiration:



Forum Talent Potential is a tried-and-tested CPD process that builds the capacity of teaching professionals to create meaningful learning experiences in partnership with local employers and equip young people for life beyond school. It helps fulfil Gatsby benchmarks for 'Good Career Guidance' and Ofsted requirements for a 'Rich Curriculum' and each child's 'Personal Development', contributing to school improvement strategies. Case studies linked to your subject:

- [KS4 GCSE Food & Nutrition Dietary requirements of a range of clients.](#)
- [KS4 Catering "Prepare and cook their own 3 course meal".](#)

[IGD's online resources](#), with real professionals from industry and expert facilitators bring our free employability skills training to students at home!

- develop students' employability skills to help them prepare for the world of work
- increase students' awareness of the variety of roles within the food and grocery industry and routes to these roles



[STEM Learning: GCSE food preparation and nutrition resources](#)

The background features a stylized orange slice with three seeds, a green leaf, and several dark green circles scattered across a light orange field. The word "Pathways" is centered in a white, rounded rectangular area.

Pathways

Pathways

When it comes to the question of what to do at key decision points, there are a lot of options to consider. Therefore, the Department for Education has put together a couple of simple and handy guides to inform young people and their parents about the options available to them. These include:

- A [route comparison grid](#) which shows all of the routes available after GCSEs, along with additional information on each one, such as the level of study, entry requirements, duration of the course, and where it can lead.
- A [2-minute animation](#) showcasing and explaining each choice in a simple, dynamic and visual manner.

The Department for Education T Levels team has created a helpful [T Level Guide](#) for Teachers and Careers Advisers, giving a comprehensive oversight of this exciting qualification.

Pathway options	
 <p>Example Post 16 Routes</p>	<p><u>T-Level Health</u></p> <p>A-Level Nutrition and Food Science, Food Studies, Food Technology, etc.</p> <p>BTEC Hospitality, etc.</p>
 <p>Degree Ideas <u>Explore options</u></p>	<p>Food Science and Technology</p> <p>Food Technology</p> <p>Human Nutrition and Dietetics</p> <p>Food and Nutrition</p>
 <p>Apprenticeship Ideas <u>Download resource</u></p>	<p>Dietician</p> <p>Food Technologist</p> <p>Food and Drink Engineer</p> <p>Commis Chef/Chef De Partie</p> <p>Hospitality Team Member/Leader</p>

Activity Ideas

1|



[Click here to access a KS3 My Learning, My Future homework task](#) you can set for your students, which encourages them to research and explore roles linked to your subject.

2|



Encourage students to identify a job related to your subject that they will be doing in ten years' time and ask them to present the pathway they took to that role.

3|



Encourage students to research local options at 16/18 in pathways related to your subject that interest them.



Resources to highlight pathways from your subject

[Download My Learning, My Future student facing presentation deck.](#)

[Tasty Careers](#) will provide everything you need to know about the fast growing food and drink industry as well as the opportunities available to your students, whatever their qualifications.

Amazing Apprenticeships: Where can Food Technology take you ([poster](#))

Extension and Employer Engagement Opportunities linked to your subject

▶▶ Here is some inspiration to enhance student engagement in your subject:

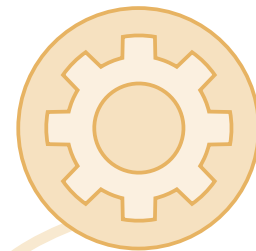
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Case studies linked to your subject:

- [KS4 GCSE Food and Nutrition Dietary requirements of a range of clients.](#)
- [KS4 Catering "Prepare and cook their own 3 course meal".](#)

More inspiration:

- [IGD's work experience programme includes employability skills training, interactions with professionals and project challenges, helping you gain work experience in our industry.](#)
- [Register for information about virtual work experience for your students via IGD Educator Hub.](#)



Employer engagement

You may wish to invite someone from the world of work in to support you in highlighting the relevance of your subject to careers. Use the below guidance to help you.

Key Questions	Guidance
<p>What are you are looking to achieve?</p> <p>Try and be as clear and purposeful as possible when framing an 'ask' of employers</p>	<p>What are the planned outcome(s)? i.e.</p> <ul style="list-style-type: none"> • For students and parents/carers to understand the relevance of your subject to careers. • To encourage students to consider pursuing your subject to GCSE level. • For students to have an insight into key labour market information.
<p>What benefits would there be to the employer for supporting?</p>	<p>For emotional reasons:</p> <ul style="list-style-type: none"> • Personal connection, e.g. they have family at the school or a relative works at the school or college. • History, e.g. they are an alumni of the school or college. • Locality, a local employer wants to give something back to the local area. <p>For commercial reasons:</p> <ul style="list-style-type: none"> • Skills shortages – to attract young people into their industry. • To help change perceptions of certain industries. • Corporate Social Responsibility (CSR) positioning – being seen to give something back.
<p>How to engage an employer?</p>	<p>Speak to your Careers Leader to access contacts that already exist in the school. Try:</p> <ul style="list-style-type: none"> • Staff networks (e.g. family, friends, Governors). • Student networks (parents, relatives). • Alumni network. • Supply chains (IT, Catering, Maintenance). • If your school or college has an Enterprise Adviser, they may have wider employer links or suggestions. • Social media appeal with a clear ask.
<p>Format</p>	<p>Articulate where, when and how the encounter will take place.</p> <p>Would you like someone to create a video/take part in a recorded Q&A or is this a physical invitation into a lesson?</p>
<p>Recording and Evaluation</p>	<p>How will you evaluate the session and get a temperature check of value from students and the employer?</p> <p>Remember to communicate activity and student register to Careers Leader as this supports Gatsby Benchmark 4 and potentially 5/6.</p>

Acknowledgements



With special thanks to the following organisations for their support and insight into developing the My Learning, My Future resources:

Amazing Apprenticeships

BBC Bitesize

Education & Employers, icould

Forum Talent Potential

IGD

LMI for All

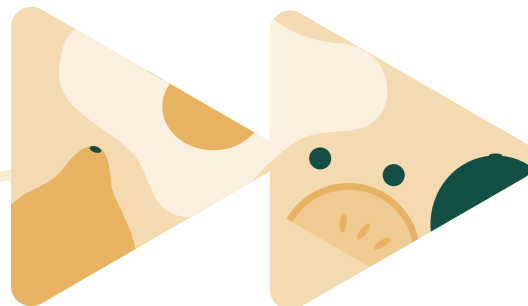
National Careers Service

National Careers Week

Skills Builder Partnership

STEM Learning

Tasty Careers



My Learning, My Future

If you have any questions about this guide,
contact us at:
education@careersandenterprise.co.uk

Access all resources at:
[resources.careersandenterprise.co.uk/
my-learning-my-future](https://resources.careersandenterprise.co.uk/my-learning-my-future)



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