



Why study?



Food Technology

How studying GCSE Food Technology can give you a career at Sizewell C

What does Food Technology have to do with the nuclear industry?

Everybody needs to eat and drink! Nuclear power stations are large enterprises, typically employing thousands of people, so they usually have canteens, restaurants or coffee shops. It's essential that these can provide nutritious, tasty and safe food to everyone working on site.

Studying GCSE Food Technology, or equivalents such as Food Preparation and Nutrition, gives you an understanding of food preparation. It also helps you learn the processes and technologies that change important qualities, like taste, texture or shelf-life. Perfect for fuelling an essential workforce!

Careers at Sizewell C

You don't always need formal qualifications to begin working in food technology or preparation and nutrition, but many courses, roles and apprenticeships will require at least a GCSE in maths and English. GCSE Food Technology will certainly help qualify you, and it'll provide important groundwork for jobs or further study.

Perhaps you like the sound of one of the many **chef** positions that will be created at Sizewell C? In these roles, you'll use what you've learned about food nutrition, hygiene and preparation to help plan and cook meals for the workforce. A food preparation and nutrition GCSE will also help if you're interested in **customer service**. For example in one of the many coffee shops on site. The qualification even gives you extra skills that could be useful throughout the hospitality industry: in one of Sizewell C's hospitality supervisor roles, for instance.





Career pathways using Food Technology

Apprenticeships are a common route into food preparation roles like becoming a chef. You're likely to need four or five GCSEs for an advanced apprenticeship¹. Find out more about apprenticeships on the government's **Apprenticeships website**, or check out **EDF's apprenticeships**.

"I get to work with fantastic people, with state-of-the-art facilities and equipment, and thrive in the excitement of working at Europe's biggest construction project"
Matt at Somerset Larder

- You may not need a degree to qualify for customer service, chef or hospitality jobs, but further study might equip you for roles in food science. It may also give you additional career skills, opening up marketing, commercial or other support positions within the food industry.
- In some cases, an internship or industrial placement can help you experience a role or industry. Your college or university should be able to help you find opportunities.
- EDF is working with local schools and colleges, such as **East Coast College (Lowestoft)**, **Suffolk New College** and **West Suffolk College**, so have a look at their websites for pathway courses too.

Food Technology skills



Roles that benefit from a food technology GCSE can be a fantastic outlet for your **creativity**.



For example, through designing menus or new dishes. You'll need excellent **teamworking** skills, as kitchens and restaurants are often intensely busy. Chefs need to show strong **leadership** skills, whereas other roles will typically require good **listening**. Hospitality can be testing - you'll do well if you can show great **problem-solving**, and if you're good at **staying positive** when the pressure's on!



Useful links

- icanbea...** Career ideas and opportunities in Norfolk and Suffolk
- Young SZC:** Connecting young people to careers and apprenticeships in the region
- BBC Bitesize:** What GCSEs should I take?
- BBC:** Jobs that use Food and Nutrition

1. <https://nationalcareers.service.gov.uk/job-profiles/chef>
 2. <https://world-nuclear.org/information-library/non-power-nuclear-applications/industry/nuclear-process-heat-for-industry.aspx>
 3. <https://www.highspeedtraining.co.uk/hub/what-is-the-temperature-danger-zone/>
 4. <https://www.edfenergy.com/energy/nuclear-new-build-projects/hinkley-point-c-for-teachers-students-and-educators/blog/meet-the-contractor-somerset-larder>

Food Technology in action

Do you have what it takes to help feed the workforce at one of the UK's biggest infrastructure projects? Find out in our quiz!

- A nuclear reactor operates at temperatures² of up to about 700°C. That's far too hot for food, but what's the 'danger zone', at which food might quickly develop harmful bacteria?³
 - 20 to 6°C
 - 8 to 60°C
 - 100 to 150°C
- Which of these groups probably wouldn't eat a bacon sandwich? (You can select more than one)
 - Vegetarians
 - People with a nut allergy
 - People of the Jewish or Muslim faiths
- Can you match these food preparation techniques to what they are?

| | |
|-------------|--|
| Binding | Softening meat, for example by marinating, chopping or stewing |
| Glazing | Browning the outside of meat or fish to preserve flavour |
| Sealing | Sticking ingredients together |
| Tenderising | Adding a shine, for example with egg or milk |

- Which of these are food preparation equipment, and which are parts of a nuclear power station?

| | | | |
|------------------|-----------|--------------|-------------|
| Tunnel oven | Condenser | Control rods | Depositors |
| Cold water basin | Mandolin | Enrober | Steam lines |

Did you know?

Somerset Larder⁴ was formed to cater to Sizewell C's sister power station, Hinkley Point C. From small beginnings in 2012, it's now a 300-strong organisation working 24 hours, serving up 8,000 meals a day!

Answers:
 Q1. b) Q2. a) and c)
 Q3. Binding - sticking ingredients together, Glazing - adding a shine, Sealing - sticking ingredients together, Tenderising - softening meat
 Q4. Food prep - Tunnel oven, depositor, mandolin, enrober