



Photos:

- Hope – top left (from www.hopepointingfood.com)
- Hope and fellow Gold DofE students receiving Award – top right
- Hope on MasterChef in 2016
- Hope's Kimchi pancakes – bottom left (www.hopepointingfood.com)
- Hope's Turkish style eggs with peas, dill and yoghurt - bottom right (www.hopepointingfood.com)



FOOD TECHNOLOGY
AND NUTRITION AT
QUEEN'S

HOPE POINTING

Hope Pointing (OQ 2009-2015) is a successful Private Chef and Nutritionist.

In 2016, Hope was the youngest contestant on BBC MasterChef and she made it all the way to the quarter finals!

Hope enjoyed her time at Queen's and was very involved in school life.

"I loved how many different opportunities there were at Queen's from sports, to trips abroad and of course Saturday morning cooking club! As a boarding student, I made the most of having the chance to try as much as possible after school and at weekends." – Hope

Hope was very involved not just in the Food and Nutrition department but with various sports teams. She also achieved a Gold Duke of Edinburgh Award whilst at Queen's.

After leaving Queen's, she studied Nutrition at the University of Reading and was awarded a first class degree.

Hope felt that Queen's truly prepared her for her degree and her later life.

"My Food Technology teacher really pushed me to try more challenging projects and do additional research beyond the curriculum."

Hope also benefited from the extra support given by staff at Queen's during her A Levels and believes this improved her knowledge at degree level.

"The Biology teachers supported us a lot. They were always putting on additional revision sessions during weekends, holidays and study leave to make sure that 1:1 guidance was there if needed. I fully appreciated this at university when I came to realise that, compared to my peers on the nutrition course, I had been taught beyond what was required at A Level. This was particularly useful when it came to essay and project writing."

Since graduating, she has worked as a private chef but also has other varying and exciting experiences in the food industry. She once assisted the River Cottage Chef, Gill Mellor develop a recipe book.

Hope also has a love for Pilates and trained as a Level 3 instructor. She combines her love of food and fitness together and often carries out workshops and cookery demonstrations for the likes of Way of Life UK and Soho House.

"Most of all I think Queen's really gave me a strong work ethic and motivation whilst balancing a strong work-life balance!"



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