

Peicai Secondary School
Subject Overview for Semester 1 2023
Nutrition & Food Science | Secondary 3 | Express

Term 1: 16/1 -10/3					
Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework/ Activities	Weighted assessments
Week 3 18Jan, Wed: replace with even Mon TT 20Jan: CNY Celebration	<ol style="list-style-type: none"> Overview and expectations of the syllabus. <ul style="list-style-type: none"> Syllabus Overview for Term 1 Materials needed Safety & Hygiene Getting to know the students in the class. Setting targets for the subject. Recap on nutrients covered in the lower secondary syllabus. <ul style="list-style-type: none"> Types of nutrients Importance of nutrients in our body Main sources of the different nutrients 			<ol style="list-style-type: none"> All about Me survey Students to introduce themselves, share the reason they have chosen NFS and their target for the year. 	
Week 4 CNY: 23-24 Jan (Mon- Tues):	Chapter 2: Carbohydrates Chapter 13: Reactions in Food during Preparation and Cooking		<ol style="list-style-type: none"> Food labels Videos on gelatinisation and dextrinization Textbook iPad 	Google classroom: -Comparison of food labels -Watch video: Food reactions + worksheet - Essay	
#Week 5 HBL: 1 Feb	Chapter 11: Preparation and Cooking of Food (Cereal) Chapter 13: Reactions in Food during Preparation and Cooking (gelatinisation and dextrinisation) Practical : Baked rice	Baked rice (Skill set 1: cutting, Skill set 3: Roux sauce)	<ol style="list-style-type: none"> Pictures of common dishes and desserts Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe (https://tinyurl.com/pcssrecipes) 	SLS/ Google classroom	

Week 6	<p>Chapter 1: Proteins</p> <p>Chapter 13: Reactions in Food during Preparation and Cooking (foaming)</p> <p>Practical/ Demo: Meringue(foaming) -TBC</p>	Meringue (Foaming)	<ol style="list-style-type: none"> 1. (container, cloth, apron, plastic bag) 	Google classroom-Performance task instructions	<p>WA 1: Alternative Assessment (Week 6 to 8)</p>
#Week 7 HBL: 15 Feb	<p>Chapter 11: Preparation and Cooking of Food (Poultry and Eggs)</p> <p>Chapter 13: Reactions in Food during Preparation and Cooking (emulsion)</p> <p>Practical: Scotch Egg (TBC)</p>	Scotch egg (shaping of outer layer of scotch egg)	<ol style="list-style-type: none"> 1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe 	SLS/ Google classroom-worksheet	<p>WA 1: Alternative Assessment (Week 6 to 8)</p>
Week 8	<p>Chapter 11: Preparation and Cooking of Food (Dairy Products: Milk, Cheese, Yoghurt, Cream, Butter)</p> <p>Chapter 13: Reactions in Food during Preparation and Cooking (caramelisation)</p> <p>Practical: Caramel Custard (TBC)</p>	<p>Caramel Custard (Caramelisation)</p> <p>Skill Set 1</p>	<ol style="list-style-type: none"> 1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe 	Google classroom-worksheet	<p>WA 1: Alternative Assessment (Week 6 to 8)</p> <p>Submission</p>
#Week 9 HBL: 1 Mar	<p>Chapter 11: Preparation and Cooking of Food (Seafood)</p> <p>Practical: Tuna Cutlet</p>	<p>Tuna Cutlets (Shaping & Coating)</p> <p>Skill set 1</p>	<ol style="list-style-type: none"> 1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe 	SLS/ Google classroom-worksheet	
Week 10	<p>Chapter 11: Preparation and Cooking of Food (Meat)</p> <p>Chapter 11: Preparation and Cooking of Food (Legumes and Pulses)</p> <p>Chapter 8: Diet and Meal Planning (Vegetarian)</p>		<ol style="list-style-type: none"> 1. Textbook 2. iPad 	<p>Google classroom-worksheet (essay)</p> <p>SLS/ Google Classroom: In pairs, students are to come up with 5 questions on protein and protein food using Kahoot.</p>	

The subject overview is tentative and is subject to changes.

Term 2: 20/3- 26/5					
Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework/ Activity	Weighted assessments
#Week 1 HBL: 22 Mar	Chapter 3: _Fats Chapter 13: Reactions in Food during Preparation and Cooking (cake making, _melting point and smoke point) Practical: Creamed Cakes	Creamed cakes (Investigative) (Creaming) Skill set 2	1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe	SLS/ Google classroom	
Week 2	Chapter 5: Minerals Chapter 7: Diet & Health Problems (Osteoporosis & Anemia)		1. Textbook 2. iPad 3. Worksheet		
#Week 3 HBL: 5 Apr Good Friday: 7 Apr	Chapter 4: _Vitamins Chapter 13: Reactions in Food during Preparation and Cooking (biscuit- making: rubbing in) Practical: Raisin Cookie	Raisin cookie (Rubbing In) Skill Set 2	1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe	Padlet	
Week 4	Chapter 6: Water & dietary fibre Chapter 7: Diet & Health Problems (Heat stroke & dehydration, constipation) Chapter Chapter 8: Diet & Meal Planning Chapter 9: Meal Analysis		1. Textbook 2. iPad	Google Classroom: Worksheet (meal modification)	
#Week 5 HBL:19 Apr	Chapter 11: _Preparation and Cooking of Food (Fruits) Chapter 13: Reactions in Food during Preparation and Cooking (enzymatic browning _pastry: rubbing in) Practical: Custard Fruit tart	Custard Fruit Tartlet (Rubbing In) Skill set 2	1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe	Google Classroom: Worksheet	
Week 6 Mon- Hari Raya [in- lieu]: 24 Apr	Revision for Weighted Assessment (WA) 2 Chapter 11: Preparation and Cooking of Food (Vegetables)		1. Textbook 2. iPad	Google Classroom: Worksheet (essay)	
#Week 7 Labour Day: 1 May HBL: 3 May	Revision for Weighted Assessment (WA) 2 Coursework - Introduction to coursework - Research		1. Coursework Rubrics 2. Textbook 3. iPad	Google Classroom- research	

Week 8	Weighted Assessment 2 <u>Coursework</u> Research		1. Coursework Rubrics 2. Textbook 3. iPad	Google Classroom- research	WA2 topics; Nutrients Preparation and cooking food (cereal, egg, meat, dairy pdt) Meal Planning Reactions in food during preparation and cooking
#Week 9 HBL: 17 May	Error Analysis of WA 2 <u>Coursework</u> Research		1. Coursework Rubrics 2. Textbook 3. iPad	Google Classroom- research	
Week 10	<u>Coursework</u> Decision Making		1. Coursework Rubrics 2. Textbook 3. iPad	Google Classroom- Decision Making Matrix	

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