

Peicai Secondary School
 Subject Overview for Semester 2 2023
 Nutrition & Food Science | Secondary 3 | Express

1. Assessment Mode

Students will be assessed through various assessment modes such as a coursework and written paper to demonstrate the learning of nutrition and health, food literacy and food science throughout the semester. Assessment modes like coursework will be carried out over a few weeks during curriculum time.

2. Assessment Weightage

Components	WA3 (15%)	End of Year Examination (55%)	
Deliverables	Written paper	Coursework (60%)	Written paper (40%)
Work Timeline	Not Applicable	Term 2 Week 7 - 10 Term 3 Week 1- 10	Not Applicable
Submission Deadline	Not Applicable	Term 3 Week 10	Not Applicable

3. Weekly Work Schedule

Term 3 [26 June – 01 Sep 2023]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment / Homework/ Activities	Assessment
Week 1 [26 June – 30 June] Hari Raya Haji 29 June (Thurs)	Overview of Semester 2 <ul style="list-style-type: none"> Plan for semester 2 Chapter 7: Diet and Health Problems (Malnutrition, Obesity, Hypertension, Type 2 Diabetes, Coronary Heart Disease)		Coursework rubrics Textbook iPad	Google Classroom Station Activity	Coursework: End-of-year examination
Week 2 [3 July – 7 July] Youth Day School Holiday 3 July (Mon) O LVI MT LC, 4 July (dismissed at 1.50pm)	Sec 3 out of school for OBS				

Term 3 [26 June – 01 Sep 2023]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment / Homework/ Activities	Assessment
Week 3 [10 July – 14 July] HBL: 12 July (Wed)	Chapter 8: Diet and Meal Planning Chapter 12: Methods of Cooking (Dry heat and Moist heat) <u>Coursework</u> Investigation (Conduct)	Biscuit (Skill set 2: Rubbing-in)	Textbook iPad Practical materials (container, cloth, apron, plastic bag)	SLS Google classroom	Coursework: End-of-year examination
Week 4 [17 July – 21 July]	Chapter 12: Methods of Cooking (Dry heat and Microwave cooking) <u>Coursework</u> Investigation (Apply)		Textbook iPad	Google classroom	Coursework: End-of-year examination
Week 5 [24 July – 28 July] HBL: 26 July (Wed)	Chapter 14: Sensory evaluation of food <u>Coursework</u> Planning		Textbook iPad	SLS Google classroom	Coursework: End-of-year examination
Week 6 [31 July – 4 Aug] WA3	<u>Coursework</u> - Planning - Execution 1	Dishes are planned by students according to given task	Textbook iPad	Google classroom	Coursework: End-of-year examination
Week 7 [7 Aug – 11 Aug] <i>National Day celebration, 8 Aug</i> <i>National Day, 9 Aug</i> <i>National Day school holi, 10 Aug</i>	Revision for Weighted Assessment 3 <u>Coursework</u> - Execution 2 - Evaluation	Dishes are planned by students according to given task	Textbook iPad Practical materials (container, cloth, apron, plastic bag)	SLS Google classroom	Coursework: End-of-year examination

Term 3 [26 June – 01 Sep 2023]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment / Homework/ Activities	Assessment
Week 8 [14 Aug – 18 Aug] WA3	Weighted Assessment 3 <u>Coursework</u> Evaluation		Textbook iPad Practical materials (container, cloth, apron, plastic bag)	Google classroom	WA3 Topics: <ul style="list-style-type: none"> • Chapter 1: Proteins • Chapter 2: Carbohydrates • Chapter 3: Fats • Chapter 7: Diet and health problems (Malnutrition, Obesity, Hypertension, Type 2 Diabetes, Coronary Heart Disease) • Chapter 8: Diet and Meal Planning • Chapter 12: Methods of cooking Coursework : End-of-year examination
Week 9 [21 Aug – 25 Aug] HBL: 23 Aug (Wed)	<u>Coursework</u> Evaluation Error Analysis of WA3		Textbook iPad	Google classroom	Coursework: End-of-year examination
Week 10 [28 Aug – 1 Sep] Teachers' Day Celebrations, 31 Aug Teachers' Day School	<u>Coursework</u> Final touch up of coursework and submission Deadline for submission of coursework: <u>29 August 2023</u>		Textbook iPad	Google classroom	Coursework: End-of-year examination

Term 3 [26 June – 01 Sep 2023]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment / Homework/ Activities	Assessment
Holiday, 1 Sep					

The subject overview is tentative and is subject to changes.

Term 4: [11 Sep – 27 Oct]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activity	Assessment
Week 1 [11 Sep – 15 Sep]	Revision for End-of- year exam		Textbook iPad	SLS Worksheet	Semestral Assessment Topics: <ul style="list-style-type: none"> • Chapter 1: Proteins • Chapter 2: Carbohydrates • Chapter 3: Fats • Chapter 4: Vitamins • Chapter 5: Minerals • Chapter 6: Water and Dietary Fibre • Chapter 7: Diet and Health Problems • Chapter 8: Diet and Meal Planning • Chapter 9: Meal Analysis • Chapter 11: Preparation and cooking of food • Chapter 12: Methods of Cooking • Chapter 13: Reactions in food during preparation and cooking
Week 2 [18 Sep – 22 Sep]	Revision for End-of- year exam		Textbook iPad	SLS Worksheet	
Week 3 [25 Sep – 29 Sep]	Revision for End-of- year exam		Textbook iPad	SLS Worksheet	
Week 4 [2 Oct – 6 Oct]	End-of-year exam				
Week 5 [9 Oct – 13 Oct]	End-of-year exam				
Week 6 [16 Oct – 20 Oct] Marking Day: 16 Oct	Error Analysis				

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