

Peicai Secondary School
 Subject Overview for Semester 2 2023
 Nutrition & Food Science | Secondary 3 | Normal (Academic)

1. Assessment Mode

Students will be assessed through various assessment modes such as a coursework and written papers 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
Work Timeline	Not Applicable	Term 3-4 Term 3 Week 1- Term 4 Week 2	Not Applicable
Submission Deadline	Not Applicable	Term 4 Week 3	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 [27 June – 30 June] Hari Raya Haji 29 June (Thurs)	Overview of Semester 2 <ul style="list-style-type: none"> Plan for semester 2 Recap on Semester 1 Topics <ul style="list-style-type: none"> Kahoot Lesson 1a Chapter 5: Minerals -calcium, phosphorous, iron, sodium chloride and potassium Lesson 1b Introduction to Coursework		Textbook Coursework Rubrics ipad	Google classroom Worksheets- Minerals	EOY EXAM-COURSEWORK
Week 2 [3 July – 7 July] Youth Day School Holiday 3 July (Mon)	Lesson 2a Chapter 6: Water & Dietary Fibre Lesson 2b Coursework: Research		Textbook Coursework Rubrics ipad	Google classroom Worksheets- Water & Dietary fibre	EOY EXAM-COURSEWORK

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)	Lesson 3a Chapter 11: Preparation and Cooking of Food (Fruits & vegetables) Chapter 13: Reactions in Food during Preparation and Cooking (enzymatic browning) Lesson 3b Coursework: Research		Textbook Coursework Rubrics ipad	Google classroom Worksheets- Fruits & Vegetables	EOY EXAM- COURSEWORK
Week 4 [17 July – 21 July]	Lesson 4a Chapter 8: Diet and Meal Planning Lesson 4b Coursework Decision Making		Textbook Coursework Rubrics ipad	Decision Making Matrix Worksheet	EOY EXAM- COURSEWORK
#Week 5 [24 July – 28 July] HBL: 26 July (Wed)	Lesson 5a Chapter 7: Diet and Health Problems (Malnutrition, Obesity, Hypertension, Type 2 Diabetes, Coronary Heart Disease) Lesson 5b Coursework Decision Making		Textbook Coursework Rubrics ipad	Decision Making Matrix Worksheet	EOY EXAM- COURSEWORK
Week 6 [31 July – 4 Aug] WA3 Week	Coursework Investigation (Plan)		Textbook Coursework Rubrics ipad		EOY EXAM- COURSEWORK
Week 7 [7 Aug – 11 Aug] 8 Aug National Day Celebrations 9 and 10 Aug National Day Holidays	Revision		Textbook Coursework Rubrics ipad	Google classroom	

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 Week	<u>WEIGHTED ASSESSMENT 3 (WA3)</u> <u>Coursework</u> Investigation (Plan)		Textbook iPad	Google classroom	WA3 Topics: Chapter 4: Vitamins Chapter 5: Minerals Chapter 6: Water & Dietary Fibre Chapter 11: Preparation & Cooking of Food (Dairy, Eggs, Seafood, Meat) Chapter 13: Reactions in Food during preparation and cooking (Emulsion, Melting & Smoking point)
#Week 9 [21 Aug – 25 Aug] HBL: 23 Aug (Wed)	<u>WA3: Error Analysis</u> <u>Coursework</u> Investigation- (Conduct) Group 1 & 2 (after school)		Textbook iPad Practical materials (container, cloth, apron, plastic bag)	Google classroom	EOY EXAM- COURSEWORK [INVESTIGATION EXAM]
Week 10 [28 Aug – 1 Sept] 31 Aug Teachers' Day Celebrations 1 Sept Teachers' Day School Holiday	<u>Coursework</u> Investigation (Discussion) & Planning		Textbook iPad	Google classroom	EOY EXAM- COURSEWORK

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 Sept – 15 Sept]	Chapter 14 Methods of Cooking Coursework Execution 1 & 2 (after school)	Dishes are planned by students according to given task	Textbook iPad Practical materials (container, cloth, apron, plastic bag)	Google classroom	EOY EXAM- COURSEWORK [INVESTIGATION EXAM]
Week 2 [18 Sept – 22 Sept]	Revision Coursework Evaluation		Textbook iPad	Google classroom	EOY EXAM- COURSEWORK
Week 3 [25 Sept – 29 Sept]	Coursework Final touch up of coursework and submission Deadline for submission of coursework: <u>29 September 2023</u>		Textbook iPad	Google classroom	EOY EXAM- COURSEWORK SUBMISSION
Week 4 and 5 [2 Oct – 13 Oct]	End-of-year exam				
Week 6 [16 Oct – 20 Oct]	Error Analysis				
Week 7 [23 Oct – 27 Oct]	Post Exam Activities				

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