

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

1. Assessment Mode

Students will be assessed through various assessment modes such as 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 3: Week 1-10 Term 4: Week 1	Not applicable
Submission Deadline	Not applicable	Week 4: Week 1	Not applicable

3. Weekly Work Schedule

Term 3 [26 June – 01 Sept 2023]					
Week	Chapter/Topic/Skill/Area	Practical Topics/Skills	Textbook/Resources	Assignment/Homework/Activities	Assessment
Week 1 [26 Jun – 30 Jun] <i>Hari Raya Haji, 29 Jun</i>	Overview of Semester 2 Plan for semester 2 Coursework Decision Making: Selecting dishes that is suitable based on the skills		iPad Slides handout (slide 1-22) Recipes Thumb drive	Individual student's Coursework power point slide	EOY COURSEWORK EXAMINATION
	Coursework Decision Making: Modifying selected dishes based on keywords (fruit & vegetables, teenagers)		iPad Slides handout (Slide 23-28) Recipes Thumb drive	Individual student's Coursework power point slide	EOY COURSEWORK EXAMINATION
Week 2 [3 July – 7 July] <i>Youth Day, 3 July</i> <i>O Lvl MT LC, 4 July</i>	Coursework Decision Making: Modifying selected dishes based on keywords (teenagers, appeal)		iPad Slides handout (Slide 29-32) Recipes	Individual student's Coursework power point slide	EOY COURSEWORK EXAMINATION

Term 3 [26 June – 01 Sept 2023]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activities	Assessment
<i>(dismissed at 1.50pm)</i>			Thumb drive		
	Coursework Planning: Type in modified recipe(ingredient, equipments and methods)		iPad Slides handout (Slide 33) Recipes Thumb drive	Individual student's Coursework power point slide	EOY COURSEWORK EXAMINATION
Week 3 [10 July – 14 July] HBL: 12 July	Chapter 12: Preparation & Cooking Food (Fruits & Vegetable)		iPad	Google Classroom- Fruits & Vegetable worksheet	
	Coursework Exploration: Selects one dish from Decision Making to explore. This dish must be prepared 3 times during the execution for exploration. Craft aim of exploration and prediction of outcomes in terms of appearance, taste and texture. Prepare food order list for exploration		iPad Slides handout (Slide 33) Recipes Thumb drive	Individual student's Coursework power point slide	EOY COURSEWORK EXAMINATION
Week 4 [17 July – 21 July]	Chapter 4: Vitamins (link with fruits & vegetables)		iPad	Google Classroom - Worksheet on Fruits & vegetables linked with vitamins & dietary fibre	

Term 3 [26 June – 01 Sept 2023]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activities	Assessment
	<p>Coursework</p> <p>Group 1: Exploration: Carry out execution of exploration (1 dish cooked in 3 different ways). Record observations on the sensory qualities of the exploration product and explain learning acquired from the outcomes of exploration</p> <p>Group 2: Time Plan: Record a methodical approach in the production and presentation of the final products</p>		<p>Group 1: Apron Cloth Containers</p> <p>Group 2: iPad</p> <p>Recipes</p>		<p>EOY COURSEWORK EXAMINATION (Group 1: Exploration Exam)</p> <p>All the 3 dishes must be prepared within lesson time.</p> <p>Group 2:EOY COURSEWORK EXAMINATION</p>
<p>Week 5 [24 July – 28 July] HBL: 26 July</p>	<p>Chapter 13: Method of Cooking</p>		<p>Apron Cloth</p>	<p>Google Classroom- Investigation</p>	<p>EOY COURSEWORK EXAMINATION</p>
	<p>Coursework</p> <p>Group 2: Exploration: Carry out execution of exploration (1 dish cooked in 3 different ways). Record observations on the sensory qualities of the exploration product and explain learning acquired from the outcomes of exploration</p> <p>Group 1: Time Plan: Record a methodical approach in the production and</p>		<p>Group 2: Apron Cloth Containers</p> <p>Group 1: iPad</p> <p>Recipes</p>		<p>EOY COURSEWORK EXAMINATION (Group 2: Exploration Exam)</p> <p>All the 3 dishes must be prepared within lesson time.</p> <p>Group 1 :EOY COURSEWORK EXAMINATION</p>

Term 3 [26 June – 01 Sept 2023]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activities	Assessment
	presentation of the final products				
Week 6 [31 July – 4 Aug] WA 3	Chapter 11: Food Safety		iPad Worksheet	Written Quiz: Fruit & Vegetable, Vitamins	
	Coursework: Planning: Edit time plan (per feedback)		Thumb drive	Individual student's Coursework power point slide	EOY COURSEWORK EXAMINATION
Week 7 [7 Aug – 11 Aug] <i>National Day celebration, 8 Aug</i> <i>National Day, 9 Aug</i> <i>National Day sch holi, 10 Aug</i>	Coursework: Group 1: Execution: Practical Examination Record video of sensory evaluation Revision For WA3 Group 2:		Apron Cloth Containers		EOY COURSEWORK EXAMINATION GROUP 1: PRACTICAL EXAME
Week 8 [14 Aug – 18 Aug] WA 3	WA 3 Revision – Correct misconceptions				
	Weighted Assessment 3				WA3 Topics: Chapter 4: Vitamins Chapter 8 Diet & Meal Planning Chapter 11 Food Safety Chapter 12 Preparation and cooking of Food Chapter 13 Method of Cooking Chapter 14 Reactions in Food During Preparation and Cooking
Week 9	Error Analysis: WA3		WA3 Papers		

Term 3 [26 June – 01 Sept 2023]					
Week	Chapter/Topic/Skill/Area	Practical Topics/Skills	Textbook/Resources	Assignment/Homework/Activities	Assessment
[21 Aug – 25 Aug] HBL: 23 Aug	Coursework: Group 2: Execution: Practical Examination. Record video of sensory evaluation Group 1: Evaluation (Edit)		Apron Cloth Containers		EOY COURSEWORK EXAMINATION GROUP 2: PRACTICAL EXAME
Week 10 [28 Aug – 1 Sep] <i>Teachers' Day Celebration, 31 Aug</i> <i>Teachers' Day, 1 Sept</i>	Coursework: Touch up Coursework		Thumb drive	Individual student's Coursework power point slide	EOY COURSEWORK EXAMINATION

This 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	Chapter 5: Minerals				

Term 4 [11 Sep – 27 Oct]					
Week	Chapter/Topic/Skill/Area	Practical Topics/Skills	Textbook/Resources	Assignment/Homework/Activity	Assessment
[11 Sep – 15 Sep]	Chapter 7: Diet & Health Problems				
	Coursework: Touch up Coursework + Submission		Thumb drive	Individual student's Coursework power point slide	EOY COURSEWORK EXAMINATION [Coursework Submission]
Week 2 [18 Sep – 22 Sep]	Revision for End-of-year exam: Timed Test Practice 1		iPad	Worksheet	
	Error Analysis of timed test 1			Timed test paper	
Week 3 [25 Sep – 29 Sep]	Revision for End-of-year exam: Timed Test Practice 1		iPad	Worksheet	
	Error Analysis of timed test 1			Timed test paper	
Week 4 [2 Oct – 6 Oct]	End-of-year exam				EOY Topics Chapter 5: Minerals Chapter 6 Water & Dietary Fibre Chapter 8 Diet & Meal Planning Chapter 11 Food Safety Chapter 12 Preparation and cooking of Food Chapter 13 Method of Cooking Chapter 14 Reactions in Food During Preparation and Cooking
Week 5 [9 Oct – 13 Oct]	End-of-year exam				
Week 6 [16 Oct – 20 Oct] Marking Day: 16	Error Analysis				

Term 4 [11 Sep – 27 Oct]					
Week	Chapter/Topic/Skill/Area	Practical Topics/Skills	Textbook/Resources	Assignment/Homework/Activity	Assessment
Oct					

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