

Peicai Secondary School
 Subject Overview for Semester 1 2023
 Food & Consumer Education | Secondary 1 | Express/Normal Academic

1. Assessment Mode

Students will be assessed through various assessment modes such as mini project, written paper and an Applied Module (AM) project to demonstrate the learning of nutrition and health, food and consumer literacy and food science throughout the semester. Assessment modes like mini project and the Applied Module will be carried out over a few weeks during curriculum time.


2. Assessment Weightage

<i>Components</i>	<i>WA3 (15%)</i>	<i>WA4 (15%)</i>	<i>End of Module (70%)</i>
Deliverables	Mini Project: Muffin	Written paper (During End-of-Year Examination)	Applied Module comprises of a project and a practical exam on designing a reduced fat pasta with cheese sauce that is suitable for a teenager.
Work Timeline	Term 3 Week 2 - 5	Not Applicable	Term 3 Week 4 – Term 4 Week 2
Submission Deadline	Term 3 Week 5	Not Applicable	Term 4 Week 2

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] <i>Hari Raya</i> <i>Haji, 29 June</i> <i>(Thursday)</i>	Introduction to Food and Consumer Education - G.R.A.C.E Classroom expectation and routines - Subject Expectation - Safety in the kitchen video - Administration/ Logistics		Secondary 1 Textbook Pg 1 – 12, 30 - 35 iPad [PDLP]	Sort cards	
	Chapter 1: Balanced Diet - Definition - My Healthy Plate - Energy balance				

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Term 3 [26 June – 01 Sep 2023]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment / Homework/ Activities	Assessment
Week 2 [3 July - 7 July] <i>Youth Day Holiday, 3 July (Monday)</i> O Lvl MT LC, 4 July (dismissed at 1.50 pm)	Chapter 1: Culinary Skills - All-in-one Method	Muffin 	Secondary 2 Textbook Pg 13 Materials for Practical (Apron, Hair net, plastic bags, food container, 2 towels)		
	WA3 task Mini Project: Modification of a muffin to fulfill all food groups in My Healthy Plate.				Worksheet
Week 3 [10 July – 14 July] HBL -12 July (Wednesday)	Chapter 2: Nutrients in Food (Carbohydrates, Proteins, Fats) - Sources of food - Functions of nutrients		Secondary 1 Textbook Pg 15 – 22 iPad [PDLP]	Kahoot Jamboard	
Week 4 [17 July- 21 July]	Chapter 1: Culinary Skills Roux Sauce and Cutting	Baked macaroni and cheese	Secondary 2 Textbook Pg 3, 4 Materials for Practical (Apron, Hair net, plastic bags, food container, 2 towels)		

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Term 3 [26 June – 01 Sep 2023]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment / Homework/ Activities	Assessment
	Chapter 7: Methods of Cooking - Reasons for cooking food - Dry heat (Baking)		Secondary 1 Textbook Pg 102, 109		
	Applied Module Coursework: Define and Design			Applied Module Project	End of Module(70%)
Week 5 [24 July – 28 July] HBL - 26 July (Wednesday)	Weighted Assessment 3 Execution (modified muffin)	Practical exam Muffin (Modified)	Materials for Practical (Apron, Hair net, plastic bags, food container, 2 towels)		WA3 (15%) [Practical Exam]
Week 6 [31 July – 3 Aug] WA3	Chapter 2: Nutrients in Food (Vitamins, Minerals, Water and Dietary Fibre) - Sources of vitamins, minerals, water and dietary fibre - Functions of vitamins, minerals, water and dietary fibre		Secondary 1 Textbook Pg 23 – 29 iPad [PDLP]	Jigsaw	
Week 7 [7 Aug – 11 Aug] National Day Celebration, 8 Aug <i>National Day, 9 Aug</i>	Chapter 5: Nutritional Needs of Children - Nutritional needs of children - Factors to consider when planning meals for children		Secondary 1 Textbook Pg 73 iPad [PDLP]	SLS	

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Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment / Homework/ Activities	Assessment
<i>National Day School Holiday, 10 Aug</i>	Chapter 3: Watch Your Diet Diet Related Disease - Obesity - Diabetes		Secondary 1 Textbook Pg 41, 42, 45, 46	SLS Jigsaw	
	Applied Module Coursework: Define and Design			Applied Module Project	End of Module(70%)
Week 8 [14 Aug – 17 Aug] WA3	Chapter 5: Nutritional Needs of Teenagers - Nutritional needs of teenagers - Factors to consider when planning meals for teenagers		Secondary 1 Textbook Pg 74 iPad [PDLP]	Sort cards	
	Applied Module Coursework: - Define and Design - Decide (Recipe)		iPad [PDLP]	Applied Module Project	End of Module(70%)
Week 9 [21 Aug – 25 Aug] HBL- 23 Aug (Wednesday)	Chapter 2: Nutrients in Food My Healthy Plate		Secondary 1 Textbook Pg 31 - 33	SLS	
	Chapter 4: Food Choices Modifying ingredients		Secondary 1 Textbook Pg 65	SLS	
	Applied Module Coursework: - Define and Design		iPad [PDLP]	Applied Module Project	End of Module(70%)

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Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment / Homework/ Activities	Assessment
	- Decide				
Week 10 [28 Aug – 1 Sep] Teachers' Day Celebration, 31 Aug (Thursday) Teachers' Day School Holiday, 1 Sep (Friday)	Applied Module Coursework - Decide - Deliver (Practical Exam) (reduced fat pasta with cheese sauce)	Practical exam Pasta with cheese sauce (Modified)	Materials for Practical (Apron, Hair net, plastic bags, food container, 2 towels)	Applied Module Project	End of Module(70%) [Practical Exam]

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]	Applied Module Coursework - Deliver (Practical Exam) - Debrief (Evaluation)	Practical exam Pasta with cheese sauce (Modified)	Materials for Practical (Apron, Hair net, plastic bags, food container, 2 towels)	Applied Module Project	End of Module(70%)
Week 2 [18 Sep – 22 Sep]	Chapter 6: Food safety		Secondary 1 Textbook Pg 85 - 99	Class Presentation	

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Term 4 [11 Sep – 27 Oct]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activity	Assessment
	- Causes of food contamination		iPad [PDLP]		
	Applied Module Coursework Debrief (Evaluation)		iPad [PDLP]	Applied Module Project	End of Module (70%) [Submission]
Week 3 [25 Sep – 29 Sep]	Chapter 8: Money and Resource Management - Needs and Wants - Budgeting and Savings		Secondary 1 Textbook Pg 123-133 iPad [PDLP]	SLS	
Week 4 [2 Oct – 6 Oct]	Weighted Assessment 4 Written test (45 minutes) 11 Oct 2023(TBC)				WA 4 (15%) Marks: 40m
Week 5 [9 Oct – 13 Oct] End-of-year examination	<u>Topics to be tested:</u> 1. Chapter 1: Balanced Diet 2. Chapter 2: Nutrients in Food, My Healthy Plate 3. Chapter 3 Watch your diet (Obesity and Diabetes): 4. Chapter 5: Nutritional Needs of Teenagers 5. Chapter 6: Food Safety 6. Chapter 7: Method of cooking (Baking)				
Week 6 [16 Oct – 20 Oct]	Error Analysis				

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Term 4 [11 Sep – 27 Oct]					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activity	Assessment
Week 7 [23 Oct – 27 Oct] Marking Day: 16 Oct	Post Exam Activities				

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