

Peicai Secondary School  
 Subject Overview for Semester 1 2023  
 Food & Consumer Education | Secondary 1 | Normal Technical

**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
<b>Week 1</b> [26 June – 30 June] <i>Hari Raya</i> <i>Haji, 29 June</i> <i>(Thursday)</i>	<b>Introduction to Food and Consumer Education</b> - 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	
	<b>Chapter 1: Balanced Diet</b> - Definition - My Healthy Plate - Energy balance				

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<b>Week 2</b> [3 July - 7 July] <i>Youth Day Holiday, 3 July (Monday)</i> O Lvl MT LC, 4 July (dismissed at 1.50 pm)	<b>Chapter 1: Culinary Skills</b> - All-in-one Method	Muffin 	Secondary 2 Textbook Pg 13  Materials for Practical (Apron, Hair net, plastic bags, food container, 2 towels)		
	<b>WA3 task</b> Mini Project: Modification of a muffin to fulfill all food groups in My Healthy Plate.				Worksheet
<b>Week 3</b> [10 July – 14 July]  HBL -12 July (Wednesday)	<b>Chapter 2: Nutrients in Food</b> <b>(Carbohydrates, Proteins, Fats)</b> - Sources of food - Functions of nutrients		Secondary 1 Textbook Pg 15 – 22  iPad [PDLP]	Kahoot  Jamboard	
<b>Week 4</b> [17 July- 21 July]	<b>Chapter 1: Culinary Skills</b> 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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	<b>Chapter 7: Methods of Cooking</b> - Reasons for cooking food - Dry heat (Baking)		Secondary 1 Textbook Pg 100, 106		
	<b>Applied Module Coursework:</b> Define and Design			Applied Module Project	End of Module(70%)
<b>Week 5</b> [24 July – 28 July] HBL - 26 July (Wednesday)	<b>Weighted Assessment 3</b> Execution (modified muffin)	Practical exam  Muffin (Modified )	Materials for Practical (Apron, Hair net, plastic bags, food container, 2 towels)		WA3 (15%) [Practical Exam]
<b>Week 6</b> [31 July – 3 Aug]  WA3	<b>Chapter 2: Nutrients in Food</b>  <b>(Vitamins, Minerals, Water and Dietary Fibre)</b>  - Sources of vitamins, minerals, water and dietary fibre - Functions of vitamins, minerals, water and dietary fibre		Secondary 1 Textbook Pg 22 - 33  iPad [PDL P]	Jigsaw	
<b>Week 7</b> [7 Aug – 11 Aug] National Day Celebration, 8 Aug <i>National Day, 9 Aug</i>	<b>Chapter 5: Nutritional Needs of Children</b>  - Nutritional needs of children - Factors to consider when planning meals for children		Secondary 1 Textbook Pg 71  iPad [PDL P]	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>	<b>Chapter 3: Watch Your Diet</b> Diet Related Disease - Obesity - Diabetes		Secondary 1 Textbook Pg 39, 40, 43, 44	SLS Jigsaw	
	<b>Applied Module Coursework:</b> Define and Design			Applied Module Project	End of Module(70%)
<b>Week 8</b> [14 Aug – 17 Aug]  WA3	<b>Chapter 5: Nutritional Needs of Teenagers</b> - Nutritional needs of teenagers - Factors to consider when planning meals for teenagers		Secondary 1 Textbook Pg 72  iPad [PDLP]	Sort cards	
	<b>Applied Module Coursework:</b> - Define and Design - Decide (Recipe)		iPad [PDLP]	Applied Module Project	End of Module(70%)
<b>Week 9</b> [21 Aug – 25 Aug] HBL- 23 Aug (Wednesday)	<b>Chapter 2: Nutrients in Food</b> My Healthy Plate		Secondary 1 Textbook Pg 28 - 33	SLS	
	<b>Chapter 4: Food Choices</b> Modifying ingredients		Secondary 1 Textbook Pg 63	SLS	
	<b>Applied Module Coursework:</b> - 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				
<b>Week 10</b> [28 Aug – 1 Sep] Teachers' Day Celebration, 31 Aug (Thursday) Teachers' Day School Holiday, 1 Sep (Friday)	<b>Applied Module Coursework</b> - 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%)

The subject overview is tentative and is subject to changes.

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<b>Term 4 [ 11 Sep – 27 Oct]</b>					
<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Practical Topics/ Skills</b>	<b>Textbook/ Resources</b>	<b>Assignment/ Homework/ Activity</b>	<b>Assessment</b>
<b>Week 1</b> [11 Sep– 15 Sep]	<b>Applied Module Coursework</b> - 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%)  [Practical Exam]
<b>Week 2</b> [18 Sep – 22 Sep]	<b>Chapter 6: Food safety</b> - Causes of food contamination		Secondary 1 Textbook Pg 84 - 97  iPad [PDLP]	Class Presentation	
	<b>Applied Module Coursework</b> Debrief (Evaluation)		iPad [PDLP]	Applied Module Project	End of Module (70%) [Submission]
<b>Week 3</b> [25 Sep – 29 Sep]	<b>Chapter 8: Money and Resource Management</b> - Needs and Wants - Budgeting and Savings		Secondary 1 Textbook Pg 119-129  iPad [PDLP]	SLS	
<b>Week 4</b> [2 Oct – 6 Oct]	<b>Weighted Assessment 4</b> Written test (45 minutes)				WA 4 (15%) Marks: 40m
<b>Week 5</b> [9 Oct – 13 Oct]  End-of-year examination	<b>11 Oct 2023 (TBC)</b>  <u>Topics to be tested:</u> 1. Chapter 1: Balanced Diet 2. Chapter 2: Nutrients in Food, My Healthy Plate 3. Chapter 3 4. Watch your diet (Obesity and Diabetes): 5. Chapter 5: Nutritional Needs of Teenagers				

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<b>Term 4 [ 11 Sep – 27 Oct]</b>					
<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Practical Topics/ Skills</b>	<b>Textbook/ Resources</b>	<b>Assignment/ Homework/ Activity</b>	<b>Assessment</b>
	6. Chapter 6: Food Safety 7. Chapter 7: Method of cooking (Baking)				
<b>Week 6</b> [16 Oct – 20 Oct]	Error Analysis				
<b>Week 7</b> [23 Oct – 27 Oct]  Marking Day: 16 Oct	Post Exam Activities				

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