

Peicai Secondary School
 Subject Overview for Semester 1 2023
 Nutrition & Food Science | Secondary 3 | Normal (Academic)

| Term 1: 3/1 -10/3 | | | | | |
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| Week | Chapter/Topic/Skill/Area | Practical Skills | Textbook/ Resources | Assignment/ Homework/ Activities | Weighted assessments |
| Week 3 18Jan, Wed: replace with even Mon TT 20Jan: CNY Celebration | <ol style="list-style-type: none"> Overview and expectations of the syllabus. <ul style="list-style-type: none"> Syllabus Overview for Term 1 Materials needed Safety & Hygiene Getting to know the students in the class. Setting targets for the subject. Recap on nutrients covered in the lower secondary syllabus. <ul style="list-style-type: none"> Types of nutrients Importance of nutrients in our body Main sources of the different nutrients | | | 1.All about Me survey 2.Students to introduce themselves, share the reason they have chosen NFS and their target for the year. | |
| Week 4 CNY: 23-24 Jan (Mon- Tues): | Chapter 2: Carbohydrates Chapter 13: Reactions in Food during Preparation and Cooking (sauces, gelatinisation and dextrinization) Practical : Baked rice | Baked rice (Skill set 1: cutting, Skill set 3: Roux sauce) | <ol style="list-style-type: none"> Food labels Videos on gelatinisation and dextrinization Textbook iPad Recipes | Google classroom: -Comparison of food labels -Watch video: Food reactions + worksheet - Essay | |
| #Week 5 HBL: 1 Feb | Chapter 11: Preparation and Cooking of Food (Cereal) Chapter 13: Reactions in Food during Preparation and Cooking (gelatinisation and dextrinisation) Practical: Pancakes (batter) Students to demonstrate the skills required and justify the procedures in the preparation and cooking of the following products (including local dishes): -sauces (roux and blended) | Pancakes (Batter) | <ol style="list-style-type: none"> Pictures of common dishes and desserts Recipe Textbook iPad Practical materials (container, cloth, apron, plastic bag) | Video Diary: explain gelatinisation that occur in the preparation and cooking of food | WA 1: Alternative Assessment |
| Week 6 | Chapter 1: Proteins Chapter 13: Reactions in Food during Preparation and Cooking | | 1.Manipulatives on different sources of protein | Worksheet. | WA 1: Alternative Assessment |

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| | (foaming) Practical/ Demo: Meringue(foaming) | Meringue Challenge (Whisking) | 2.Recipe 3.Worksheet | | |
| #Week 7 HBL: 15 Feb | Chapter 11: Preparation and Cooking of Food (Poultry) Chapter 13: Reactions in Food during Preparation and Cooking -sauces (blended) Practical: Sweet & Sour Chicken | Sweet & Sour Chicken (Batters & Blended Sauce) Skill set 3 | 1. Recipe 2. Textbook 3. iPad 4. Practical materials (container, cloth, apron, plastic bag) | Worksheet | WA 1: Alternative Assessment |
| Week 8 | Chapter 11: Preparation and Cooking of Food (Dairy Products: Milk, Cheese) | | 1.Worksheet 2.Activity: Triangle Test: 3. Textbook 4. iPad | Google Classroom : Sensory evaluation worksheet | WA 1: Alternative Assessment |
| #Week 9 HBL: 1 Mar | Chapter 11: Preparation and Cooking of Food (Dairy Products: Yoghurt, Cream, Butter) Chapter 13: Reactions in Food during Preparation and Cooking (coagulation.) Practical: Caramel Custard | Caramel Custard (Caramelisation) Skill set 1 | 1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe | Video diary. Making caramel custard | |
| Week 10 | Chapter 11: Preparation and Cooking of Food (Eggs) Chapter 13: Reactions in Food during Preparation and Cooking (emulsion) Practical: Scotch Egg | Scotch Eggs (Wrapping & Coating) Skill Set 1 | 1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe | Worksheet | |

The subject overview is tentative and is subject to changes.

Term 2: 20/3- 26/5

| Week | Chapter/Topic/Skill/Area | Practical Skills | Textbook/ Resources | Assignment/ Homework/ Activity | Weighted assessments |
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| #Week 1 HBL: 22 Mar | Chapter 8: Diet & Meal Planning Chapter 11: Preparation and Cooking of Food (Seafood) Chapter 13: Reactions in Food during Preparation and Cooking Practical: Tuna Cutlet | Tuna Cutlets (Shaping & Coating) Skill set 1 | 1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe | Worksheet – justification (teenager) | |
| Week 2 | Chapter 11: Preparation and Cooking of Food (Meat) | | 1. Worksheet (Investigative) 2. Textbook 3. iPad | Google Classroom: Worksheet | |
| #Week 3 HBL: 5 Apr Good Friday: 7 Apr | Chapter 11: Preparation and Cooking of Food (Legumes and Pulses) Chapter 13: Reactions in Food during Preparation and Cooking (caramelisation) Chapter 8: Diet and Meal Planning (Vegetarian) Practical: Tau Suan | Tao Suan (Caramelisation) | 1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe 5. Worksheet | Google Classroom: Worksheet (planning & justification-vegetarian) <u>Homework:</u> In pairs, students are to come up with 5 questions on protein and protein food using Kahoot as revision. | |
| Week 4 | Chapter 3: Fats Chapter 13: Reactions in Food during Preparation and Cooking (melting point and smoke point) Practical: TBC | | 1. Kahoot Revision Questions 2. Textbook 3. iPad | SLS/ Google classroom | |
| #Week 5 HBL: 19 Apr | Chapter 4: Vitamins Practical: Peach and Oat Crumble | Peach and Oat Crumble (Rubbing In) Skill set 2 | 1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) Recipe | Students to work in expert groups and conduct research on the nutrients (vitamins and minerals). Students will then summarise, collate their information using a Web 2.0 tool (e.g., Padlet) and present their summary to their classmates. | |
| Week 6 Mon- Hari Raya [in-lieu]: 24 Apr | Chapter 5: Minerals -calcium, phosphorous, iron, sodium chloride and potassium Chapter 13: Reactions in Food during Preparation and Cooking (rubbing in) Revision for Weighted Assessment (WA) 2 | | | | |

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| #Week 7 Labour Day: 1 May HBL: 3 May | Revision for Weighted Assessment (WA) 2 Chapter 6: Water & dietary fibre Practical: Dumpling Soup | Dumpling Soup (Wrapping) Skill set 1 | 1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe | Students to explore the sources of fibre and modify a set of recipes to increase the dietary fibre content. | |
| Week 8 | Weighted Assessment 2 Coursework - Introduction - Research | | 1. Coursework Rubrics 2. Textbook 3. iPad | Google Classroom: Conduct research based on coursework task | WA2 (Theory) |
| #Week 9 HBL: 17 May | Chapter 11: Preparation and Cooking of Food (Fruits & vegetables) Chapter 13: Reactions in Food during Preparation and Cooking (<u>enzymatic browning</u>) Practical: Custard Fruit tart | Custard Fruit Tartlet (Rubbing In) | 1. Textbook 2. iPad 3. Practical materials (container, cloth, apron, plastic bag) 4. Recipe 5. Worksheet | Google Classroom: Worksheet (essay) | |
| Week 10 | Error Analysis of WA 2 Coursework Research | | Coursework Rubrics | Google Classroom: research based on coursework task | |

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