

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

Term 1: 3/1 -10/3					
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	Overview and expectations of the syllabus. <ul style="list-style-type: none"> Syllabus Overview for Term 1 Materials needed Safety & Hygiene Building rapport: Getting to know the class. Chapter 8: Diet & Meal Planning - Recap of nutrients and MHP covered in the lower secondary syllabus. [Intro] Chapter 11: Food Safety Practical: Pancakes	Pancakes (batters) Skill set 3	Textbook iPad *Practical materials (container, cloth, apron, plastic bag) Recipe *only for practical lesson (3p lesson)	1.All about Me survey 2.Students to introduce themselves, share the reason they have chosen NFS and their target for the year. Google Classroom: Worksheet on pancakes. To prepare for practical lesson	
Week 4 CNY: 23-24 Jan (Mon-Tues):	<u>Chapter 2: Carbohydrates</u> Chapter 8: Diet & Meal Planning - age (school children, teenagers, adults and elderly) Chapter 12: Preparation and Cooking of Food (Cereal)		Textbook iPad	Google classroom: worksheet	
Week 5	<u>Chapter 1: Proteins</u> Chapter 8: Diet & Meal Planning - age (school children, teenagers, adults and elderly) Chapter 9: Meal Analysis Chapter 12: Preparation and Cooking of Food (dairy products) Practical: Mac & cheese Weighted Assessment 1 (WA1) : Release of Task (Alternative Assessment)	Mac & cheese (roux sauce) Skill set 3 (savoury)	Textbook iPad *Practical materials (container, cloth, apron, plastic bag) Recipe	Google classroom: worksheet	
Week 6	<u>Chapter 4: Vitamins</u> <u>Chapter 5: Minerals</u> Chapter 8: Diet & Meal Planning -age (school children, teenagers, adults and elderly) WA 1: Alternative Assessment Planning		Textbook iPad	Google classroom: Activity worksheet	WA 1: Alternative Assessment

#Week 7 HBL: 15 Feb	Chapter 3: Fats Chapter 8: Diet & Meal Planning Chapter 9: Meal Analysis Practical: Creamed cupcake	Creamed Cupcake (Creaming) Skill Set 2 (Sweet)	Textbook iPad *Practical materials (container, cloth, apron, plastic bag) Recipe	Google classroom: Sensory Evaluation worksheet	
Week 8	Chapter 6: Water & Dietary Fibre Chapter 8: Diet & Meal Planning Chapter 9: Meal Analysis Weighted Assessment 1: Presentation		Textbook iPad	Google classroom: Worksheet	WA 1: Alternative Assessment (Submission + presentation)
Week 9	Chapter 12: Preparation and Cooking of Food (seafood, Vegetables) Chapter 13: Method of cooking (Boiling, frying) Chapter 14: Reactions in Food during Preparation and Cooking -sauces (blended), batters (thick) Practical: Sweet & Sour battered seafood - using different types of seafood (boneless fish, prawns, squid)	Sweet & sour seafood (batters, blended sauce, cutting) Skill Set 1 & 3	Textbook iPad	Google classroom: Exploratory (Investigation) Worksheet	
Week 10	Chapter 8: Diet & Meal Planning (Vegetarian diet) Chapter 12: Preparation and Cooking of Food (pulses & legumes) Chapter 15: Sensory Evaluation		Textbook iPad	Google classroom: 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
#Week 1 HBL: 22 Mar	Chapter 12: Preparation and Cooking of Food (poultry, Vegetables) Chapter 13: Method of Cooking Practical: Dumplings/ Kebabs	Dumpling (cutting, shaping/ marinating) Skill Set 1	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	HBL: SLS Google classroom : Worksheet (dumplings/ kebabs)	
Week 2	Chapter 12: Preparation and Cooking of Food (meat, cereal) Chapter 13: Method of Cooking (Baking) Chapter 14: Reactions in Food during Preparation and Cooking -biscuit (rubbing in or creaming) Practical: Oat Cookie	Oat Cookie (Rubbing in method) Skill Set 2	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Google classroom : Task Activity Worksheet	
Week 3 Good Friday: 7 Apr	Chapter 12: Preparation and Cooking of Food (eggs) Chapter 14: Reactions in Food during Preparation and Cooking -whisking (cake making) Practical: Whisk cake	Whisk Cake (whisking) Skill Set 2	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe Worksheet	Google classroom : worksheet	
Week 4	Chapter 7: Diet & Health Chapter 8: Diet & Meal Planning Chapter 13: Method of Cooking		Textbook iPad	Google classroom : worksheet	
#Week 5 HBL:19 Apr	Chapter 12: Preparation and Cooking of Food (fruit) Chapter 14: Reactions in Food during Preparation and Cooking -pastry (rubbing in method) Practical: Fruit Tart	Fruit Tart (short crust pastry) Skill Set 2	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe Worksheet	SLS/ Google classroom : worksheet	
Week 6 Mon- Hari Raya [in-lieu]: 24 Apr	Revision for Weighted Assessment (WA) 2 Coursework - Introduction - Task Question		Coursework Rubrics Textbook iPad		
Week 7 Labour Day: 1 May	Revision for Weighted Assessment (WA) 2 Coursework - Background Study		Coursework Rubrics Textbook iPad	Google Classroom: Conduct research based on coursework task	

Week 8	Weighted Assessment 2 Coursework - Background Study		Textbook iPad	Google Classroom: Background Study	WA2 (Topics) 1. Nutrients 2. Diet & Meal Planning 3. Meal Analysis 4. Method of cooking (baking) 5. Preparation & cooking of food (cereal, egg, meat, seafood) 6. Reactions in Food during Preparation and Cooking (cake making, sauces)
#Week 9 HBL: 17 May	Error Analysis of WA 2 Coursework - Decision Making(Matrix)		Textbook iPad+ keyboard	Google Classroom: Decision Making Matrix + Find recipes	
Week 10	Coursework - Decision Making(justification)		Textbook iPad + keyboard	Google Classroom: Decision Making (justification)	

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