

Peicai Secondary School
Subject Overview for Semester 1 2023
Nutrition & Food Science | Secondary 4 | Express

Term 1: 16/1 -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	Recap <ul style="list-style-type: none"> Syllabus for 'O' Levels Examination Format and Expectations Overview for Term 1 Setting of Targets Chapter 15: Food Safety Practical: Pancakes with Blueberry Sauce	Batter	Recipe https://tinyurl.com/pcssrecipe Target Setting Document NFS 'O' Level syllabus Textbook iPad	Worksheet: Food Safety	
Week 4 CNY: 23-24 Jan (Mon-Tues):	Chapter 16: Sustainable Food Consumption Practical: Sponge Vanilla Cakes with Chocolate Frosting	Whisking	Recipe Textbook iPad	Worksheet: Sustainable Food Consumption	
#Week 5 HBL: 1 Feb	Chapter 10: Convenience Food Practical: Dumplings (Fried Dumplings & Dumpling Soup)	Wrapping	Recipe Textbook iPad	Worksheet: Convenience Food	
Week 6	Coursework <ol style="list-style-type: none"> Distribution of coursework task. Brainstorming of Task Students will come up with a timeline for their coursework tasks. Revision on Nutrients Chapter 1: Protein Chapter 2: Carbohydrates Chapter 3: Fats Chapter 4: Vitamins Chapter 5: Mineral Chapter 6: Water & Dietary Fibre		Coursework Task Question Revision Paper Textbook iPad	Students to come up with <ul style="list-style-type: none"> a concept map of the areas to research on based on the task question a timeline for their coursework Revision Paper on Nutrients (Section A & B type questions)	

#Week 7 HBL: 15 Feb	Weighted Assessment 1 Coursework: Research		Textbook iPad	Students to present a detailed and relevant research that is linked to the task from a wide range of sources	Topics: 1. Carbohydrate 2. Proteins 3. Fats 4. Food Safety 5. Convenience Food 6. Sustainable Food Consumption 7. Meal Planning
Week 8	WA 1 (Error Analysis) Coursework: Research		Textbook	Students are to summarize their research and submit a very well organised research.	
#Week 9 HBL: 1 Mar	Revision on Methods of Cooking Coursework: Decision Making		Textbook Revision Paper iPad	Revision Paper on MOC (Section C type Questions) Students are to - select their final dishes that are appropriate to the task -Include all recipes with a thorough list of ingredients, materials, equipment and methods.	
Week 10	Coursework: Decision Making		Textbook iPad	Students are to provide detailed justification on their choice of dishes based on a wide range of factors presented in the previous research.	

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	Coursework: Investigation (Plan)		Textbook	Students to come up with an investigation plan which includes: – an investigation aim that is clear and comprehensive – detailed and logical investigation process and data collection methods	
Week 2	<p>Revision Chapter 7: Diet and Health Problems</p> <ul style="list-style-type: none"> - Malnutrition (shortage / excess intake of particular nutrients) - Common health problems associated with an excessive or insufficient intake of nutrients, water and dietary fibre in Singapore: (i) obesity (ii) hypertension (iii) type 2 diabetes (iv) coronary heart disease <p>Coursework: Investigation (Plan)</p>		Textbook Revision Paper iPad	Revision Paper on Diet and Related Health (Section C type question) Students to complete and submit their investigative plan.	
#Week 3 HBL: 5 Apr Good Friday: 7 Apr	<p>Revision Chapter 7: Diet and Health Problems</p> <ul style="list-style-type: none"> - Common health problems associated with an excessive or insufficient intake of nutrients, water and dietary fibre in Singapore: (i) dehydration (ii) heat stroke (iii) constipation (iv) osteoporosis (v) anaemia <p>Coursework: Investigation (Conduct)</p>		Textbook Revision Paper iPad	Revision Paper on Diet and Related Health (Section B type question) Students are to carry out their investigation proficiently and methodically.	
Week 4	Coursework: Investigation (Apply)		Textbook	Students to come up with a thorough interpretation of results with good application of relevant food science content.	

#Week 5 HBL:19 Apr	Coursework: Investigation (Apply)/Planning		Textbook	Students to -complete their thorough report on their investigation -to come up with a time plan that is well sequenced and shows efficient use of time and resources	
Week 6 Mon- Hari Raya [in-lieu]: 24 Apr	Weighted Assessment 2 Coursework: Planning		Textbook	Students to complete and submit their time plan.	Topics: 1. Vitamins 2. Minerals 3. Water & dietary fibre 4. Preparation and Cooking Food (meat, seafood, dairy, eggs) 5. Reactions in Food During Cooking (Fd Sc rxn) 6. Meal Planning
#Week 7 Labour Day: 1 May HBL: 3 May	Coursework: Planning		Recipes Time plan		
Week 8	Error Analysis (WA2) 'O Level Practical Examination (Session 1: 12May)			Students to come up with -a detailed sensory evaluation of all dishes, using appropriate sensory terms -a detailed review (strengths, weaknesses and suggestions for improvement) of the execution process	
#Week 9 HBL: 17 May	'O Level Practical Examination (Session 2: 19 May) Coursework: Evaluation			Students are to complete their coursework for submission	
Week 10	Coursework: Final Touch Up			Students are to complete their and submit their coursework.	

The subject overview is tentative and is subject to changes.