

Peicai Secondary School  
 Subject Overview for Semester 2 2023  
 Nutrition and Food Science | Secondary 4 | Normal (Academic)

**1. 3Assessment Mode**

Students will be assessed through coursework and written paper to demonstrate the learning of nutrition and health, food literacy and food science throughout the semester. The Prelim Examination results will include the written theory paper and the coursework marks.

**2. Assessment Weightage**

Components	Prelims (100%)	
Deliverables	Coursework (60%)	Written Paper (40%)
Work Timeline	Term 3: Week 1-2	Not Applicable
Submission Deadline	Week 3, 10 July (5pm)	Written Exam: 1 August (1000-1130)

**3. Weekly Work Schedule**

Term 3 [ 26 Jun – 1 Sep]				
Week	Chapter/Topic/Skill/Area	Textbook/ Resources	Assignment/ Homework	Assessment
Week 1 [26-30 Jun] <i>*29 Jun Hari Raya Haji Holiday</i>	<b>Overview of Semester 2</b> <ul style="list-style-type: none"> <li>Plan for semester 2</li> </ul> <b>Recap</b> <ul style="list-style-type: none"> <li>Topics under the strand of Nutrition and Health (<b>Pg 1-7</b>)               <ul style="list-style-type: none"> <li>Proteins</li> <li>Carbohydrate</li> <li>Fats</li> </ul> </li> </ul>	iPad  Textbook	Google classroom-Notes Book  Complete Vitamins-Diet & health ( <b>Pg 8-15</b> )	
	<b>Coursework: Edit coursework</b> <ul style="list-style-type: none"> <li>Decision Making</li> </ul> <b>Students who have completed coursework:</b> <ul style="list-style-type: none"> <li>Practice questions (TYS) on Proteins, Carbohydrate and Fats</li> </ul>	Coursework materials  Textbook	Google classroom <b>Proteins:</b> Pg 2-3: Qns 4(a)-(b) Pg 5: Qns 9 Pg 8: Qns 13 Pg 11-12: Qns 3-4 <b>Carbohydrate:</b> Pg 3: Qns 5 <b>Fats:</b> Pg 2: Qns 2, Pg 4: Qns 7	
Week 2 [3-7 Jul] <i>*3 Jul Youth Day Holiday</i>	<b>Recap</b> <ul style="list-style-type: none"> <li>Topics under the strand of Food Literacy.               <ul style="list-style-type: none"> <li>Diet &amp; Meal Planning</li> <li>Meal Analysis</li> <li>Convenience Food</li> </ul> </li> </ul>	iPad  Textbook	Google classroom-Notes Book: <b>(Pg 16-25)</b>	

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	<b>Coursework: Edit coursework</b> <ul style="list-style-type: none"> <li>Evaluation</li> </ul> <b>Students who have completed coursework:</b> <ul style="list-style-type: none"> <li>Practice questions (TYS) on Vitamins, Minerals, Water, Dietary fibre,</li> <li></li> </ul>	iPad  Textbook	Google classroom- Complete all [Pg 1-14]	
Week 3 [10-14 Jul]	<b>Coursework:</b> <b>National Deadline: Monday, 10 July, 5pm</b> <i>*Students must be physically present in school to sign the declaration form for the final submission.</i>  <b>Recap</b> <ul style="list-style-type: none"> <li>Topics under the strand of Food Science               <ul style="list-style-type: none"> <li>Food Safety</li> <li>Preparation &amp; Cooking of food</li> <li>Methods of cooking</li> <li>Reactions in Food</li> <li>Sensory Evaluation</li> </ul> </li> </ul>	iPad  Textbook	Google classroom- Notes Book  Complete Pg 26- 49	Submission of GCE (NA) Level Coursework
	<b>Checking for Understanding- Time practice paper 1</b> <ul style="list-style-type: none"> <li>Water</li> <li>Vitamins</li> <li>Minerals</li> <li>Dietary fibre</li> <li>Diet &amp; meal Planning</li> <li>Meat</li> <li>Seafood</li> <li>Cereals</li> <li>Batters</li> <li>Pastry</li> </ul>		Practice paper 1	
Week 4 [17-21 Jul] <i>*21 Jul 'N' Level Prelim Exam</i>	<b>Error Analysis</b> <ul style="list-style-type: none"> <li>Time practice paper 1</li> </ul>	Writing material		
	<b>Time practice paper 2</b> <ul style="list-style-type: none"> <li>Proteins</li> <li>Carbohydrate</li> <li>Fats</li> </ul>		Practice paper 2	

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Week	Chapter/Topic/Skill/Area	Textbook/ Resources	Assignment/ Homework	Assessment
	<ul style="list-style-type: none"> <li>Diet &amp; Health</li> <li>Eggs</li> <li>Pulses &amp; Legumes</li> <li>Cakes</li> <li>Meal Analysis</li> <li>Methods of Cooking</li> </ul>			
Week 5 [24-28 Jul] <i>*24 &amp; 28 Jul 'N' Level Prelim Exam</i>	<b>Error Analysis</b>	Writing material		
	<b>Time practice paper 3</b>		Practice paper 3	
Week 6 [31 Jul-4 Aug]	<b>GCE 'N' Level Prelim Examination</b>		Prelim paper	Written Paper: 1 August 2023 (1000-1130)  Topics covered: All the topics in the NFS syllabus
Week 7 [7-11 Aug] <i>*8 Aug National Day Celebration 9 &amp; 10 Aug National Day Holiday</i>	<b>Error Analysis for Prelim Paper</b>	Writing material		
	<b>Error Analysis</b>	Writing material		
Week 8 [14-18 Aug]	<b>Time practice paper 3</b>			
	<b>Time practice paper 4</b>		Practice paper 4	
Week 9 [21-25 Aug]	<b>Error Analysis</b>	Writing material		
	<b>Time practice paper 5</b>		Practice paper 5	
Week 10 [28 Aug-1 Sep] <i>*31 Aug Teachers'</i>	<b>Error Analysis</b>	Writing material		
	<b>Time practice paper 5</b>			

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<b>Term 3 [ 26 Jun – 1 Sep]</b>				
<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Textbook/ Resources</b>	<b>Assignment/ Homework</b>	<b>Assessment</b>
<i>Day celebration 1 Sep Teachers' Day Holiday</i>				

<b>Term 4 [11 Sep - 13 Oct]</b>				
<b>Week</b>	<b>Chapter/Topic</b>	<b>Textbook/ Resources</b>	<b>Assignment/ Homework</b>	<b>Assessment</b>
Week 1 [11-15 Sep]	<b>GCE 'N' Level Examination</b>			
Week 2 [18-22 Sep]	<b>GCE 'N' Level Examination</b>			
Week 3 [25-29 Sep]	<b>4N Study Break</b>			
Week 4 [2-6 Oct]	<b>GCE 'N' Level Examination</b>			
Week 5 [9-13 Oct]	<b>GCE 'N' Level Examination</b>  <b><u>10 October 2023</u></b> <b>Nutrition and Food Science:</b> <b>Paper 6073/01</b> 8.00-9.30 am. (1h 30min)			

*\*This subject overview is tentative and is subject to changes.*