

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

**1. Assessment Mode**

Students will be assessed through various assessment modes such as a mini project and written paper to demonstrate the learning of nutrition and health, food literacy and food science throughout the semester. Assessment modes like mini project will be carried out over a few weeks during curriculum time.

**2. Assessment Weightage**

Components	WA1 (15%)	WA2 (15%)
Deliverables	Mini project- Designing a healthy and nutritious dish for a teenager	Written paper
Work Timeline	Term 1 Week 6-8	Not Applicable
Submission Deadline	Week 8	Not Applicable

Term 1: 3/1 -10/3					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activities	Assessment
Week 3 [16Jan-20Jan]  18Jan, Wed: replace with even Mon TT 20Jan: CNY Celebration	<b>Overview and expectations of the syllabus.</b> <ul style="list-style-type: none"> <li>Syllabus</li> <li>Overview for Term 1</li> <li>Materials needed</li> <li>Safety &amp; Hygiene</li> </ul> <b>Building rapport:</b> Getting to know the class.  <b>Chapter 8: Diet &amp; Meal Planning</b> <ul style="list-style-type: none"> <li>Recap of nutrients and MHP covered in the lower secondary syllabus.</li> </ul> <b>[Intro]Chapter 11: Food Safety</b>	Pancakes (batters) Skill set 3	Textbook iPad *Practical materials (container, cloth, apron, plastic bag) Recipe  *only for practical lesson ( 3p lesson)	All about Me survey  Students to introduce themselves, share the reason they have chosen NFS and their target for the year.  Google Classroom: Pre-practical Worksheet on pancakes	

**Term 1: 3/1 -10/3**

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Week 4 [23Jan - 27Jan] CNY: 23-24 Jan (Mon-Tues)	<b><u>Chapter 2:</u></b> <u>Carbohydrates</u> - Link with MHP ( Wholemeal bread and brown rice) <b>Chapter 8:</b> Diet & Meal Planning - age (teenagers)		Textbook  iPad	Google classroom: pre- practical worksheet	
Week 5 [30Jan- 3Feb]	<b><u>Chapter 1:</u></b> Proteins <b>Chapter 8:</b> Diet & Meal Planning - age (school children) <b>Chapter 9:</b> Meal Analysis  <b>Practical:</b> Mac & cheese <b>Weighted Assessment 1</b> (WA1) : Release of Task	Mac & cheese (roux sauce) Skill set 3 (savoury)	Textbook iPad *Practical materials (container, cloth, apron, plastic bag) Recipe	Google classroom: Sensory evaluation worksheet on mac and cheese	
Week 6 [6Feb-10Feb]	<b><u>Chapter 4:</u></b> Vitamins <b><u>Chapter 5:</u></b> Minerals <b>Chapter 8:</b> Diet & Meal Planning -age (school children, teenagers, adults and elderly)  <b>Weighted Assessment 1:</b> - Selection of dish(favourite dish) - recipe, - classification according to MHP		Textbook  iPad	Google classroom: pre-practical worksheet in creamed cupcake	WA 1: Designing a healthy and nutritious dish for teenagers
Week 7 [13Feb- 17Feb]	<b><u>Chapter 3:</u></b> Fats <b>Chapter 8:</b> Diet & Meal Planning	Creamed Cupcake (Creaming ) Skill Set 2	Textbook iPad *Practical materials (container,	Google classroom: Sensory	

Term 1: 3/1 -10/3					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activities	Assessment
	<b>Chapter 9:</b> Meal Analysis  <b>Weighted Assessment 1:</b> <ul style="list-style-type: none"> <li>- Identification of nutrients</li> <li>- Importance of the nutrient to teenagers</li> <li>- recipe,</li> <li>- modification of dish</li> </ul>		cloth, apron, plastic bag) Recipe	Evaluation worksheet	WA 1: Designing a healthy and nutritious dish for teenagers
Week 8 [20Feb-24Feb]	<u><b>Chapter 6:</b> Water &amp; Dietary Fibre</u> <b>Chapter 8:</b> Diet & Meal Planning <b>Chapter 9:</b> Meal Analysis  <b>Weighted Assessment 1:</b> <ul style="list-style-type: none"> <li>- Script (notes)</li> <li>- Finalize (alignment, choice of pictures, fonts)</li> <li>- Submission</li> </ul>		Textbook iPad	Google classroom: pre- practical Worksheet on dumplings	
Week 9 [27Feb-3Mar]	<b>Chapter 12:</b> Preparation and Cooking of Food (poultry, Vegetables ) <b>Chapter 13:</b> Method of Cooking (frying)	Dumpling (cutting, shaping)  Skill Set 1	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Google classroom : Sensory Evaluation Worksheet	
Week 10 [6Mar-10Mar]	<b>Chapter 15:</b> Sensory Evaluation <ul style="list-style-type: none"> <li>- Food tasting (understanding the terms used to describe the characteristics)</li> </ul>		Textbook iPad	Google classroom: Sensory Evaluation Worksheet	

The subject overview is tentative and is subject to changes.

**Term 2: 20/3- 26/5**

<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Practical Theory/ Skills</b>	<b>Textbook/ Resources</b>	<b>Assignment/ Homework/ Activity</b>	<b>Assessment</b>
Week 1 [20Mar-24Mar] HBL: 22 Mar	<b>Chapter 1:</b> Protein <b>Chapter 3:</b> Fats <b>Chapter 13:</b> Method of Cooking (Frying) <b>Chapter 14:</b> Reactions in Food during Preparation and Cooking - batters (thick)  <b>Investigation:</b> Exploring the use of different types of seafood	Protein fritters (batters, cutting) Skill Set 1 & 3	Textbook iPad	Google classroom: Batters Worksheet	
Week 2 27Mar-31Mar]	<b>Chapter 2:</b> Carbohydrate <b>Chapter 6:</b> Dietary fibre <b>Chapter 12:</b> Preparation and Cooking of Food (cereal) <b>Chapter 13:</b> Method of Cooking (Baking) <b>Chapter 14:</b> Reactions in Food during Preparation and Cooking -biscuit (creaming)	Soft wholemeal Cookie (creaming) Skill Set 2	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Google classroom: Sensory Evaluation on soft wholemeal cookie  Homework: Proteins & carbohydrate	
Week 3 [3Apr-7Apr]  Good Friday: 7 Apr	<b>Chapter 12:</b> Preparation and Cooking of Food (eggs) <b>Chapter 14:</b> Reactions in Food during Preparation and Cooking -Pastry (rubbing in)	Short Crust Pastry (rubbing in method) Skill Set 2	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe Worksheet	Google classroom : pre-practical worksheet on short crust pastry	
Week 4 [10Apr-14Apr]	<b>Revision for Weighted Assessment (WA) 2</b> Chapter 1: Proteins Chapter 2: Carbohydrate Chapter 3: Fats Chapter 6: Dietary fibre Chapter 12: Preparation and cooking of food (cereal, egg, meat, seafood)		Textbook iPad  Practice Paper	Practice Paper	

**Term 2: 20/3- 26/5**

<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Practical Theory/ Skills</b>	<b>Textbook/ Resources</b>	<b>Assignment/ Homework/ Activity</b>	<b>Assessment</b>
Week 5 [17Apr-21Apr] HBL:19 Apr	<b>Revision for Weighted Assessment (WA) 2</b> Chapter 8: Diet & Meal Planning Chapter 9: Meal Analysis Chapter 13: Method of cooking (baking) Chapter 14: Reactions in Food during Preparation and Cooking ( cake making, sauces)		Textbook iPad  Practice Paper	Practice Paper	
Week 6 [24Apr-28Apr] Mon- Hari Raya [in-lieu]: 24 Apr	<b>Weighted Assessment 2 Coursework</b> - Introduction - Task Question		Coursework Rubrics Textbook  iPad		<b>WA2 (Topics)</b> Chapter 1: Proteins Chapter 2: Carbohydrate Chapter 3: Fats Chapter 6: Dietary fibre Chapter 8: Diet & Meal Planning Chapter 9: Meal Analysis Chapter 12: Preparation and cooking of food (cereal, egg, meat, seafood) Chapter 13: Method of cooking (baking) Chapter 14: Reactions in Food during Preparation and Cooking (Cake making, sauces)
Week 7 [1May-5May] Labour Day: 1 May	<b>Error Analysis of WA 2 Coursework</b> - Background Study		Coursework Rubrics  Textbook iPad	Google Classroom: background study	
Week 8 [8May-12May]	<b>Coursework</b> - Background Study - Decision Making(Matrix) - Recipes		Textbook iPad	Google Classroom: -- background Study	

**Term 2: 20/3- 26/5**

<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Practical Theory/ Skills</b>	<b>Textbook/ Resources</b>	<b>Assignment/ Homework/ Activity</b>	<b>Assessment</b>
Week 9 [15May-19May]  HBL: 17 May	<b>Coursework</b> - Decision Making(Matrix) - Recipes - Decision Making (justification)		Textbook iPad+ keyboard	Google Classroom: Decision Making Matrix	
Week 10 [22May-26May]	<b>Coursework</b> - Decision Making (justification)		Textbook iPad + keyboard	Google Classroom: Decision Making (justification)	

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