

Peicai Secondary School
 Subject Overview for Semester 1 2023
 Nutrition & Food Science | Secondary 4 | Normal (Technical)

Term 1: 16/1 -10/3					
Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework	Assessment
Week 3 18Jan, Wed: replace with even Mon TT 20Jan: CNY Celebration	Expectations and Overview <ul style="list-style-type: none"> - Expectations and classroom routine - Plans for semester one - Target setting Revision on the following topics: Chapter 8: Revision on MHP Chapter 11: Food Safety Coursework: <ul style="list-style-type: none"> - Time plan 		e-Textbook iPad USB drive (for coursework)	<ul style="list-style-type: none"> - Worksheet - Time plan 	
Week 4 23-24 Jan (Mon-Tues): CNY	Revision on the following topics: Chapter 2: Carbohydrates Chapter 12: Preparation and Cooking Food (Cereal) Chapter 13: Methods of Cooking (Dry Heat-Frying) Chapter 14: Reactions in Food During Cooking (Batters) Coursework: <ul style="list-style-type: none"> - Evaluation 	Crepe with Filling Skill Set 1: Wrapping/ Skill Set 3: Batter	e-Textbook iPad Apron set	<ul style="list-style-type: none"> - Worksheet - Sensory evaluation 	
Week 5	Revision on the following topics: Chapter 4: Vitamins Chapter 6: Water and Dietary Fibre Chapter 12: Preparation and Cooking Food (Fruits and vegetables) Chapter 13: Methods of Cooking (Moist Heat) Coursework: <ul style="list-style-type: none"> - Evaluation 	Cabbage Roll Skill Set 1: Wrapping/ knife skills	e-Textbook iPad Apron set	<ul style="list-style-type: none"> - Worksheet - Sensory evaluation 	
Week 6	Revision on the following topics: Chapter 1: Proteins Chapter 3: Fats		e-Textbook iPad	<ul style="list-style-type: none"> - Worksheet - Task structure - Draft of 	-

Term 1: 16/1 -10/3					
Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework	Assessment
	<p>Chapter 12: Preparation and Cooking Food (Meat, poultry, seafood)</p> <p>Coursework: Release of NT Level Coursework task question</p> <ul style="list-style-type: none"> - Identification and brainstorming of keywords 		Foolscap/ Blank paper	background study (2 key words)	
<p>+#Week 7 15/2: [No HBL for Sec 4-5: WA during HBL slot]</p>	<p>Revision on the following topics: Chapter 5: Minerals Chapter 12: Preparation and Cooking Food (Eggs, dairy and pulses)</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Background study (for first two keywords) 		e-Textbook iPad	<ul style="list-style-type: none"> - Worksheet - Draft of background study (2 key words) 	
Week 8	<p>Revision for Weighted Assessment 1</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Background study (for the next two keywords) 		iPad		-
<p>+#Week 9 1/3 : [No HBL for Sec 4-5: WA during HBL slot]</p>	<p>Weighted Assessment 1</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Background study - Decide on three suitable dishes 		e-Textbook	-	<p>Topics for WA1</p> <p>Carbohydrate</p> <p>Vitamins</p> <p>Water and dietary fibre</p> <p>Preparation and Cooking Food (cereals, fruits & vegetables)</p> <p>Methods of Cooking (steaming & frying)</p> <p>Batters</p>
Week 10	<p>Error Analysis for Weighted Assessment 1</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Recipe (with relevant modifications) - Decision making (for first dish) 		<p>Draft of background study</p> <p>Possible recipes with skill set identified</p> <p>Worksheet</p> <p>Recipes (with modifications highlighted)</p> <p>Decision making matrix</p>	-	

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	Assessment
#Week 1	<p>Revision on the following topics: Chapter 13: Methods of Cooking (Dry Heat-other than frying) Chapter 13: Heat Transfer Chapter 14: Reactions in Food During Cooking (Cakes)</p> <p>Coursework: - Decision making (for the other two dishes) - Food order for Exploration</p>		e-Textbook iPad	- Worksheet	
Week 2	<p>Revision on the following topics: Chapter 7: Diet and Health Problems Chapter 9: Meal Analysis</p> <p>Coursework: - Exploration (Session 1) - Sensory Evaluation</p>		e-Textbook iPad	- Worksheet - Draft of sensory evaluation (Exp 1)	
#Week 3 <small>7/4 : Good Friday</small>	<p>Chapter 8: Meal Planning (Part 1)</p> <p>Coursework: - Exploration (Session 2) - Sensory Evaluation</p>		e-Textbook iPad	- Worksheet - Draft of sensory evaluation (Exp 2)	
Week 4	<p>Chapter 8: Meal Planning (Part 2)</p> <p>Coursework: - Exploration (Session 3) - Sensory Evaluation</p>		e-Textbook iPad	- Worksheet - Draft of sensory evaluation (Exp 3)	
#Week 5 <small>19/4 : [No HBL for Sec 4-5: Oral Prelims]</small>	<p>Chapter 10: Convenience Food</p> <p>Coursework: - Time plan - Food order</p>		e-Textbook iPad	- Worksheet - Time plan (draft)	-
+Week 6 <small>24/4 : Mon- Hari Raya [in-lieu]</small>	<p>Chapter 10: Convenience Food (Food Labels)</p> <p>Coursework: - Time plan</p>		e-Textbook iPad Food label of favourite food/snacks	- Worksheet	

Term 2: 20/3- 26/5

Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework	Assessment
#Week 7 1/5: Labour Day [Mon] 3/5 :[No HBL for Sec 4-5: Oral Prelims + NFS Prac Exam] 5/5: NFS Prac Exam [PM]	Revision for Weighted Assessment 2 GCE NT Level Practical Examination - Session 1 (3 May) - Session 2 (5 May)		e-Textbook iPad Apron set 3 containers	- Worksheet	-
+Week 8 12/5 : NFS Prac Exam [PM]	Weighted Assessment 2 Coursework: - Sensory Evaluation (2 dishes)		iPad	- Worksheet - Sensory evaluation (draft for first two dishes)	Topics for WA2 Chapter 1: Proteins Chapter 3: Fats Chapter 5: Minerals Chapter 7: Diet & Health Problems Chapter 8: Diet & Meal Planning Chapter 9: Meal Analysis Chapter 10: Convenience food Chapter 12: Preparation and Cooking Food (meat, dairy, eggs)
#Week 9 19/5 : NFS Prac Exam [PM]	Error Analysis for Weighted Assessment 2 Coursework: - Sensory Evaluation (last dish) - Editing of coursework		iPad	- Sensory evaluation (draft for last dish)	
Week 10	Revision on the following topic: Chapter 14: Reactions in Food During Cooking (Shortcrust pastry, sauces) Coursework: - Editing of coursework		e-Textbook iPad	- Worksheet	

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HBL week