

Peicai Secondary School
 Subject Overview for Semester 1 2023
 Nutrition & Food Science | Secondary 3 | Express

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- Egg infographic	Written paper
Work Timeline	Term 1 Week 5-8	Not Applicable
Submission Deadline	Week 8	Not Applicable

3. Weekly Work Schedule

Term 1: 16/1 -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	<ol style="list-style-type: none"> Overview and expectations of the syllabus. <ul style="list-style-type: none"> Syllabus Overview for Term 1 Materials needed Safety & Hygiene Getting to know the students in the class. Setting targets for the subject. Recap on nutrients; <ul style="list-style-type: none"> Types of nutrients Importance of nutrients in our body Main sources of the different nutrients 			All about Me survey Students to introduce themselves, share the reason they have chosen NFS and their target for the year.	

Term 1: 16/1 -10/3					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activities	Assessment
Week 4 [23Jan - 27Jan] CNY: 23-24 Jan (Mon-Tues):	Chapter 2: Carbohydrates Chapter 13: Reactions in Food during Preparation and Cooking		Food labels Videos on gelatinisation and dextrinization Textbook iPad	Google classroom Comparison of food labels Watch video: Food reactions + worksheet Essay	
Week 5 [30Jan- 3Feb] #HBL: 1 Feb	Chapter 11: Preparation and Cooking of Food (Cereal) Chapter 13: Reactions in Food during Preparation and Cooking (gelatinisation and dextrinisation)	Baked rice (Skill set 1: cutting, Skill set 3: Roux sauce)	Pictures of common dishes and desserts Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe (https://tinyurl.com/pcssrecipes)	SLS/ Google classroom	
Week 6 [6Feb- 10Feb]	Chapter 1: Proteins Chapter 13: Reactions in Food during Preparation and Cooking (foaming)	Meringue (Foaming)	Textbook iPad Practical materials (container, cloth, apron, plastic bag)	Google classroom- WA1 instructions	WA 1: Egg Infographic
Week 7 [13Feb- 17Feb] #HBL: 15 Feb	Chapter 11: Preparation and Cooking of Food (Poultry and Eggs)	Scotch egg (TBC) Skill set 1:shaping of outer	Textbook iPad Practical	SLS/ Google classroom- WA1 Task	

Term 1: 16/1 -10/3					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activities	Assessment
	Chapter 13: Reactions in Food during Preparation and Cooking (emulsion)	layer of scotch egg)	materials (container, cloth, apron, plastic bag) Recipe		WA 1: Egg Infographic
Week 8 [20Feb- 24Feb]	Chapter 11: Preparation and Cooking of Food (Dairy Products: Milk, Cheese, Yoghurt, Cream, Butter) Chapter 13: Reactions in Food during Preparation and Cooking (caramelisation)	Caramel Custard (Caramelisa tion) Skill Set 1	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Google classroom- WA1 Task	
Week 9 [27Feb- 3Mar] #HBL: 1 Mar	Chapter 11: Preparation and Cooking of Food (Seafood)	Tuna Cutlets (Shaping & Coating) Skill set 1	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	SLS/ Google classroom- worksheet	
Week 10 [6Mar- 10Mar]	Chapter 11: Preparation and Cooking of Food (Meat) Chapter 11: Preparation and Cooking of Food (Legumes and Pulses) Chapter 8: Diet and Meal Planning (Vegetarian)		Textbook iPad	Google classroom- worksheet (essay) SLS/ Google Classroom: In pairs, students are to come up with 5 questions on protein and protein food using Kahoot.	

The subject overview is tentative and is subject to changes.

Term 2: 20/3- 26/5					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activity	Assessment
Week 1 [20Mar- 24Mar] #HBL: 22 Mar	Chapter 3: Fats Chapter 13: Reactions in Food during Preparation and Cooking (cake making, melting point and smoke point)	Creamed cakes -Investigative (Creaming) Skill set 2	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	SLS/ Google classroom	
Week 2 27Mar- 31Mar]	Chapter 5: Minerals Chapter 7: Diet & Health Problems (Osteoporosis & Anemia)		Textbook iPad Worksheet		
Week 3 [3Apr-7Apr] #HBL: 5 Apr Good Friday: 7 Apr	Chapter 4: Vitamins Chapter 13: Reactions in Food during Preparation and Cooking (biscuit- making: rubbing in)	Raisin cookie (Rubbing In) Skill Set 2	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Padlet	
Week 4 [10Apr- 14Apr]	Chapter 6: Water & dietary fibre Chapter 7: Diet & Health Problems (Heat stroke & dehydration, constipation) Chapter Chapter 8: Diet & Meal Planning Chapter 9: Meal Analysis		Textbook iPad	Google Classroom: Worksheet- meal modification	

Term 2: 20/3- 26/5					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activity	Assessment
Week 5 [17Apr- 21Apr] #HBL: 19 Apr	Chapter 11: Preparation and Cooking of Food (Fruits) Chapter 13: Reactions in Food during Preparation and Cooking (<u>enzymatic browning</u> , pastry: rubbing in)	Custard Fruit Tartlet (Rubbing In) Skill set 2	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Google Classroom: Worksheet	
Week 6 [24Apr- 28Apr] Mon- Hari Raya [in-lieu]: 24 Apr	Revision for Weighted Assessment (WA) 2 Chapter 11: Preparation and Cooking of Food (Vegetables)		Textbook iPad	Google Classroom: Worksheet (essay)	
Week 7 [1May- 5May] Labour Day: 1 May #HBL: 3 May	Revision for Weighted Assessment (WA) 2 Coursework - Introduction to coursework - Research		Coursework Rubrics Textbook iPad	Google Classroom- research	
Week 8 [8May- 12May]	Weighted Assessment 2 Coursework Research		Coursework Rubrics Textbook iPad	Google Classroom- research	Chapter 1: Protein Chapter 2: Carbohydrate Chapter 3: Fats Chapter 4: Vitamins Chapter 5: Minerals Chapter 8: Diet & Meal Planning Chapter 9: Meal Analysis Chapter 11: Preparation and cooking of food (cereal,

Term 2: 20/3- 26/5					
Week	Chapter/Topic/Skill/ Area	Practical Topics/ Skills	Textbook/ Resources	Assignment/ Homework/ Activity	Assessment
					egg, meat, dairy pdt) Chapter 13: Reactions in food during preparation and cooking
Week 9 [15May- 19May] #HBL: 17 May	Error Analysis of WA 2 <u>Coursework</u> Research		Coursework Rubrics Textbook iPad	Google Classroom- research	
Week 10 [22May- 26May]	<u>Coursework</u> Decision Making		Coursework Rubrics Textbook iPad	Google Classroom- Decision Making Matrix	

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