

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

**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- Video : Coagulation in egg	Written paper
Work Timeline	Term 1 Week 5-8	Not Applicable
Submission Deadline	Week 8	Not Applicable

**3. Weekly Work Schedule**

Term 1: 3/1 -10/3					
Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework/ Activities	Assessment
Week 3 18Jan, Wed: replace with <b>even</b> Mon TT 20Jan: CNY Celebrati on	1. Overview and expectations of the syllabus. <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> 2. Getting to know the students in the class. 3. Setting targets for the subject. 4. Recap on nutrients covered in the lower secondary syllabus. <ul style="list-style-type: none"> <li>• Types of nutrients</li> <li>• Importance of nutrients in our body</li> <li>• Main sources of the different nutrients</li> </ul>			All about Me survey  Students to introduce themselves, share the reason they have chosen NFS and their target for the year.	
Week 4 CNY: 23- 24 Jan (Mon- Tues):	<b>Chapter 2:</b> Carbohydrates  <b>Chapter 13:</b> Reactions in Food during Preparation and Cooking (sauces, gelatinisation and dextrinization )	Baked rice (Skill set 1: cutting, Skill set 3: Roux sauce)	Food labels  Videos on gelatinisation and dextrinization  Textbook  iPad  Recipes	Google classroom:  Comparison of food labels  Watch video: Food reactions + worksheet  Essay	

Term 1: 3/1 -10/3					
Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework/ Activities	Assessment
#Week 5 HBL: 1 Feb	<b>Chapter 11:</b> Preparation and Cooking of Food (Cereal)  <b>Chapter 13:</b> Reactions in Food during Preparation and Cooking (gelatinisation and dextrinisation)  <b>Practical:</b> Pancakes (batter) Students to demonstrate the skills required and justify the procedures in the preparation and cooking of the following products (including local dishes): -sauces (roux and blended)	Pancakes (Batter)	Pictures of common dishes and desserts Recipe Textbook iPad Practical materials (container, cloth, apron, plastic bag)	Video Diary: explain gelatinisation that occur in the preparation and cooking of food	WA 1: Coagulation in Eggs (video)
Week 6	<b>Chapter 1:</b> Proteins  <b>Chapter 13:</b> Reactions in Food during Preparation and Cooking (foaming)	Meringue Challenge (Whisking)	Manipulatives on different sources of protein  Recipe  Worksheet	Worksheet.	
#Week 7 HBL: 15 Feb	<b>Chapter 11:</b> Preparation and Cooking of Food (Poultry)  <b>Chapter 13:</b> Reactions in Food during Preparation and Cooking -sauces (blended)	Sweet & Sour Chicken (Batters & Blended Sauce)  Skill set 3	Recipe Textbook iPad Practical materials (container, cloth, apron, plastic bag)	Worksheet	
Week 8	<b>Chapter 11:</b> Preparation and Cooking of Food (Dairy Products: Milk, Cheese)		Worksheet Activity: Triangle Test: Textbook iPad	Google Classroom : Sensory evaluation worksheet	
#Week 9 HBL: 1 Mar	<b>Chapter 11:</b> Preparation and Cooking of Food (Dairy Products: Yoghurt, Cream, Butter)  <b>Chapter 13:</b> Reactions in Food during Preparation and Cooking (coagulation.)	Caramel Custard (Caramelisation)  Skill set 1	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Video diary. Making caramel custard	
Week 10	<b>Chapter 11:</b> Preparation and Cooking of Food (Eggs)  <b>Chapter 13:</b> Reactions in Food during Preparation and Cooking (emulsion)	Scotch Eggs (Wrapping & Coating)  Skill Set 1	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Worksheet	

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	Assessment
#Week 1 HBL: 22 Mar	<b>Chapter 8:</b> Diet & Meal Planning <b>Chapter 11:</b> Preparation and Cooking of Food (Seafood)  <b>Chapter 13:</b> Reactions in Food during Preparation and Cooking  <b>Practical:</b> Tuna Cutlet	Tuna Cutlets (Shaping & Coating) Skill set 1	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Worksheet – justification (teenager)	
Week 2	<b>Chapter 11:</b> Preparation and Cooking of Food (Meat)		Worksheet (Investigative) Textbook iPad	Google Classroom: Worksheet	
#Week 3  HBL: 5 Apr Good Friday: 7 Apr	<b>Chapter 11:</b> Preparation and Cooking of Food (Legumes and Pulses)  <b>Chapter 13:</b> Reactions in Food during Preparation and Cooking (caramelisation)  <b>Chapter 8:</b> Diet and Meal Planning (Vegetarian)	Tao Suan (Caramelisation)	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe Worksheet	Google Classroom: Worksheet (planning & justification-vegetarian)  <u>Homework:</u> In pairs, students are to come up with 5 questions on protein and protein food using Kahoot as revision.	
Week 4	<b>Chapter 3:</b> Fats  <b>Chapter 13:</b> Reactions in Food during Preparation and Cooking (melting point and smoke point)		Kahoot Revision Questions  Textbook  iPad	SLS/ Google classroom	
#Week 5 HBL:19 Apr	<b>Chapter 4:</b> Vitamins <b>Practical:</b> Peach and Oat Crumble	Peach and Oat Crumble (Rubbing In) Skill set 2	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Students to work in expert groups and conduct research on the nutrients (vitamins and minerals). Students will then summarise, collate their information using a Web 2.0 tool (e.g., Padlet) and present their summary to their classmates.	
Week 6 Mon- Hari Raya [in-lieu]: 24 Apr	<b>Chapter 5:</b> Minerals -calcium, phosphorous, iron, sodium chloride and potassium <b>Chapter 13:</b> Reactions in Food during Preparation and Cooking (rubbing in )  Revision for Weighted Assessment (WA) 2				

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

<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Practical Skills</b>	<b>Textbook/ Resources</b>	<b>Assignment/ Homework/ Activity</b>	<b>Assessment</b>
#Week 7 Labour Day: 1 May HBL: 3 May	Revision for Weighted Assessment (WA) 2  <b>Chapter 6:</b> Water & dietary fibre	Dumpling Soup (Wrapping) Skill set 1	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Students to explore the sources of fibre and modify a set of recipes to increase the dietary fibre content.	
Week 8	<b>Weighted Assessment 2</b>  Coursework - Introduction - Research		Coursework Rubrics  Textbook iPad	Google Classroom: Conduct research based on coursework task	WA2 Chapter 2: Carbohydrate Chapter 3: Fats Chapter 8: Diet and Meal Planning Chapter 9: Meal Analysis Chapter 11: Preparation and cooking food (cereal, legumes) Chapter 13: Reactions in food during preparation and cooking (gelatinisation/ dextrinization)
#Week 9 HBL: 17 May	<b>Chapter 11:</b> Preparation and Cooking of Food (Fruits & vegetables)  <b>Chapter 13:</b> Reactions in Food during Preparation and Cooking ( <u>enzymatic browning</u> )	Custard Fruit Tartlet (Rubbing In)	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe Worksheet	Google Classroom: Worksheet (essay)	
Week 10	<b>Error Analysis of WA 2</b>  <b>Coursework</b> Research		Coursework Rubrics	Google Classroom: research based on coursework task	

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