

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	Overview and expectations of the syllabus. <ul style="list-style-type: none"> Syllabus Overview for Term 1 Materials needed Safety & Hygiene Building rapport: Getting to know the class. Chapter 8: Diet & Meal Planning <ul style="list-style-type: none"> Recap of nutrients and MHP covered in the lower secondary syllabus. [Intro]Chapter 11: Food Safety	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					
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: <u>Carbohydrates</u> - Link with MHP (Wholemeal bread and brown rice) Chapter 8: Diet & Meal Planning - age (teenagers)		Textbook iPad	Google classroom: pre- practical worksheet	
Week 5 [30Jan- 3Feb]	Chapter 1: Proteins Chapter 8: Diet & Meal Planning - age (school children) Chapter 9: Meal Analysis Practical: Mac & cheese Weighted Assessment 1 (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]	Chapter 4: Vitamins Chapter 5: Minerals Chapter 8: Diet & Meal Planning -age (school children, teenagers, adults and elderly) Weighted Assessment 1: - 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]	Chapter 3: Fats Chapter 8: 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
	<p>Chapter 9: Meal Analysis</p> <p>Weighted Assessment 1:</p> <ul style="list-style-type: none"> - Identification of nutrients - Importance of the nutrient to teenagers - recipe, - modification of dish 		cloth, apron, plastic bag) Recipe	Evaluation worksheet	WA 1: Designing a healthy and nutritious dish for teenagers
Week 8 [20Feb-24Feb]	<p>Chapter 6: Water & Dietary Fibre</p> <p>Chapter 8: Diet & Meal Planning</p> <p>Chapter 9: Meal Analysis</p> <p>Weighted Assessment 1:</p> <ul style="list-style-type: none"> - Script (notes) - Finalize (alignment, choice of pictures, fonts) - Submission 		Textbook iPad	Google classroom: pre- practical Worksheet on dumplings	
Week 9 [27Feb-3Mar]	<p>Chapter 12: Preparation and Cooking of Food (poultry, Vegetables)</p> <p>Chapter 13: Method of Cooking (frying)</p>	Dumpling (cutting, shaping/ marinating) Skill Set 1	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Google classroom : Sensory Evaluation Worksheet	
Week 10 [6Mar-10Mar]	<p>Chapter 15: Sensory Evaluation</p> <ul style="list-style-type: none"> - Food tasting (understanding the terms used to describe the characteristics) 		Textbook iPad	Google classroom: Sensory Evaluation Worksheet	

The subject overview is tentative and is subject to changes.

Term 2: 20/3- 26/5

Week	Chapter/Topic/Skill/Area	Practical Theory/ Skills	Textbook/ Resources	Assignment/ Homework/ Activity	Assessment
Week 1 [20Mar-24Mar] HBL: 22 Mar	<p>Chapter 12: Preparation and Cooking of Food (seafood, Vegetables) Chapter 13: Method of cooking (Boiling, frying) Chapter 14: Reactions in Food during Preparation and Cooking -sauces (blended), batters (thick)</p> <p>Investigation: Exploring the use of different types of seafood</p>	Sweet & sour seafood (batters, blended sauce, cutting) Skill Set 1 & 3	Textbook iPad	Google classroom: Exploratory (Investigation) Worksheet	
Week 2 27Mar-31Mar]	<p>Chapter 12: Preparation and Cooking of Food (cereal) Chapter 13: Method of Cooking (Baking) Chapter 14: Reactions in Food during Preparation and Cooking -biscuit (rubbing in or creaming)</p>	Soft wholemeal Cookie (Rubbing in method) Skill Set 2 (TBC)	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe	Google classroom: pre-practical Worksheet on soft wholemeal cookie	
Week 3 [3Apr-7Apr] Good Friday: 7 Apr	<p>Chapter 12: Preparation and Cooking of Food (eggs) Chapter 14: Reactions in Food during Preparation and Cooking -whisking (cake making)</p>	Whisk Cake (whisking) Skill Set 2	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe Worksheet	Google classroom : pre-practical worksheet on whisk cake	
Week 4 [10Apr-14Apr]	<p>Chapter 7: Diet & Health Chapter 8: Diet & Meal Planning Chapter 13: Method of Cooking</p>		Textbook iPad	Google classroom : worksheet	

Term 2: 20/3- 26/5

Week	Chapter/Topic/Skill/Area	Practical Theory/ Skills	Textbook/ Resources	Assignment/ Homework/ Activity	Assessment
Week 5 [17Apr-21Apr] HBL: 19 Apr	Chapter 12: Preparation and Cooking of Food (fruit) Chapter 14: Reactions in Food during Preparation and Cooking -pastry (rubbing in method)	Fruit Tart (short crust pastry) Skill Set 2	Textbook iPad Practical materials (container, cloth, apron, plastic bag) Recipe Worksheet	SLS/ Google classroom : worksheet	
Week 6 [24Apr-28Apr] Mon- Hari Raya [in-lieu]: 24 Apr	Revision for Weighted Assessment (WA) 2 Coursework - Introduction - Task Question		Coursework Rubrics Textbook iPad		
Week 7 [1May-5May] Labour Day: 1 May	Revision for Weighted Assessment (WA) 2 Coursework - Background Study		Coursework Rubrics Textbook iPad	Google Classroom: background study	
Week 8 [8May-12May]	Weighted Assessment 2 Coursework - Background Study		Textbook iPad	Google Classroom: -- background Study	WA2 (Topics) 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 9 [15May-19May] HBL: 17 May	Error Analysis of WA 2 Coursework - Decision Making(Matrix) - Recipes		Textbook iPad+ keyboard	Google Classroom: Decision Making Matrix	

Term 2: 20/3- 26/5

Week	Chapter/Topic/Skill/Area	Practical Theory/Skills	Textbook/Resources	Assignment/Homework/Activity	Assessment
Week 10 [22May-26May]	Coursework - Decision Making (justification)		Textbook iPad + keyboard	Google Classroom: Decision Making (justification)	

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