

Peicai Secondary School  
Subject Overview for Semester 1 2023  
Nutrition & Food Science | Secondary 4 | Express

Term 1: 16/1 -10/3					
Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework/ Activities	Assessments
Week 3 18Jan, Wed: replace with <b>even</b> Mon TT 20Jan: CNY Celebratio n	<b>Recap</b> <ul style="list-style-type: none"> <li>Syllabus for 'O' Levels</li> <li>Examination Format and Expectations</li> </ul> <b>Overview for Term 1</b>  <b>Setting of Targets</b>  <b>Chapter 15: Food Safety</b>  <b>Practical:</b> Pancakes with Blueberry Sauce	Batter	Recipe <a href="https://tinyurl.com/pcssrecipes">https://tinyurl.com/pcssrecipes</a>  Target Setting Document  NFS 'O' Level syllabus  Textbook  iPad	Worksheet: Food Safety	
Week 4 CNY: 23-24 Jan (Mon-Tues):	<b>Chapter 16: Sustainable Food Consumption</b>  <b>Practical:</b> Sponge Vanilla Cakes with Chocolate Frosting	Whisking	Recipe  Textbook  iPad	Worksheet: Sustainable Food Consumption	
#Week 5 HBL: 1 Feb	<b>Chapter 10: Convenience Food</b>  <b>Practical:</b> Dumplings (Fried Dumplings & Dumpling Soup)	Wrapping	Recipe  Textbook  iPad	Worksheet: Convenience Food	
Week 6	<b>Coursework</b> <ol style="list-style-type: none"> <li>Distribution of coursework task.</li> <li>Brainstorming of Task</li> <li>Students will come up with a timeline for their coursework tasks.</li> </ol> <b>Revision on Nutrients</b> Chapter 1: Protein Chapter 2: Carbohydrates		Coursework Task Question  Revision Paper  Textbook  iPad	Students to come up with a concept map of the areas to research on based on the task question a timeline for their coursework	

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	Chapter 3: Fats Chapter 4: Vitamins Chapter 5: Mineral Chapter 6: Water & Dietary Fibre			Revision Paper on Nutrients (Section A & B type questions)	
#Week 7 HBL: 15 Feb	<b>Revision on Methods of Cooking</b>  <b>Coursework:</b> Research		Textbook  iPad	Revision Paper on MOC (Section C type Questions)  Students to present a detailed and relevant research that is linked to the task from a wide range of sources	
Week 8	<b>Coursework:</b> Research		Textbook	Students are to summarize their research and submit a very well organised research.	
#Week 9 HBL: 1 Mar	<b>Weighted Assessment 1</b>  <b>Coursework:</b> Decision Making		Textbook  Revision Paper  iPad	Students are to -select their final dishes that are appropriate to the task -Include all recipes with a thorough list of ingredients, materials, equipment and methods.	<b>Weighted Assessment 1 Topics:</b> Carbohydrate Proteins Fats Food Safety Convenience Food Sustainable Food Consumption Meal Planning

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Week 10	<b>WA 1 (Error Analysis)</b>  <b>Coursework:</b> Decision Making		Textbook  iPad	Students are to provide detailed justification on their choice of dishes based on a wide range of factors presented in the previous research.	

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 Skills</b>	<b>Textbook/ Resources</b>	<b>Assignment/ Homework/ Activity</b>	<b>Assessments</b>
	<b>Coursework:</b> Investigation (Conduct)			carry out their investigation proficiently and methodically.	
Week 4	<b>Coursework:</b> Investigation (Apply)		Textbook	Students to come up with a thorough interpretation of results with good application of relevant food science content.	
#Week 5 HBL:19 Apr	<b>Coursework:</b> Investigation (Apply)/Planning		Textbook	Students to -complete their thorough report on their investigation -to come up with a time plan that is well sequenced and shows efficient use of time and resources	
Week 6 Mon- Hari Raya [in- lieu]: 24 Apr	<b>Coursework:</b> Planning		Textbook	Students to complete and submit their time plan.	
#Week 7  Labour Day: 1 May HBL: 3 May	<b>Coursework:</b> Planning		Recipes  Time plan		
Week 8	<b>Weighted Assessment 2</b>  <b>'O Level Practical Examination (Session 1: 12May)</b>			Students to come up with -a detailed sensory evaluation of all dishes, using appropriate sensory terms -a detailed review	Chapter 1: Protein Chapter 2: Carbohydrate Chapter 3: Fats Chapter 4: Vitamins

Term 2: 20/3- 26/5					
Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework/ Activity	Assessments
				(strengths, weaknesses and suggestions for improvement) of the execution process	Chapter 5: Minerals Chapter 8: Diet & Meal Planning Chapter 9: Meal Analysis Chapter 10: Sustainable Food Consumption Chapter 11: Preparation and cooking of food Chapter 12: Methods of Cooking Chapter 13: Reactions in food during preparation and cooking Chapter 15: Food Safety
#Week 9 HBL: 17 May	<b>Error Analysis (WA2)</b> <b>'O Level Practical Examination</b> <b>(Session 2: 19 May)</b>  <b>Coursework:</b> Evaluation			Students are to complete their coursework for submission	
Week 10	<b>Coursework:</b> Final Touch Up			Students are to complete their and submit their coursework.	

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