

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

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 4: Vitamins Chapter 8: Meal Planning (Nutritional needs) + MHP Chapter 11: Preparation and cooking of food (Vegetable) Chapter 12: Method of cooking [Frying] Practical: Spring Roll & mayonnaise (TBC)	Skill Set 1: Wrapping/ knife skills Skill Set 3: Sauce (TBC)	Textbook iPad USB drive (for coursework) Time plan	Google classroom-worksheet (Essay)	
Week 4 23-24 Jan (Mon-Tues): CNY	Revision on the following topics: Chapter 3: Fats Chapter 12: Methods of Cooking (Baking) Chapter 13: Reactions in food during preparation and cooking (cake making) Practical: Scones	Skill Set 2: Cakes (rubbing in)	Textbook iPad Apron set Time Plan	Google classroom-Sensory evaluation	
#Week 5	Revision on the following topics: Chapter 2: Carbohydrate Chapter 5: Mineral (calcium) Chapter 11: Preparation and Cooking Food (Cereal) Chapter 12: Methods of Cooking (Moist Heat) Chapter 13: Reactions in food during preparation and cooking (sauces) Practical: Lasagne/ Baked rice	Skill Set 3: sauces	Textbook iPad Apron set	Google classroom-Worksheet Sensory evaluation	

Term 1: 16/1 -10/3

Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework	Assessment
Week 6	Coursework: Release of NA Level Coursework task question - Identification and brainstorming of keywords		Textbook iPad Foolscap/ Blank paper	Google Classroom: Worksheet Task structure Draft of research (2 key words)	-
#Week 7 <small>15/2: [No HBL for Sec 4-5: WA during HBL slot]</small>	Revision for WA 1 Coursework: - Research		Textbook iPad	Draft of research (2 key words)	-
Week 8	Revision for WA 1 Coursework: - Research - Decide on three suitable dishes		iPad Textbook	Draft of research Decision making matrix Possible recipes with skill set identified	
#Week 9 <small>1/3 : [No HBL for Sec 4-5: WA during HBL slot]</small>	Weight Assessment 1 Coursework: - Decision making (for first dish) - Exploratory study(plan)		Textbook	Exploratory Study Outline	Topics for WA1 - Carbohydrate - Fats - Vitamins(A,C, D) - Minerals(calcium) - Dietary fibre - Preparation and Cooking Food (cereals, & vegetables) - Methods of Cooking (baking & frying) - Sauces - Meal Planning
Week 10	Error Analysis for Weighted Assessment 1 Coursework: - Recipe (with relevant modifications) - Decision making (for two dish) - Draft plan for exploratory study - Food order for Exploration		iPad Textbook Worksheet Recipes (with modifications highlighted)	Google Classroom Exploratory Study Plan	

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>Chapter 16: Convenience Food</p> <p>Coursework (after school):</p> <ul style="list-style-type: none"> - Exploratory Study (edit) + Collect Ingredients - Recipe for final 2 dishes(with relevant modifications) - Decision making (for two dish) - Exploratory Study (lesson time) (Conduct- Session 1) 		<p>Textbook</p> <p>iPad</p>	<p>Google Classroom: Worksheet</p> <p>Exploratory Study Sensory Evaluation</p>	<p>Coursework: Exploratory Study Execution 1</p>
Week 2	<p>Revision on the following topics:</p> <p>Chapter 1: Proteins Chapter 11: Preparation and cooking of food (Meat, egg)</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Final Recipe modifications - Final Decision making (for all three dishes) <p>Coursework (after school):</p> <ul style="list-style-type: none"> - Exploratory Study (Conduct-Session 2 for absentees) 		<p>Textbook</p> <p>iPad</p>	<p>Goggle Classroom-Worksheet</p> <p>Exploratory Study Sensory Evaluation</p>	<p>Coursework: Exploratory Study Execution 2</p>
#Week 3 <small>7/4 : Good Friday</small>	<p>Chapter 7: Diet and Health Problems Chapter 9: Meal Analysis Chapter 8: Meal Planning (I)</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Exploratory Study (Discussion) <p>Coursework (after school):</p> <ul style="list-style-type: none"> - Planning (edit recipe) - Skeleton of time plan 		<p>Textbook</p> <p>iPad</p>	<p>Goggle Classroom-Worksheet</p> <p>Exploratory Study Sensory Evaluation Recipes</p>	

Term 2: 20/3- 26/5

Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework	Assessment
Week 4	Chapter 8: Meal Planning (psychological & physiological) Coursework: - Exploratory Study (Discussion) - Complete time plan - Food order		Textbook iPad	Goggle Classroom-Worksheet Time plan (draft)	
#Week 5 19/4 : [No HBL for Sec 4-5: Oral Prelims]	Coursework: - Edit Time plan - Final Food order		Textbook iPad	Google classroom-Worksheet Food Order List	-
Week 6 24/4 : Mon- Hari Raya [in-lieu]	Revision on the following topic: Chapter 14: Reactions in Food During Cooking (Shortcrust pastry, batters) Coursework - Final Edit of Time plan		Textbook	Google classroom-Worksheet	
#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 Coursework: - Collection of ingredients - Edit of other components (based on feedback given) GCE NA Level Practical Examination - Session 1 (3 May) - Session 2 (5 May)		Textbook iPad Apron set 3 containers	Sensory evaluation	Coursework: GCE N(A) Level Practical Examination
Week 8	Weighted Assessment 2 Coursework: - Sensory Evaluation (2 dishes)		iPad	Google Classroom: Worksheet Sensory evaluation (draft for first two dishes)	<u>Topics for WA2</u> Chapter 1: Proteins Chapter 4: Vitamins Chapter 5: Minerals Chapter 8: Diet and Meal Planning Chapter 9: Meal Analysis

Term 2: 20/3- 26/5

Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework	Assessment
					Chapter 11: Preparation and Cooking Food (meat, dairy, eggs) Chapter 12: Method of cooking Chapter 13: Reaction in food during preparation and cooking Chapter 16: Convenience food
#Week 9 19/5 : NFS Prac Exam [PM]	Error Analysis for Weighted Assessment 2 Coursework: - Sensory Evaluation (last dish) - Edit of other components (based on feedback given)		iPad	Sensory evaluation (draft for last dish)	
Week 10	Coursework: - Editing of evaluation - Submission of first draft of completed coursework		Textbook iPad		

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