

Peicai Secondary School
 Subject Overview for Semester 1 2023
 Nutrition & Food Science | Secondary 5 | 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 Chapter 15: Food Safety Coursework: <ul style="list-style-type: none"> - Investigation (Plan) 		iPad USB drive (for coursework)	<ul style="list-style-type: none"> - Worksheet - Investigation plan 	
Week 4 23-24 Jan (Mon-Tues): CNY	Chapter 16: Convenience Food (Food Additives) Coursework: <ul style="list-style-type: none"> - Investigation (Conduct) 	Sponge Cake (whisking) Skill set 2: Cake	Textbook iPad Apron set Food label of favourite food/snacks	<ul style="list-style-type: none"> - Worksheet - Data collection 	
#Week 5	Chapter 10: Sustainable Food Consumption Coursework: <ul style="list-style-type: none"> - Investigation (Apply) 		Textbook iPad	<ul style="list-style-type: none"> - Worksheet - Discussion of results 	
Week 6	Revision on the following topics: Chapter 1: Proteins Chapter 2: Carbohydrates Chapter 3: Fats *Digestion Revision for Weighted Assessment 1 Coursework: Release of O Level Coursework task question <ul style="list-style-type: none"> - Identification and brainstorming of keywords 		Textbook iPad Foolscap/ Blank paper	<ul style="list-style-type: none"> - Worksheet - Task structure - Research (draft-two keywords) 	
+#Week 7 15/2: [No HBL for Sec 4-5: WA during HBL slot]	Weighted Assessment 1 Coursework: <ul style="list-style-type: none"> - Research (for first two keywords) 		Textbook iPad	<ul style="list-style-type: none"> - Worksheet - Research (draft-other keywords) 	Topics for WA1 <ul style="list-style-type: none"> - Carbohydrate - Proteins - Fats - Food Safety - Convenience Food - Sustainable Food - Consumption - Meal planning

Term 1: 16/1 -10/3

Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework	Assessment
Week 8	Error Analysis for Weighted Assessment 1 Coursework: - Research (for the other keywords)		Textbook iPad	- Worksheet - Draft of background study - Possible recipes with skill set identified - Decision making matrix	-
+#Week 9 <small>1/3 : [No HBL for Sec 4-5: WA during HBL slot]</small>	Coursework: - Decide on three suitable dishes - Modify the selected recipes		Textbook	- DM for 2 dishes (draft)	
Week 10	Coursework: - Decision making (justifications for first two dishes)		Textbook iPad	- DM for the other dish (draft) - Investigation plan	

The subject overview is tentative and is subject to changes.

HBL week: Wk 7 & 9: Sec 4/5 will return to school to sit for WA1 paper

Term 2: 20/3- 26/5

Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework	Assessment
#Week 1	Revision on the following topics: Chapter 4: Vitamins Chapter 5: Minerals Coursework: - Decision making (for the last dish) - Investigation (Plan)		Textbook iPad	- Worksheet	
Week 2	Revision on the following topics: Chapter 6: Water and dietary fibre Chapter 7: Diet and Health Problems (Part 1) Coursework: - Investigation (Plan)		Textbook iPad	- Worksheet	
#Week 3 <small>7/4 : Good Friday</small>	Revision on the following topics: Chapter 7: Diet and Health Problems (Part 2) Chapter 8: Meal Planning Coursework: - Investigation (Conduct Session 1) - Data collection		Textbook iPad	- Worksheet - Discussion of results (draft)	
Week 4	Revision on the following topics: Chapter 11: Preparation and Cooking Food (Cereals, Pulses & Legumes, eggs & dairy) Coursework: - Investigation (Conduct Session 2) - Data collection		Textbook iPad	- Worksheet - Discussion of results (draft)	
#Week 5 <small>19/4 : [No HBL for Sec 4-5: Oral Prelims]</small>	Revision for Weighted Assessment 2 Revision on the following topics: Chapter 11: Preparation and Cooking Food (Meat, poultry and seafood) Coursework: - Discussion of results		Textbook iPad	- Worksheet - Time plan (draft)	
+Week 6 <small>24/4 : Mon- Hari</small>	Coursework: - Time plan		Textbook	- Worksheet	

Term 2: 20/3- 26/5					
Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework	Assessment
Raya [in-lieu]	- Food order		iPad		
#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]	Coursework - Edit coursework		Textbook iPad	- Worksheet	-
+Week 8 12/5 : NFS Prac Exam [PM]	Weighted Assessment 2 Coursework: - Practical Exam Session 1 (12/5) - Edit coursework		Textbook iPad Apron set 3 containers	- Evaluation of practical and dishes (draft)	Topics for WA2 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 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 19/5 : NFS Prac Exam [PM]	Error Analysis for Weighted Assessment 2 Coursework: - Practical Exam Session 2 (19/5) - Evaluation of practical and dishes		Apron set 3 containers	- Evaluation of practical and dishes (draft)	
Week 10	Chapter 13: Functions of Key Ingredients Common Ingredients Used in Local Cakes and Desserts Coursework: - Editing of coursework		Textbook iPad	- Worksheet	

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HBL week