



Peicai Secondary School
Subject Overview for Semester 2 / 2022
Food and Consumer Education
Secondary 1 NT/ NA/ Exp

Semester 2					
Term 3 [27 June – 2 September]					
Week	Chapter/Topic	Practical / Skill	Textbook/ Resources	Assignment/ Homework	Assessment
Week 1 [27 Jun - 1 Jul]	Introduction to Food & Consumer Education - Classroom expectation & routine - Subject Expectation - Administration/ Logistics		PDLP (Ipad)	Google Classroom	
	Chapter 8: Money & Resource Management - Needs & Wants - Budgeting & Savings		Secondary 1 Textbook Pg 123-133 PDLP (Ipad)	SLS	
Week 2 [4 Jul - 8 Jul] <i>4 Jul- Youth Day Holiday</i>	Chapter 8: Methods of Payment - Modes of Payment		Secondary 2 Textbook Pg 153-168 PDLP (Ipad)	SLS Game: Monsters of the Debt	
Week 3 [11 Jul - 15 Jul] <i>11 Jul- Hari Raya Haji</i>	Chapter 6: Smart Shopping - Different forms of Shopping		Secondary 2 Textbook Pg 134-137		
	Applied Module: Coursework - Introduction to Task		PDLP (Ipad)	Google Classroom *Watch video for next week's lesson: You tube Channel (PCSS NFS)	Semestral Assessment (70%)
Week 4 [18 Jul- 22 Jul] <i>HBL: 20 July (Wed)</i>	Chapter 6: Food safety - Causes of food contamination - Safety in the kitchen		Secondary 1 Textbook Pg 123-133 PDLP (Ipad)	SLS	
	Chapter 7: Methods of Cooking - Reason for cooking food - Dry heat (Baking)	Muffin 	Secondary 1 Textbook Pg 102, 109	Google Classroom	
	Chapter 1: Culinary Skills - One Stage Method - Sensory Evaluation		Secondary 2 Textbook Pg 13		
Week 5	Chapter 1: Balanced Diet - Definition		Secondary 1 Textbook	Game: Food Attack	

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[25 Jul - 29 Jul]	Chapter 2: Nutrients in Food - Function of nutrients & sources		Pg 1, 15 PDLP (Ipad)	SLS Google Classroom	
Week 6 [1Aug - 5 Aug] <i>HBL: 1 August (Mon)</i>	Chapter 2: Nutrients in Food - My Healthy Plate		Secondary 1 Textbook Pg 30 PDLP (Ipad)	SLS	
	Chapter 3: Watch Your Diet - Diet Related Disease		Secondary 1 Textbook Pg 39	Google Classroom/ Padlet	
	Chapter 4: Food Choices - Eating Out		Secondary 1 Textbook Pg 66		
	Chapter 1: Culinary Skills - Roux Sauce - Sensory Evaluation	Macaroni & Cheese	Secondary 1 Textbook Pg 165		
Week 7 [8Aug – 12 Aug] <i>9 Aug- National Day Thurs-Fri: WA3</i>	Chapter 1: Balanced Diet - Energy Balance		Secondary 1 Textbook Pg 6- 11 PDLP (Ipad)	SLS Google Classroom *Watch video for next week's lesson: You tube Channel (PCSS NFS)	
Week 8 [15Aug – 19 Aug] <i>Mons-Fri: WA3</i>	Weighted Assessment 3 <u>Topics/Areas to be tested:</u> 1. Needs and wants 2. Payment 3. Online and retail shopping 4. Balanced Diet 5. Nutrients- proteins, Fat and Carbohydrates				WA 3 (15%) <i>Duration: 30min</i> <i>Marks : 25</i>
	Chapter 1: Culinary Skills - Cutting Skills/ Dough Making - Sensory Evaluation	Pizza 	Secondary 2 Textbook Pg 2 PDLP (Ipad)		
Week 9 [22Aug – 26 Aug]	Chapter 4: Food Choices - Factors to consider		Secondary 2 Textbook Pg 59	SLS	

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			PDLP (Ipad)		
	Applied Module: Coursework - Brainstorming/ research/ plannin		PDLP (Ipad)	SLS Google Classroom-Project	Semestral Assessment (70%)
Week 10 [29 Aug- 2 Sept]	Chapter 5: Nutritional Needs of Different Age Groups - Factors to consider		Secondary 1 Textbook Pg 71-76 PDLP (Ipad)	Google Classroom	
30 Oct-2 Sept (Thurs- Fri): Teacher's day	Chapter 7: Methods of cooking - Advantages & disadvantages of baking		Secondary 1 Textbook Pg 109		
	Chapter 1: Culinary Skills - Rubbing in Method - Baking	Scones	Secondary 2 Textbook Pg 8-9		
Term 4 [12 September – 28 October]					
Week	Chapter/Topic	Practical / Skill	Textbook/ Resources	Assignment/ Homework	Assessment
Week 1 [12 Sept – 16 Sept]	Chapter 5: Being an Informed Consumer		Secondary 2 Textbook Pg 97-116 PDLP (Ipad)		
	Applied Module: Coursework - Practical Exam 1		PDLP (Ipad)	SLS Google Classroom-Project	Semestral Assessment (70%)
Week 2 [19 Sept – 23 Sept]	Applied Module: Coursework - Practical Exam 2		PDLP (Ipad)	Google Classroom-Project	Semestral Assessment (70%)
Week 3 [26 Sept – 30 Sept] <i>EOY Exam Week</i>	Weighted Assessment 4 to be tested during EOY Exam 3 October 2022 Topics/Areas to be tested:				WA 4 (15%) <i>Duration: 45min</i>

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	<ol style="list-style-type: none"> 1. Energy Balance 2. Method of cooking (Baking, Boiling) 3. Meal Planning (My Healthy Plate) 4. Nutritional Needs of Different Age Group 5. Being an Informed Consumer 				<i>Marks : 50</i>
Week 4 [03 Oct 07 Oct]	EOY EXAM				
Week 5 [10 Oct-14 Oct]	Error Analysis of WA4 Paper	PDLP (Ipad)			
Week 6 [17 Oct-21 Oct] <i>19 Oct- Promotion Exercise</i>	Applied Module: Coursework Touch Up	PDLP (Ipad)			
Week 7 [24 Oct – 28 Oct] <i>24 Oct- Deepavali</i>	Post-examination Activities				

**This subject overview is tentative and is subject to changes.*