

Peicai Secondary School
Subject Overview for Semester 2 / 2022
Nutrition and Food Science
Secondary Three Normal Technical

Semester 2					
Term 3 [27 June – 2 September]					
Week	Chapter/Topic	Practical/ Skill	Textbook/ Resources	Assignment/ Homework	Assessment
Week 1 [27 Jun - 1 Jul]	Nutrition and Health: Diet and Health Problems <ul style="list-style-type: none"> - Obesity - Hypertension - Type 2 diabetes - Coronary heart disease 		Textbook Chapter 7 Pg 53- 68 iPad	Nearpod Google Classroom	
	Reactions in Food During Preparation and Cooking: Methods of Cooking (Baking) <ul style="list-style-type: none"> - Heat transfer in baking - Advantages and disadvantages of baking 	Pizza (Skill set 1- knife skills, skill set 2- bread making)	Chapter 13 Pg 193-194 iPad Apron set	Google Classroom	
Week 2 [4 Jul - 8 Jul] <i>4 Jul- Youth Day Holiday</i>	Nutrients, Water and Dietary Fibre: Water and Dietary Fibre <ul style="list-style-type: none"> - Food sources - Functions - Factors that affect water intake 		Textbook Chapter 6 Pg 43-52 iPad	Google Classroom	<u>Unweighted Assessment</u> <i>Duration: 10min</i> <i>Marks: 15</i> <u>Topics to be tested:</u> 1. Vitamins 2. Minerals
	Reactions in Food During Preparation and Cooking: Methods of Cooking (Steaming) <ul style="list-style-type: none"> - Heat transfer in steaming - Advantages and disadvantages of steaming 	Cabbage rolls (Skill set 1- knife skills & wrapping)	Chapter 13 Pg 201 iPad Apron set	Google Classroom	
Week 3 [11 Jul - 15 Jul] <i>11 Jul- Hari Raya Haji</i>	The Science of Food Preparation and Cooking: Preparation and Cooking of Food (Meat and Poultry) <ul style="list-style-type: none"> - Types and uses - Structure - Points to note when preparing and cooking 		Textbook Chapter 12 Pg 150-164 iPad	Nearpod Google Classroom	

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	Reactions in Food During Preparation and Cooking: Methods of Cooking (Frying) <ul style="list-style-type: none"> - Heat transfer in frying - Advantages and disadvantages of frying 	Sweet and sour chicken (Skill set 3 – batters and blended sauce)	Chapter 13 Pg 195-198 iPad Apron set	Google Classroom	<u>Unweighted Assessment</u> <i>Marks: 10</i> <u>Area to be tested:</u> Practical-Organisation and management
Week 4 [18 Jul- 22 Jul] <i>20 Jul-HBL</i>	The Science of Food Preparation and Cooking: Preparation and Cooking of Food (Egg and Dairy) <ul style="list-style-type: none"> - Types and uses - Structure (egg) - Points to note when preparing and cooking 		Textbook Chapter 12 Pg 136-143 iPad	SLS	<u>Unweighted Assessment</u> <i>Duration: 10min</i> <i>Marks: 15</i> <u>Topics to be tested:</u> 1. Minerals 2. Cereal
	Coursework - Decision Making				Google Classroom
Week 5 [25 Jul - 29 Jul]	The Science of Food Preparation and Cooking: Preparation and Cooking of Food (Seafood, Pulses and Legumes) <ul style="list-style-type: none"> - Types and uses - Points to note when preparing and cooking 		Textbook Chapter 12 Pg 144-149, Pg 179-182 iPad	SLS	<u>Unweighted Assessment</u> <i>Duration: 10min</i> <i>Marks: 15</i> <u>Topics to be tested:</u> 1. Cereal 2. Batters 3. Fats
	Coursework - Exploration		Apron set		Google Classroom
Week 6 [1 Aug - 5 Aug] <i>1 Aug-HBL</i>	The Science of Food Preparation and Cooking: Preparation and Cooking of Food (Fruits and Vegetables) <ul style="list-style-type: none"> - Types and uses - Points to note when preparing and cooking 		Textbook Chapter 12 Pg 169-178 iPad	SLS Lesson	<u>Unweighted Assessment</u> <i>Duration: 10min</i> <i>Marks: 15</i> <u>Topics to be tested:</u> 1. Diet & Health Problem

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					2. Methods of Cooking
	Coursework - Exploration		Apron set	Google Classroom	
Week 7 [8 Aug – 12 Aug] <i>8 Aug-National Day Commemoration</i> <i>9 Aug- National Day</i> <i>10 Aug- Day after National Day</i>	Coursework - Planning			Google Classroom	
Week 8 [15 Aug – 19 Aug] <i>17 Aug-NFS WA 3</i>	Coursework - Planning			Google Classroom	
	Weighted Assessment 3 <u>Topics to be tested:</u> 1. Fats 2. Vitamins 3. Minerals 4. Diet & Health Problem 5. Cereal 6. Batters 7. Methods of Cooking				<u>WA 3 (15%)</u> Duration: 1 h Marks: 65
Week 9 [22 Aug – 26 Aug]	Coursework - Execution (Session 1)	Practical Exam	Apron set		
	WA 3 Error Analysis				
Week 10 [29 Aug – 2 Sep]	Coursework - Execution (Session 2)	Practical Exam	Apron set		
	Reactions in Food During Preparation and Cooking: Sauces - Reasons for adding sauces - Types of sauces - Steps to making a roux sauce - Common faults in sauce making		Textbook Chapter 14 Pg 228-233 iPad	Nearpod Google Classroom	

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Term 4 [12 September – 28 October]					
Week	Chapter/Topic	Practical/ Skill	Textbook/ Resources	Assignment/ Homework	Assessment
Week 1 [12 Sept – 16 Sept]	Coursework - Sensory Evaluation		Textbook Chapter 15 Pg 235-244 iPad	Google Classroom	
Week 2 [19 Sept – 23 Sept]	Revision - Fruits and Vegetables - Water and Dietary Fibre - Diet and Health Problems - Methods of Cooking		iPad	Google Classroom	
Week 3 [26 Sept – 30 Sept]	Revision - Meat - Seafood - Dairy products - Sauces		iPad	Google Classroom	
Week 4 [3 Oct – 7 Oct]	End of Year Examination <u>Topics to be tested:</u> 1. Methods of Cooking 2. Water and Dietary Fibre 3. Diet and Health Problems 4. Meat 5. Seafood 6. Dairy products 7. Fruits and Vegetables 8. Sauces				<u>EOY</u> Duration: 1 h 30 min Marks: 80
Week 5 [10 Oct – 14 Oct]	Error Analysis				
Week 6 [17 Oct – 21 Oct] <i>19 Oct- Promotion Exercise</i>	Error Analysis and Post-examination Activities				
Week 7 [24 Oct – 28 Oct] <i>24 Oct- Deepavali</i>	Post-examination Activities				

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