

**Peicai Secondary School**  
**Subject Overview for Semester 2 / 2022**  
**Nutrition & Food Science**  
**Secondary 4 Normal Academic**

Semester 2				
Term 3 [27 June – 2 September]				
Week	Chapter/Topic	Textbook/ Resources	Assignment/ Homework	Assessment
Week 1 [27 Jun - 1 Jul]	<b>Chapter 16 : Convenience Food</b> (a) List the different types of convenience food (ready-to-cook and ready-to-eat: bottled / canned food, dried food, frozen / chilled food) (b) Explain the advantages and disadvantages of convenience food (c) State the types of information found on food and nutrition labels (d) Interpret and apply information found on food and nutrition labels	Textbook Pg. 275-294	Ten Year Series	
	<b>Coursework: Edit coursework</b>	Coursework Document/ IT Lab		
Week 2 [4 Jul - 8 Jul] <i>4 Jul- Youth Day Holiday</i> <i>8 Jul- MT LC early dismissal</i>	<b>Chapter 15 : Food Safety</b> (a) State how to avoid and reduce the risk of food spoilage and food contamination when preparing, cooking and storing food (including hygienic practices)	Textbook Pg. 263-274	Worksheet (Essay)	
	<b>Coursework : Edit coursework Declaration form( signing) Coursework Final Submission (National Dateline: 12 July 2022, 5pm)</b>	Coursework Document/ IT Lab		
Week 3 [11 Jul - 15 Jul] <i>11 Jul- Hari Raya Haji</i>	<b>Revision 1</b> Essay Writing (Pairwork) on Meal Planning	Textbook PDLP (Ipad)	Ten Year Series	
	<b>Error Analysis of Revision 1</b>	Textbook PDLP (Ipad)		
Week 4 [18 Jul- 22 Jul]	<b>Revision 2</b> Essay Writing (Pairwork) on Food Commodities	Textbook PDLP (Ipad)	Ten Year Series	<b>12marks</b>
	<b>Error Analysis of Revision 2</b>	Textbook PDLP (Ipad)		
Week 5 [25 Jul- 29 Jul]	<b>Revision Paper 1</b> 1. Fats 2. Vitamins A, D, E, K 3. Reasons for Cooking Food 4. Heat Transference 5. Method of Cooking- baking, microwaving	Textbook PDLP (Ipad)	Google Classroom Worksheet	<b>80 marks</b>

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	6. Pastries (shortcrust, rough puff) 7. Pulses & Legumes 8. Seafood 9. Convenience Food 10. Food Safety			
	<b>Error Analysis of Revision Paper 1</b>	Textbook PDLP (Ipad)		
Week 6 [1Aug - 5 Aug]	<b>GCE N LEVEL PRELIMS</b>			
	<b>Revision Paper 2</b> 1. Carbohydrates 2. Dietary Fibre 3. Food Reactions (Dextrinisation, Caramelisation, Gelatinisation) 4. Planning Meals (Elderly) 5. Meat and Poultry 6. Seafood 7. Fruit 8. Dairy Products 9. Methods of Cooking- grilling, frying	Textbook PDLP (Ipad)	Google Classroom Worksheet	<b>80 marks</b>
Week 7 [8Aug – 12 Aug ] <i>9-10 Aug- National Day</i> <i>11-12 Aug – N Prelim</i>	<b>Error Analysis of Revision Paper 2</b>	Textbook PDLP (Ipad)		
	<b>Revision Paper 3</b> 1. Proteins 2. Fats 3. Meal Planning- Vegetarians 4. Method of Cooking- steaming, boiling 5. Preparing and cooking- Local cakes, desserts and sauces 6. Cereals and Cereal Products 7. Eggs 8. Vegetables 9. Fats and Oils	PDLP (Ipad)	Google Classroom/ worksheet	<b>80 marks</b>
Week 8 [15Aug – 19 Aug ] <i>15-17 Aug: N Prelims</i>	<b>GCE N LEVEL PRELIMS</b> <b>Nutrition &amp; Food Science Prelim</b> <b>15 August, 0945-1115 (1 ½ hr)</b>			<b>80 marks</b>
Week 9 [22Aug – 26 Aug ]	<b>Error Analysis of Prelim Paper</b>	Textbook PDLP (Ipad)		

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Week 10 [29Aug – 2 Sept ]	<b>Error Analysis of Revision Paper 3</b>	Textbook PDLP (Ipad)		
<b>Term 4 [12 September – 28 October]</b>				
<b>Week</b>	<b>Chapter/Topic</b>	<b>Textbook/ Resources</b>	<b>Assignment/ Homework</b>	<b>Assessment</b>
Week 1 [12 Sept – 16 Sept]	<b>GCE N LEVEL EXAMINATION 2022</b>		SDL resources in google classroom	
Week 2 [19 Sept – 23 Sept]	<b>GCE N LEVEL EXAMINATION 2022</b>		SDL resources in google classroom	
Week 3 [26 Sept – 30 Sept]	STUDY BREAK		SDL resources in google classroom	
Week 4 [3 Oct- 7 Oct]	<b>GCE N LEVEL EXAMINATION 2022</b>		SDL resources in google classroom	
Week 5 [ 10 Oct-14 Oct]	STUDY BREAK 12 October 2022 ( Wednesday) Nutrition & Food Science: 6073/01 1430-1600 ( 1 ½ h)		SDL resources in google classroom	

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