

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	Weighted assessments
Week 3 18Jan, Wed: replace with even Mon TT 20Jan: CNY Celebration	<b>Expectations and Overview</b> - Expectations and classroom routine - Plans for semester one - Target setting  Revision on the following topics: <b>Chapter 4:</b> Vitamins <b>Chapter 8:</b> Meal Planning (Nutritional needs) + MHP <b>Chapter 11:</b> Preparation and cooking of food (Vegetable) <b>Chapter 12:</b> Method of cooking [Frying] <b>Practical:</b> 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: <b>Chapter 3:</b> Fats <b>Chapter 12:</b> Methods of Cooking (Baking) <b>Chapter 13:</b> Reactions in food during preparation and cooking (cake making) <b>Practical:</b> Scones	Skill Set 2: Cakes (rubbing in)	Textbook  iPad  Apron set  Time Plan	Google classroom-Sensory evaluation	
#Week 5	Revision on the following topics: <b>Chapter 2:</b> Carbohydrate <b>Chapter 5:</b> Mineral (calcium) <b>Chapter 11:</b> Preparation and Cooking Food (Cereal) <b>Chapter 12:</b> Methods of Cooking (Moist Heat) <b>Chapter 13:</b> Reactions in food during preparation and cooking (sauces) <b>Practical:</b> Lasagne/ Baked rice	Skill Set 3: sauces	Textbook  iPad  Apron set	Google classroom-Worksheet  Sensory evaluation	

Week 6	<p>Revision for Weighted Assessment 1</p> <p>Coursework: Release of NA Level Coursework task question</p> <ul style="list-style-type: none"> <li>- Identification and brainstorming of keywords</li> </ul>		<p>Textbook</p> <p>iPad</p> <p>Foolscap/ Blank paper</p>	<p>Google Classroom: Worksheet</p> <p>Task structure Draft of research (2 key words)</p>	-
<p>#Week 7</p> <p>15/2: [No HBL for Sec 4-5: WA during HBL slot]</p>	<p><b>Weight Assessment 1</b></p> <p>Coursework:</p> <ul style="list-style-type: none"> <li>- Research</li> </ul>		<p>Textbook</p> <p>iPad</p>	<p>Draft of research (2 key words)</p>	<p>Topics for WA1</p> <ul style="list-style-type: none"> <li>- Carbohydrate</li> <li>- Fats</li> <li>- Vitamins(A,C, D)</li> <li>- Minerals(calcium)</li> <li>- Dietary fibre</li> <li>- Preparation and Cooking Food (cereals, &amp; vegetables)</li> <li>- Methods of Cooking (baking &amp; frying)</li> <li>- Sauces</li> <li>- Meal Planning</li> </ul>
Week 8	<p><b>Error Analysis for Weighted Assessment 1</b></p> <p>Coursework:</p> <ul style="list-style-type: none"> <li>- Research</li> <li>- Decide on three suitable dishes</li> </ul>		<p>iPad</p> <p>Textbook</p>	<p>Draft of research</p> <p>Decision making matrix</p> <p>Possible recipes with skill set identified</p>	
<p>#Week 9</p> <p>1/3 : [No HBL for Sec 4-5: WA during HBL slot]</p>	<p>Coursework:</p> <ul style="list-style-type: none"> <li>- Decision making (for first dish)</li> <li>- Exploratory study(plan)</li> </ul>		<p>Textbook</p>	<p>Exploratory Study Outline</p>	-
Week 10	<p><b>Chapter 16: Convenience Food</b></p> <p>Coursework:</p> <ul style="list-style-type: none"> <li>- Recipe (with relevant modifications)</li> <li>- Decision making (for two dish)</li> <li>- Draft plan for exploratory study</li> <li>- Food order for Exploration</li> </ul>		<p>iPad</p> <p>Textbook</p> <p>Worksheet Recipes (with modifications highlighted)</p>	<p>Google Classroom</p> <p>Exploratory Study Plan</p>	

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**

<b>Week</b>	<b>Chapter/Topic/Skill/Area</b>	<b>Practical Skills</b>	<b>Textbook/ Resources</b>	<b>Assignment/ Homework</b>	<b>Weighted assessments</b>
#Week 1	Revision on the following topics: <b>Chapter 1:</b> Proteins <b>Chapter 11:</b> Preparation and cooking of food (Meat, egg)  Coursework: - Exploratory Study (Conduct- Session 1)		Textbook  iPad	Google Classroom: Worksheet  Exploratory Study Sensory Evaluation	
Week 2	Revision on the following topics: <b>Chapter 7:</b> Diet and Health Problems <b>Chapter 9:</b> Meal Analysis  Coursework: - Exploratory Study (Conduct-Session 2)		Textbook  iPad	Goggle Classroom-Worksheet  Exploratory Study Sensory Evaluation	
#Week 3 <small>7/4 : Good Friday</small>	<b>Chapter 8:</b> Meal Planning (physiological)  Coursework: - Exploratory Study (Discussion) - Planning		Textbook  iPad	Goggle Classroom-Worksheet  Exploratory Study Sensory Evaluation Recipes	
Week 4	<b>Chapter 8:</b> Meal Planning (psychological)  Coursework: - Exploratory Study (Discussion) - Planning - Skeleton of time plan		Textbook  iPad	Goggle Classroom-Worksheet  Time plan (draft)	
#Week 5 <small>19/4 : [No HBL for Sec 4-5: Oral Prelims]</small>	Coursework: - Time plan - Food order		Textbook  iPad	Google classroom-Worksheet  Food Order List	-

<b>Week 6</b> <small>24/4 : Mon- Hari Raya [in-lieu]</small>	<b>Weighted Assessment 2</b>  <b>Coursework:</b> <ul style="list-style-type: none"> <li>- Edit Time plan</li> </ul>		Textbook	Google classroom-Worksheet	Topics for WA2 <ul style="list-style-type: none"> <li>- Proteins</li> <li>- Minerals</li> <li>- Vitamins</li> <li>- Preparation and Cooking Food (meat, dairy, eggs)</li> <li>- Method of cooking</li> <li>- Meal Planning</li> <li>- Convenience food</li> </ul> Reactions in food during preparation and cooking
<b>#Week 7</b> <small>1/5: Labour Day [Mon]            3/5 :[No HBL for Sec 4-5: Oral Prelims + NFS Prac Exam]            5/5: NFS Prac Exam [PM]</small>	<b>Error Analysis for Weighted Assessment 2</b>  <b>GCE NA Level Practical Examination</b> <ul style="list-style-type: none"> <li>- Session 1 (3 May)</li> <li>- Session 2 (5 May)</li> </ul>		Textbook iPad  Apron set 3 containers	Sensory evaluation	
<b>Week 8</b>	Revision on the following topic: <b>Chapter 14: Reactions in Food During Cooking</b> (Shortcrust pastry, batters)  <b>Coursework:</b> <ul style="list-style-type: none"> <li>- Sensory Evaluation (2 dishes)</li> </ul>		iPad	Google Classroom: Worksheet  Sensory evaluation (draft for first two dishes)	
<b>#Week 9</b> <small>19/5 : NFS Prac Exam [PM]</small>	<b>Coursework:</b> <ul style="list-style-type: none"> <li>- Sensory Evaluation (last dish)</li> <li>- Editing of coursework</li> </ul>		iPad	Sensory evaluation (draft for last dish)	
<b>Week 10</b>	<b>Coursework:</b> <ul style="list-style-type: none"> <li>- Editing of coursework</li> <li>- Submission of first draft of completed coursework</li> </ul>		Textbook  iPad		

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# HBL week