

Peicai Secondary School
Subject Overview for Semester 2 / 2022
4NT Food Studies

Semester 2				
Term 3 [27 June – 2 September]				
Week	Chapter/Topic	Textbook/ Resources	Assignment/ Homework	Assessment
Week 1 [27 Jun - 1 Jul]	Overview of Semester 2 - Recap of Classroom expectation & routine - Plan for semester 2 -	PDLP (Ipad)	Google Classroom	
	Theory: Revision on Nutrients - Students issued NFS notes booklet to consolidate their learning of all topics for food studies	Textbook	My NFS Notes Booklet (completed by week 4)	
Week 2 [4 Jul - 8 Jul] <i>4 Jul- Youth Day Holiday</i> <i>8 Jul- MT LC early dismissal</i>	Coursework : Edit coursework - Background Study - Exploration - Decision Making	Coursework materials		
	*Coursework : Edit coursework - Planning - Evaluation - Declaration form(signing) *student will need to stay back after school in week 2 if edits cannot be completed during lesson	Coursework materials		Paper 2: 60 marks (60%)
Week 3 [11 Jul - 15 Jul] <i>11 Jul- Hari Raya Haji</i>	Coursework : Minor Edits and Admin matters Coursework Final Submission (National Dateline: 12 July 2022, Tuesday, 5pm) <i>*Students must be physically present in school for the final submission.</i>	Coursework materials		Paper 2: 60 marks (60%)
	Chapter 2: Meal Planning a) Explain the factors to consider when planning meals: <ul style="list-style-type: none"> • nutritional needs in relation to age, gender, level of physical activity and health status • individual preferences • ethnic customs and traditions, religions • availability of resources b) Demonstrate the use of nutritional tools when planning and evaluating meals	Textbook Pg 13 Nearpod PDLP (Ipad)	Google Classroom	

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<p>Week 4 [18 Jul- 22 Jul]</p>	<p>Chapter 3: Convenience Food a) Define convenience food b) Name and classify convenience food: – ready to eat and ready to cook c) Explain the advantages and disadvantages of using convenience food d) Explain the factors to consider when choosing convenience food e) Explain how convenience food should be stored f) Demonstrate the appropriate use of convenience food when preparing and cooking dishes/meals</p>	<p>Textbook Pg 29 Nearpod PDLP (Ipad)</p>		
	<p>Revision Paper 1 1. Planning meals- ethnic customs and traditions, religions 2. Heat Transference 3. Method of Cooking- baking, deep frying 4. Preparing and cooking- Cakes and biscuits (rubbed-in, creamed, whisked) 5. Evaluation of Food 6. Meat and Poultry 7. Seafood 8. Fruit 9. Dairy Products 10. Convenience Food 11. Flavourings and Herbs <i>*Students to revise the above topic prior to lesson.</i></p>		<p>Worksheet</p>	<p>80m</p>
<p>Week 5 [25 Jul - 29 Jul]</p>	<p>Error Analysis of Revision Paper 1</p> <p>Revision Paper 2 1. Balanced Diet 2. Planning Meals- individual preferences 3. Heat Transference 4. Method of Cooking- steaming, stewing 5. Preparing and cooking- Local cakes, desserts and pastries 6. Presentation of Food 7. Cereals and Cereal Products 8. Eggs 9. Vegetables 10. Fruit 11. Convenience Food 12. Fats and Oils</p>	<p>Textbook PDLP (Ipad)</p>	<p>Google Classroom</p> <p>Worksheet</p>	<p>80m</p>

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	<i>*Students to revise the above topic prior to lesson.</i>			
Week 6 [1Aug - 5 Aug]	GCE N LEVEL PRELIMS			
	Error Analysis of Revision Paper 2	Textbook PDLP (Ipad)	Google Classroom	
Week 7 [8Aug – 12 Aug] <i>8-10 Aug: National Day</i>	Revision Paper 3 1. Planning Meals- nutritional needs in relation to age, gender, level of physical activity and health status 2. Reasons for Cooking Food 3. Explain the reasons for cooking food 4. Heat Transference 5. Method of Cooking- boiling, microwaving 6. Preparing and cooking- Sauces (roux, blended) 7. Evaluation of Food 8. Meat and Poultry 9. Dairy Products 10. Vegetables 11. Convenience Food 12. Flavourings and Herbs <i>*Students to revise the above topic prior to lesson.</i>		Worksheet	80m
Week 8 [15Aug – 19 Aug]	GCE N LEVEL PRELIMS			
Week 9 [22Aug – 26 Aug]	Error Analysis of Prelim Paper	Textbook PDLP (Ipad)	Google Classroom	
	Revision Paper 4 1. Balanced Diet 2. Planning Meals– availability of resources 3. Heat Transference 4. Method of Cooking- frying			

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	5. Preparing and cooking – Batters (thin, thick) 6. Presentation of Food 7. Meat and Poultry 8. Seafood 9. Cereals and Cereal Products 10. Eggs 11. Vegetables 12. Fruit 13. Fats and Oil <i>*Students to revise the above topic prior to lesson.</i>		Worksheet	80m
Week 10 [29Aug – 2 Sept]	Error Analysis of Revision Paper 3 -	Textbook PDLP (Ipad)	Google Classroom	
Term 4 [12 September – 28 October]				
Week	Chapter/Topic	Textbook/ Resources	Assignment/ Homework	Assessment
Week 1 [12 Sept – 16 Sept]	GCE N LEVEL EXAMINATION 2022		SDL resources in google classroom	
Week 2 [19 Sept – 23 Sept]	GCE N LEVEL EXAMINATION 2022		SDL resources in google classroom	
Week 3 [26 Sept – 30 Sept]	STUDY BREAK		SDL resources in google classroom	
Week 4 [3 Oct- 7 Oct]	GCE N LEVEL EXAMINATION 2022		SDL resources in google classroom	
Week 5 [10 Oct-14 Oct]	STUDY BREAK 13 October 2022 (Thursday) Food Studies (Syllabus T): 6079/01 1430-1600 (1 ½ h)		SDL resources in google classroom	

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