

Peicai Secondary School
 Subject Overview for Semester 1 2023
 Nutrition & Food Science | Secondary 4 | Normal (Technical)

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	Expectations and Overview <ul style="list-style-type: none"> - Expectations and classroom routine - Plans for semester one - Target setting Revision on the following topics: Chapter 8: Revision on MHP Chapter 11: Food Safety Coursework: <ul style="list-style-type: none"> - Time plan 		e-Textbook iPad USB drive (for coursework)	<ul style="list-style-type: none"> - Worksheet - Time plan 	
Week 4 23-24 Jan (Mon-Tues): CNY	Revision on the following topics: Chapter 2: Carbohydrates Chapter 12: Preparation and Cooking Food (Cereal) Chapter 13: Methods of Cooking (Dry Heat-Frying) Chapter 14: Reactions in Food During Cooking (Batters) Coursework: <ul style="list-style-type: none"> - Evaluation 	Crepe with Filling Skill Set 1: Wrapping/ Skill Set 3: Batter	e-Textbook iPad Apron set	<ul style="list-style-type: none"> - Worksheet - Sensory evaluation 	
Week 5	Revision on the following topics: Chapter 4: Vitamins Chapter 6: Water and Dietary Fibre Chapter 12: Preparation and Cooking Food (Fruits and vegetables) Chapter 13: Methods of Cooking (Moist Heat) Coursework: <ul style="list-style-type: none"> - Evaluation 	Cabbage Roll Skill Set 1: Wrapping/ knife skills	e-Textbook iPad Apron set	<ul style="list-style-type: none"> - Worksheet - Sensory evaluation 	
Week 6	Revision on the following topics: Chapter 1: Proteins Chapter 3: Fats		e-Textbook iPad	<ul style="list-style-type: none"> - Worksheet - Task structure - Draft of 	-

	<p>Chapter 12: Preparation and Cooking Food (Meat, poultry, seafood)</p> <p>Coursework: Release of NT Level Coursework task question</p> <ul style="list-style-type: none"> - Identification and brainstorming of keywords 		Foolscap/ Blank paper	background study (2 key words)	
<p>+#Week 7 15/2: [No HBL for Sec 4-5: WA during HBL slot]</p>	<p>Revision on the following topics:</p> <p>Chapter 5: Minerals</p> <p>Chapter 12: Preparation and Cooking Food (Eggs, dairy and pulses)</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Background study (for first two keywords) 		e-Textbook iPad	<ul style="list-style-type: none"> - Worksheet - Draft of background study (2 key words) 	
Week 8	<p>Revision for Weighted Assessment 1</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Background study (for the next two keywords) 		iPad		-
<p>+#Week 9 1/3 : [No HBL for Sec 4-5: WA during HBL slot]</p>	<p>Weighted Assessment 1</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Background study - Decide on three suitable dishes 		e-Textbook	-	<p>Topics for WA1</p> <ul style="list-style-type: none"> - Carbohydrate - Vitamins - Water and dietary fibre - Preparation and Cooking Food (cereals, fruits & vegetables) - Methods of Cooking (steaming & frying) - Batters
Week 10	<p>Error Analysis for Weighted Assessment 1</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Recipe (with relevant modifications) - Decision making (for first dish) 		<ul style="list-style-type: none"> - Draft of background study - Possible recipes with skill set identified <ul style="list-style-type: none"> - Worksheet - Recipes (with modifications highlighted) - Decision making matrix 	-	

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

Week	Chapter/Topic/Skill/Area	Practical Skills	Textbook/ Resources	Assignment/ Homework	Weighted assessments
#Week 1	Revision on the following topics: Chapter 13: Methods of Cooking (Dry Heat-other than frying) Chapter 13: Heat Transfer Chapter 14: Reactions in Food During Cooking (Cakes) Coursework: - Decision making (for the other two dishes) - Food order for Exploration		e-Textbook iPad	- Worksheet	
Week 2	Revision on the following topics: Chapter 7: Diet and Health Problems Chapter 9: Meal Analysis Coursework: - Exploration (Session 1) - Sensory Evaluation		e-Textbook iPad	- Worksheet - Draft of sensory evaluation (Exp 1)	
#Week 3 <small>7/4 : Good Friday</small>	Chapter 8: Meal Planning (Part 1) Coursework: - Exploration (Session 2) - Sensory Evaluation		e-Textbook iPad	- Worksheet - Draft of sensory evaluation (Exp 2)	
Week 4	Chapter 8: Meal Planning (Part 2) Coursework: - Exploration (Session 3) - Sensory Evaluation		e-Textbook iPad	- Worksheet - Draft of sensory evaluation (Exp 3)	
#Week 5 <small>19/4 : [No HBL for Sec 4-5: Oral Prelims]</small>	Chapter 10: Convenience Food Coursework: - Time plan - Food order		e-Textbook iPad	- Worksheet - Time plan (draft)	-
+Week 6 <small>24/4 : Mon- Hari Raya [in-lieu]</small>	Chapter 10: Convenience Food (Food Labels) Coursework: - Time plan		e-Textbook iPad Food label of favourite food/snacks	- Worksheet	

<p>#Week 7 1/5: Labour Day [Mon] 3/5 :[No HBL for Sec 4-5: Oral Prelims + NFS Prac Exam] 5/5: NFS Prac Exam [PM]</p>	<p>Revision for Weighted Assessment 2</p> <p>GCE NT Level Practical Examination</p> <ul style="list-style-type: none"> - Session 1 (am) - Session 2 (pm) 		<p>e-Textbook iPad</p> <p>Apron set 3 containers</p>	<p>- Worksheet</p>	<p>-</p>
<p>+Week 8 12/5 : NFS Prac Exam [PM]</p>	<p>Weighted Assessment 2</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Sensory Evaluation (2 dishes) 		<p>iPad</p>	<ul style="list-style-type: none"> - Worksheet - Sensory evaluation (draft for first two dishes) 	<p>Topics for WA2</p> <ul style="list-style-type: none"> - Proteins - Fats - Minerals - Preparation and Cooking Food (meat, dairy, eggs) - Meal Planning - Convenience food
<p>#Week 9 19/5 : NFS Prac Exam [PM]</p>	<p>Error Analysis for Weighted Assessment 2</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Sensory Evaluation (last dish) - Editing of coursework 		<p>iPad</p>	<ul style="list-style-type: none"> - Sensory evaluation (draft for last dish) 	
<p>Week 10</p>	<p>Revision on the following topic: Chapter 14: Reactions in Food During Cooking (Shortcrust pastry, sauces)</p> <p>Coursework:</p> <ul style="list-style-type: none"> - Editing of coursework 		<p>e-Textbook iPad</p>	<ul style="list-style-type: none"> - Worksheet 	

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HBL week