

Peicai Secondary School
Subject Overview for Semester 2 / 2022
Nutrition and Food Science
Sec 3 Express

Semester 2				
Term 3 [27 June – 2 September]				
Week	Chapter/Topic/Skill/Area	Assignment/ Homework	Textbook/ Resources	Assessment
Week 1 [27 Jun - 1 Jul]	a) <u>Vitamins</u> 1. Classify vitamins into fat-soluble vitamins (A, D, E and K) and water-soluble vitamins (B1, B2, B3, B12 and C). 2. List the food sources of the following vitamins: A, B1, B2, B3, B12, C, D, E and K. 3. Explain the functions of vitamins A, B1, B2, B3, B12, C, D, E and K in the body.	Worksheet	Textbook: Pg 35 - 44	
	b) <u>Investigation: Conduct (O level)</u> Carries out investigation proficiently and methodically.		Coursework Document	
Week 2 [4 Jul - 8 Jul] 4 Jul- Youth Day Holiday 7 Jul - HBL	a) <u>Minerals</u> 1. List the food sources of the following minerals: calcium, phosphorous, iron, sodium chloride and potassium. 2. Explain the functions of calcium, phosphorus, iron, sodium chloride and potassium in the body.	Worksheet	Textbook: Pg 45 - 52	
	b) <u>Investigation: Apply</u> 1. Record a range of observations based on attributes identified in the aim of the investigation. 2. Include photographic evidence of the investigation outcome. 3. Interprets results with good application of relevant food science content.	Coursework Document <u>Homework:</u> Interprets results with good application of relevant food science content		

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<p>Week 3 [11 Jul - 15 Jul] 11 Jul Hari Raya Haji</p>	<p>a) <u>Diet & Meal Planning</u> 1. Explain the term balanced diet. 2. Explain the concept of energy balance. 3. Explain the factors to consider when planning meals: (i) <u>physiological</u>: age, gender, <u>nutritional needs</u>: school children, teenagers, adults and elderly metabolic rate, level of physical activity, health status.</p>	<p>Worksheet</p>	<p>Textbook: Pg 83 - 99</p>	
	<p>b) <u>Planning</u> Include all recipes with a thorough list of ingredients, materials, equipment and methods. Include a well-sequenced time plan.</p>	<p><u>Homework</u>: Produce a thorough list of ingredients, materials, equipment and methods Include a well-sequenced time plan.</p>	<p>Coursework Document</p>	
<p>Week 4 [18 Jul- 22 Jul] 20 Jul- HBL</p>	<p>a) <u>Diet & Meal Planning</u> Explain the factors to consider when planning meals for: (ii) <u>psychological</u>: individual preferences (including vegetarians: lacto vegetarian, ovo vegetarian, lacto-ovo vegetarian and vegan) (iii) <u>social</u>: occasions, ethnic customs and traditions, religions, parental/ peer / media influence, vegetarianism (iv) <u>economic</u>: value for money, demand and supply (in relation to cost, quality, quantity and nutritional value)</p>	<p>Worksheet</p>	<p>Textbook: Pg 100 – 106 Pg 109-132</p>	
	<p>b) <u>Meal Analysis</u></p>			

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	(a) Evaluate and modify recipes / meals using the food guide recommended by HPB and Recommended Dietary Allowances to meet different dietary / b) nutritional needs.			
Week 5 [25 Jul - 29 Jul]	Execution (Group 1) 1. Carries out the execution process independently. 2. Demonstrates a wide range of food preparation skills. 3. Presents food product that are attractive and well-cooked for the target group.	Worksheet		
Week 6 [1Aug - 5 Aug] <i>1 Aug - HBL</i>	Execution (Group 2) 1. Carries out the execution process independently. 2. Demonstrates a wide range of food preparation skills. 3. Presents food product that are attractive and well-cooked for the target group.		Coursework document	
Week 7 [8Aug – 12 Aug] <i>9-10 Aug- National Day</i> <i>Holiday**</i> <i>Thurs-Fri: WA3</i>	Preparation and Cooking of Food (Fruits and Vegetables) Explain the choice (in terms of nutrients uses and effects of preparation and cooking of fruits and vegetables. Reactions in Food during Preparation and Cooking Explain enzymatic browning.		Coursework document Textbook Pg 175 – 182 & Pg 218	
Week 8 [15Aug – 19 Aug] <i>Mon-Fri: WA3</i>	WA3 <u>Topics/Areas to be tested:</u> 1. Vitamins 2. Minerals 3. Water& Fibre 4. Diet & Health problems 5. Meal Planning 6. Vegetables & Fruit			Weighted Assessment 3 <i>Duration:45 min</i> <i>Marks : 50</i>

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Week 9 [22Aug – 26Aug] 23 Aug - HBL	Error Analysis			
Week 10 [15Aug – 19 Aug]	Evaluation 1. Provides detailed sensory evaluation of all dishes, using appropriate sensory terms. 2. Provides detailed review (strengths, weaknesses and suggestions for improvement) of the execution process. 3. Review all aspects of the execution process.	<u>Homework</u> Evaluation of Execution Process	Coursework Document	
Term 4 [12 September – 28 October]				
Week	Chapter/Topic/Skill/Area	Assignment/ Homework	Textbook/ Resources	Weighted/ Unweighted Assessment
Week 1 [12Sep – 16 Sep]	Methods of Cooking (Dry Heat and Moist Heat) 1. Explain how heat is transferred (conduction, convection and radiation) in the different methods of cooking (grilling, baking, boiling, simmering, steaming). 2. State the advantages and disadvantages of each method of cooking.	Worksheet	Textbook Pg. 190 – 194 & Pg. 197 - 198	
Week 2 [19Sep – 23 Sep]	Methods of Cooking (Hot Fat and Microwave) 1. Explain how heat is transferred (conduction, convection and radiation) in the different methods of cooking (baking, dry-frying, stir-frying/sauteing, shallow frying, deep-frying, microwave cooking). 2. State the advantages and disadvantages of each method of cooking.	Worksheet	Textbook Pg. 195-196 & P198 - 204	
	Finalisation of Coursework		Coursework Document	

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Week 3 [26Sep – 30 Sep]	EOY Exams			
Week 4 [3 Oct – 7 Oct]	EOY Exams			
Week 5 [1Oct – 14 Oct]	Error Analysis of EOY paper			
Week 6 [17Oct–21 Oct] 19 Oct Promotion Exercise	Error Analysis of EOY paper			
Week 7 [24Oct-28 Oct] 24 Oct- Deepavali	Post-examination Activities			

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