

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

Semester 2				
Term 3 [27 June – 2 September]				
Week	Chapter/Topic/Skill/Area	Assignment/ Homework	Textbook/ Resources	Assessment
Week 1 [27 Jun - 1 Jul]	Lesson 1a 8. Diet and Health Problems (a) Define the term malnutrition (shortage / excess intake of particular nutrients) (b) Explain the common health problems associated with an excessive or insufficient intake of nutrients, water and dietary fibre in Singapore: (i) obesity (ii) hypertension (iii) type 2 diabetes (iv) coronary heart disease	Worksheet	Textbook Ipad	
	Lesson 1b Coursework- Introduction & Research		Coursework document	Part of coursework marks
Week 2 [4 Jul - 8 Jul] <i>4 Jul- Youth Day Holiday 7 Jul - HBL</i>	Lesson 2a-Theory 4.Vitamins (a) Classify vitamins into fat-soluble vitamins (A, D, E and K) and water-soluble vitamins (B1, B2, B3, B12 and C) (b) List the food sources of the following vitamins: A, B1, B2, B3, B12, C, D, E and K (c) State the functions of vitamins A, B1, B2, B3, B12, C, D, E and K in the body	SLS lesson/ Google classroom	Textbook Ipad	
	Lesson 2b – Coursework research		Coursework Document	Part of coursework marks

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

Week 3 [11 Jul - 15 Jul] 11 Jul Hari Raya Haji	Lesson 3a-Theory 5. Minerals (a) List the food sources of the following minerals: calcium, phosphorous, iron, sodium chloride and potassium (b) State the functions of calcium, phosphorus, iron, sodium chloride and potassium in the body	Worksheet/ Google Classroom	Textbook Ipad	
	Lesson 3b Practical - Exploratory Study- Practical	Practical worksheet		Part of coursework marks
Week 4 [18 Jul- 22 Jul] 20 Jul- HBL	Lesson 4a-Theory 8. Diet and Health Problems (b) Explain the common health problems associated with an excessive or insufficient intake of nutrients, water and dietary fibre in Singapore: (v) dehydration (vi) heat stroke (vii) constipation (viii) osteoporosis (ix) anaemia	Worksheet/ Google Classroom	Textbook Ipad	
	Lesson 4b Coursework-Decision Making		Coursework document	Part of coursework marks
Week 5 [25 Jul - 29 Jul]	Lesson 5a-Theory 9. Diet & Meal Planning 1 (a) Explain the term balanced diet (b) Explain the concept of energy balance (c) Explain the factors to consider when planning meals: (i) nutritional needs: school children, teenagers, adults and elderly (ii) physiological: age, gender, metabolic rate, level of physical activity, health status	Worksheet/ Google Classroom	Textbook Ipad	

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

	Lesson 5b – Coursework Exploratory Study Discussion		Coursework Document	Part of coursework marks
Week 6 [1Aug - 5 Aug] 1 Aug - HBL	Lesson 6a-Theory 9. Diet & Meal Planning (c) Explain the factors to consider when planning meals: (iii) psychological: individual preferences (including vegetarians: lacto vegetarian, ovo vegetarian, lacto-ovo vegetarian and vegan) (iv) social: occasions, ethnic customs and traditions, religions, parental/peer/media influence, vegetarianism (v) economic: value for money, demand and supply (in relation to cost, quality, quantity and nutritional value)	Worksheet/ Google Classroom	Textbook Ipad	
	Lesson 6b – Coursework – Practical & Evaluation		Coursework document	Part of coursework marks
Week 7 [8Aug – 12 Aug] 9-10 Aug- National Day Holiday** Thurs-Fri: WA3	Lesson 7a- Nil			
	Lesson 7b – Coursework-Plan		Coursework document	Part of coursework marks
Week 8 [15Aug – 19 Aug] Mon-Fri: WA3	Lesson 8a-WA3 <u>Topics/Areas to be tested:</u> 1. Vitamins 2. Minerals 3. Water& Fibre 4. Diet & Health problems 5. Pulses 6. Vegetables 7. Seafood			<u>Weighted Assessment 3</u> <i>Duration:45 min</i> <i>Marks : 50</i>
	Lesson 8b – Coursework-Plan			Part of coursework marks

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

Week 9 [22Aug – 26Aug] 23 Aug - HBL	Lesson 9a- 10. Meal Analysis (a) Evaluate and modify recipes / meals using the food guide recommended by HPB and Recommended Dietary Allowances to meet different dietary /nutritional needs	Worksheet/ Google Classroom/ SLS	Textbook Ipad	
	Lesson 9b – WA3- Error Analysis		Coursework document	
Week 10 [29Aug – 2 Sept] 1-2Sept: Teachers Day	Lesson 10a-Methods of Cooking (a) Explain how heat is transferred (conduction, convection and radiation) in the different methods of cooking (grilling, baking, dry-frying, stir-frying / sautéing, (b) State the advantages and disadvantages of each method of cooking	Worksheet - essay	Textbook	
Term 4 [12 September – 28 October]				
Week	Chapter/Topic/Skill/Area	Assignment/ Homework	Textbook/ Resources	Assessment
Week 1 [12Sep – 16 Sep]	Lesson 11a – Coursework - Practical Examination		Coursework document	Part of coursework marks
	Lesson 11b - Coursework Evaluation			
Week 2 [19Sep – 23 Sep]	Lesson 12a-Coursework Evaluation		Coursework document	Part of coursework marks
	Lesson 12b - Revision			
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	Lesson 13a- b – Touch up on coursework			Part of coursework marks
Week 7 [24Oct-28 Oct] 24 Oct- Deepavali	Post-examination Activities			

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