

## Yishun Secondary School

### Sec Four G2 G3 Nutrition and Food Science Content Outline

The Curriculum and Approaches to Learning	Key Programme
The Nutrition and Food Science curriculum aims to enable students to lead a healthier lifestyle proactively through proper diet and nutrition. This is done by advocating sustainable food consumption through planning and making appropriate food choices. Students will also be able to apply principles of culinary science creatively in food preparation and cooking.	Nil

Term 1		
Week	Learning Experiences	Learning Outcomes
1	<p><b><u>Administrative matters</u></b></p> <ul style="list-style-type: none"> <li>● Introduction</li> <li>● Food and kitchen safety</li> <li>● Administrative matters</li> </ul> <p><b><u>Theory</u></b></p> <p>Chap 15: Food safety</p> <p><b><u>Theory</u></b></p> <p>Chapter 14: Sensory evaluation of food</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Set attainable targets.</li> <li>● Identify and explain the uses of different kitchen equipment.</li> <li>● Identify safety features in food labs, list steps on addressing injuries and guidelines of kitchen safety, personal hygiene, and food hygiene.</li> </ul> <p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● State the causes of food spoilage: microbial, chemical and physical spoilage.</li> <li>● Explain how to reduce risk of food spoilage and food contamination when preparing, cooking and storing food (including kitchen hygiene practices)</li> </ul> <p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● State the reasons for conducting sensory evaluation of food products from recipes and food investigations</li> <li>● Evaluate the sensory properties (texture, flavour, appearance and aroma) of food products.</li> </ul>
2	<p><b><u>Theory</u></b></p> <p>Chapter 16: Convenience food</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● List the different types of convenience food.</li> <li>● Explain the advantages and disadvantages of convenience food</li> </ul>

Term 1		
Week	Learning Experiences	Learning Outcomes
	<p><b><u>Practical</u></b> Whisked cake</p> <p><b><u>Coursework</u></b> Practice task structure</p>	<ul style="list-style-type: none"> <li>● Explain the functions of the following additives (salt, sugar and sweeteners, sodium nitrate, monosodium glutamate)</li> <li>● State the health concerns of excessive consumption of the above food additives.</li> <li>● Interpret and apply information found on food and nutrition labels</li> <li>● Evaluate the benefit of food and nutrition labels to the consumers.</li> </ul> <p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Understand the ratio of sugar to egg for whisked cake</li> <li>● Understand the principles of a whisked cake</li> <li>● Assemble the whisked cake</li> </ul> <p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Craft a task structure using past year O/ N Level coursework question using 5W1H</li> </ul>
3	<p><b><u>Coursework</u></b> Practice task structure</p> <p><b><u>Practical</u></b> Blueberry pie</p> <p><b><u>Coursework</u></b> Evaluation</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Craft a task structure using past year O/ N Level coursework question using 5W1H</li> </ul> <p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Prepare shortcrust pastry</li> <li>● Prepare a reduction sauce (blueberry compote)</li> </ul> <p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Evaluate their blueberry pie using the Cw evaluation table</li> </ul>
4	<b><u>National Coursework briefing</u></b>	
5	<b><u>Release of National Coursework</u></b>	<p>Coursework: Research</p> <p>Quiz: Chapter 1-3</p>
6		Coursework: Research

Term 1		
Week	Learning Experiences	Learning Outcomes
		Quiz: Chapter 4 Investigation: Plan
7		Investigation: Plan Investigation: Food order submission Quiz: Chapter 5
8	<b><u>WA 1</u></b> <b><u>(Section B: 40m, 40mins)</u></b>	Investigation (Group 1) G2: Investigation (Apply) G3: Investigation (Plan)
9	<b>WA1 Review</b>	Investigation (Group 2) Investigation (Apply)
10		Coursework (Decision Making)  Quiz: Chapter 6

Term 2		
Week	Learning Experiences	Learning Outcomes
1		Quiz: Chapter 7  Coursework (Planning)
2		Quiz: Chapter 8 Coursework (Planning) Food order submission
3		Coursework (Execution 1)
4		Coursework (Execution 2) Evaluation (group 1)
5		Quiz: Chapter 9

Term 2		
Week	Learning Experiences	Learning Outcomes
		Coursework (Evaluation)
6		Quiz: Chapter 10 Coursework refinement
7		Coursework refinement
8	SLF Week	
9		Quiz: Chapter 11 (fruits, vegetables, cereals) Coursework refinement Wa2
10		Quiz: Chapter 11 (poultry, eggs) Review of Wa2 Refinement