

YISHUN SECONDARY SCHOOL
CRAFT & TECHNOLOGY DEPARTMENT – NFS UNIT
Secondary 4 Normal Academic

The Food & Nutrition Curriculum and Approaches to Learning		Key Programmes
<p>The aim of Food & Nutrition (F&N) is to develop students' understanding of the concepts of nutrition and meal planning, develop their understanding of the link between diet and health and to understand the principles of food science.</p> <p>Students explore the principles of food science through experiments and master culinary skills through practical sessions. Student-directed learning and authentic learning also enables students to be independent learners and to develop them into thinkers, innovators and contributors.</p> <p>The knowledge and skills acquired through F&N will help students in making informed decisions concerning food and nutrition.</p>		Completion of 'N' Level coursework component
Term	Learning Experiences	Learning Outcomes
1	<p><u>Theory:</u> Theme: Essentials of Meal Planning (Revision)</p> <ul style="list-style-type: none"> Chapter 1: Energy from Food <ul style="list-style-type: none"> Chapter 2: Guidelines for Meal Planning Chapter 3: Different types of nutritional needs <p>Theme: Food Commodities (Revision)</p> <ul style="list-style-type: none"> Chapter 5: Cereals Chapter 8: Meat and Alternatives 	<p>Students will be able to:</p> <ul style="list-style-type: none"> Explain how energy is obtained from food. Explain the factors affecting energy value. Explain why the body needs energy. Explain the factors affecting energy needs. Explain how eating disorders are related to energy imbalance. <ul style="list-style-type: none"> Explain the importance of balanced diet and the factors to consider when planning balanced meals. Explain the uses of nutritional tools in meal planning. Explain the ways in choosing food wisely when eating out. State the nutritional needs of different individuals and the factors to consider when planning meals for these individuals. <p>Students will be able to:</p> <ul style="list-style-type: none"> List the common nutrients present in the various food commodities.

	<ul style="list-style-type: none"> Chapter 13: Fruit and Vegetables <p>Theme: Food preparation, Cooking and Evaluation (Revision)</p> <ul style="list-style-type: none"> Chapter 14: Heat Transfer and Methods of Cooking <ul style="list-style-type: none"> Chapter 15: The Science Behind Food Preparation and Cooking <p><u>Coursework:</u></p> <ul style="list-style-type: none"> Task analysis Listing priorities Overall plan Research Decision Making 	<ul style="list-style-type: none"> List some common types of food commodities List some ways of choosing and storing the various food commodities. Describe the effect of heat on the various food commodities. <p>Students will be able to:</p> <ul style="list-style-type: none"> Explain the reasons for cooking food Describe the different types of heat transfer (conduction, convection and radiation) during cooking List the advantages and disadvantages of each method of cooking Prepare healthy, varied and interesting meals using a combination of cooking methods <ul style="list-style-type: none"> Describe the different types of reactions which occur in food during preparation and cooking Explain the function and properties of key food ingredients used in making cakes, biscuits, pastries, batters, sauces, local cakes and desserts <p><u>Assessment for Learning:</u></p> <ul style="list-style-type: none"> Weekly class test (1 chapter each week) – Chapter 1, 2, 3, 5, 8, 13, 14, 15
2	<p><u>Theory:</u></p> <p>Theme: Nutrients (Revision)</p> <ul style="list-style-type: none"> Chapter 4: Carbohydrates Chapter 6: Fats Chapter 7: Proteins Chapter 10: Vitamins Chapter 11: Minerals 	<p>Students will be able to:</p> <ul style="list-style-type: none"> Describe with examples the different types of carbohydrates, proteins, fats, vitamins and minerals State the functions of carbohydrates, proteins, fats, vitamins and minerals Explain the health problems related to excessive / insufficient intake of

	<p>carbohydrate, protein, fats, vitamins and minerals</p> <p>Theme: Food preparation, Cooking and Evaluation (Revision)</p> <ul style="list-style-type: none"> Chapter 16: Sensory Evaluation <p>Theme: Food Safety and Preservation</p> <ul style="list-style-type: none"> Chapter 17: Keeping Food Safe Chapter 18: Convenience Food <p><u>Coursework:</u></p> <ul style="list-style-type: none"> Planning Execution Evaluation 	<p>Students will be able to:</p> <ul style="list-style-type: none"> State the reasons for conducting sensory evaluation List the criteria for evaluating food Explain how sensory tests are used to evaluate food List ways of presenting sensory test results List the steps to conduct sensory evaluation <p>Students will be able to:</p> <ul style="list-style-type: none"> List the guidelines to store perishable food and non-perishable food List guidelines to prepare food safely and to keep a kitchen clean and hygienic List the different types of convenience food State the advantages and disadvantages of convenience food List the points to look out for when buying convenience food Identify and evaluate information on food label, nutrition label and nutritional claims List some ways of combining convenience food with fresh food in preparing healthy and balanced meals List some uses of the information on food and nutrition labels. <p><u>Assessment for Learning:</u></p> <ul style="list-style-type: none"> Weekly class test (1 chapter each week) – Chapter 4, 6, 7, 10, 11, 16, 17, 18 <p><u>Semestral Assessment:</u></p> <ul style="list-style-type: none"> Preliminary Exam 1 (Written paper)
JUNE HOLIDAYS		

3	<p><u>Theory:</u> Theme: Nutrients (Revision)</p> <ul style="list-style-type: none"> Chapter 12: Water and Dietary Fibre <p><u>Coursework:</u> Refinement</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> State the function of water and dietary fibre Differentiate between insoluble and soluble dietary fibre List some ways of increasing water and dietary fibre intake List some sources of water and dietary fibre Explain the health problems related to excessive/insufficient water and dietary fibre intake <p><u>Assessment for Learning:</u></p> <ul style="list-style-type: none"> Class test – Chapter 12 Mock exam (Past year papers) <p><u>Semestral Assessment:</u></p> <ul style="list-style-type: none"> Preliminary Exam 2 (Written paper)
4	<u>N-Level Examination</u>	