

The Food & Nutrition Curriculum and Approaches to Learning The Food and Nutrition syllabus aims to broaden student's understanding on three different aspects of the syllabus. <ul style="list-style-type: none"> - Nutrition and health - Food choices - Food science 		Key Programmes / Competitions <ul style="list-style-type: none"> • Upper secondary cooking competition • Chef programme • Values-in-action programme • Health ambassadors
Term	Learning Experiences	Learning Outcomes
1	<ul style="list-style-type: none"> • Theory <ul style="list-style-type: none"> ○ Chapter 1 - Energy from Food 	<i>Students will be able to:</i> <ul style="list-style-type: none"> • State the unit for measuring energy in food • Explain the factors affecting energy value • Discuss the relation between Body Mass Index and disease risk • Compare between eating disorders
	<ul style="list-style-type: none"> • Theory <ul style="list-style-type: none"> ○ Chapter 2 - Guidelines for Meal Planning 	<i>Students will be able to:</i> <ul style="list-style-type: none"> • Explain factors to be taken into consideration when planning balanced meals • Differentiate between nutritional tools • State ways to modify meals
	<ul style="list-style-type: none"> • Theory <ul style="list-style-type: none"> ○ Chapter 3 - Different Types of Nutritional Needs 	<i>Students will be able to:</i> <ul style="list-style-type: none"> • Explain the nutritional needs of individuals at different lifespan • List the factors to consider when planning balanced meals for different individuals
	<ul style="list-style-type: none"> • Practical <ul style="list-style-type: none"> ○ Tuna and spinach quiche 	<i>Students will be able to:</i> <ul style="list-style-type: none"> • Create basic shortcrust pastries
	<ul style="list-style-type: none"> • Theory <ul style="list-style-type: none"> ○ Chapter 13 - Fruits and vegetables 	<i>Students will be able to:</i> <ul style="list-style-type: none"> • Identify different types of fruit and vegetables • List ways to choose vegetables • Suggest ways to minimise nutrient loss in fruit and vegetables • Explain the effects of heat on fruit and vegetables
	<ul style="list-style-type: none"> • Theory <ul style="list-style-type: none"> ○ Chapter 14 - Heat transfer and methods of cooking 	<i>Students will be able to:</i> <ul style="list-style-type: none"> • Explain reason to cook food • Differentiate between types of heat transfer • State advantages and disadvantages of different methods of cooking

<ul style="list-style-type: none"> ● Practical <ul style="list-style-type: none"> ○ Sweet and sour fish 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Create thick batter making and blended sauce
<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Task Analysis ○ Research 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Analyse task question ● Brainstorm for related factors ● Obtain credible information from various sources, paraphrased and present information purposefully and neatly
<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 15 - The Science Behind Food Preparation and Cooking 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Describe food reactions ● Explain function of key food ingredients
<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 10 - Vitamins ○ Chapter 11 - Minerals 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Classify vitamins into fat-soluble and water-soluble ● Explain functions of different vitamins ● Describe disease and symptoms of vitamin deficiency or toxicity ● Classify vitamins into trace or major
<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 11 - Minerals 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Explain functions of different minerals ● Describe disease and symptoms of mineral deficiency or toxicity
<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 12 - Water and dietary fibre 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● State the function of water and dietary fibre ● Distinguish between different types of fibre ● Recommend ways to increase water and fibre intake ● Explain health problems related to excessive and insufficient water and dietary fibre intake
<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 16 - Sensory Evaluation 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Explain how sensory tests are used to evaluate food ● Apply knowledge in presenting sensory test results ● List steps to conduct sensory evaluation
<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Investigation ○ Information Synthesis 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Conduct experiment ● Analyse and report results clearly ● Justify outcomes of experiment based on research
<ul style="list-style-type: none"> ● Theory 	<i>Students will be able to:</i>

	<ul style="list-style-type: none"> ○ Chapter 4 - Carbohydrates 	<ul style="list-style-type: none"> ● State the function of carbohydrates ● Explain health problems related to excessive and insufficient intake
March Holidays		
2	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 6 - Fats ● Practical <ul style="list-style-type: none"> ○ Chicken pie 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● State functions of fats ● Distinguish between different types of fats ● Recommend ways to reduce fat intake ● Explain health problems related to excessive and insufficient fat intake ● Rough puff pastry
	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 7 - Proteins 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● State functions of proteins ● Differentiate between different types of proteins
	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 5 - Cereals 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Identify parts of cereal grain ● List nutrients found in cereal ● Suggest ways to use cereals in dishes ● Describe the effects of cooking on some cereals
	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Decision Making 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Justify their choice of dishes based on information gathered during research and investigation
	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Planning 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Plan for their ingredients, equipment and time plan before the execution component
	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Execution 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Prepare dishes consisting of 3 cooking methods and 4 culinary skills
	<ul style="list-style-type: none"> ● Coursework 	<p><i>Students will be able to:</i></p>

	<ul style="list-style-type: none"> ○ Evaluation 	<ul style="list-style-type: none"> ● Analyse their strengths and weaknesses ● Use accurate terms to describe their dishes
June Holidays		
3	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 18 - Convenience Food ● Coursework <ul style="list-style-type: none"> ○ Task Analysis 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● List types of convenience food ● Explain the advantages and disadvantages of convenience food ● Analyse nutrition and food label ● Recommend ways to prepare convenience food
	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 8 - Meat and alternatives 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Explain health problems related to excessive or insufficient protein intake ● Describe the characteristics of meat product and its alternatives
	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 19 - Food Preservation ● Coursework <ul style="list-style-type: none"> ○ Research 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● State the benefits of food preservation ● Explain different methods of food preservation ● List the functions of food additives in food products ● Obtain credible information from various sources, paraphrased and present information purposefully and neatly
	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Chapter 17 - Keeping Food Safe ● Practical <ul style="list-style-type: none"> ○ Spaghetti 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Elaborate on the causes of food spoilage ● List guidelines on preparing food and storing food ● Pasta and roux sauce
	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Investigation and information synthesis 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Conduct experiment ● Analyse and report results clearly ● Justify outcomes of experiment based on research
	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Decision Making 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Justify their choice of dishes based on information gathered during research and investigation
	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Planning 	<i>Students will be able to:</i>

		<ul style="list-style-type: none"> Plan for their ingredients, equipment and time plan before the execution component
	<ul style="list-style-type: none"> Coursework <ul style="list-style-type: none"> Execution 	<i>Students will be able to:</i> <ul style="list-style-type: none"> Prepare dishes consisting of 3 cooking methods and 4 culinary skills
September Holidays		
4	<ul style="list-style-type: none"> Coursework <ul style="list-style-type: none"> Evaluation 	<i>Students will be able to:</i> <ul style="list-style-type: none"> Analyse their strengths and weaknesses Use accurate terms to describe their dishes