

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

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

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

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

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