

YISHUN SECONDARY SCHOOL
CRAFT & TECHNOLOGY DEPARTMENT – NFS UNIT
Secondary 2 (Express / Normal Academic / Normal Technical)

The Food & Consumer Education Curriculum and Approaches to Learning		Key Programmes
<p>The Food and Consumer Education is designed on two Core Areas of Study, namely Food Studies and Consumer Studies.</p> <p>The syllabus aims to prepare students for the current or future social and economic landscape that is ever changing in Singapore.</p> <p>Being equipped with knowledge from the two core areas of study will allow students to make discerning choices related to their health and financial management.</p>		<ul style="list-style-type: none"> • Coursework • Culinary Practical Sessions • Elective Module Programme (<i>Express only</i>)
Term	Learning Experiences	Learning Outcomes
1	<p><u>Theory:</u> Food and Kitchen Safety (Recap)</p> <p>Chapter 1: A Balanced Diet</p> <p>Chapter 2: Nutrients</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Define food contamination • Describe how food contamination occurs • Explain and apply hygiene practices when handling food • Explain and apply kitchen safety guidelines when preparing food <p>Students will be able to:</p> <ul style="list-style-type: none"> • Define a balanced diet • Explain why the body needs food • Explain how to achieve a balanced diet • List the factors that affect a person's energy requirement • Explain the concept of energy balance <p>Students will be able to:</p> <ul style="list-style-type: none"> • Identify sources of food • State the functions of nutrients, water and dietary fibre that re found in food • Identify the different food groups in My Healthy Plate

	<p><u>Coursework:</u> Task Analysis</p> <p>Research</p> <p><u>Practical:</u> Chicken curry pasta</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Identify the keywords from the coursework question • Employ the 5W1H strategy to construct questions relevant to the coursework question • Obtain relevant information from a variety of credible sources (e.g. websites and textbooks) • Apply summarising skills by paraphrasing relevant information for their coursework. <p>Students will be able to demonstrate the following culinary skill:</p> <ul style="list-style-type: none"> • Cutting skill <p><u>Assessment:</u> WA1 - Practical (Chicken curry pasta)</p>
2	<p>Chapter 3: Watch Your Diet</p> <p>Chapter 4: Food Choices</p> <p>Coursework Skill: Conducting an Experiment</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • List different types of diet-related health problems and their causes, health risks and preventive measures • Explain the causes and health risks of eating disorders • Create healthy meals to reduce the risk of diet-related health problems <p>Students will be able to:</p> <ul style="list-style-type: none"> • Explain the factors to consider when planning meals • Explain different ways to modify meals • Identify healthier food choices when eating out <p>Students will be able to:</p> <ul style="list-style-type: none"> • Craft the experiment aim • Prepare a detailed procedure to conduct the experiment • Prepare an appropriate method to record the observation

	<p><u>Coursework:</u> Decision Making</p> <p>Planning</p> <p><u>Practical:</u> Banana Cupcake</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> Justify their choice of dish based on information gathered in their research Prepare a detailed Food Order List, Equipment List and Time Plan. <p>Students will be able to demonstrate the following culinary skill:</p> <ul style="list-style-type: none"> Cake-making (Creaming method) <p><u>Assessment:</u> WA2 - Written paper (Chap 1, 2 & 3)</p>
3	<p>Chapter 5: Nutritional Needs of Different Age Groups</p> <p><u>Coursework:</u> Execution</p> <p>Evaluation</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> Differentiate the nutritional requirements of different age groups Explain the factors to consider when planning meals for the different age groups Use different types of nutritional tools when planning meals Apply appropriate guidelines when planning meals for the different age groups <p>Students will be able to:</p> <ul style="list-style-type: none"> Demonstrate practical skills when cooking their choice of dish based on the coursework question Use appropriate and accurate terms in evaluating their dishes Reflect on their strengths and weaknesses in completing the coursework <p><u>Assessment:</u> WA3 – Conducting a Food Experiment</p>
4	<p><u>Coursework:</u> Refinement & Submission</p>	<p><u>Assessment:</u> SA2 – Coursework</p>