

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 are 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>