

Sec 1 Food and Consumer Education

<p>The Food and Consumer Education Curriculum and Approaches to Learning</p> <p>The Food and Consumer Education syllabus aims to broaden student's understanding on two different aspects of the syllabus.</p> <ul style="list-style-type: none"> - Food studies - Consumer studies 		<p>Key Programmes / Competitions</p> <ul style="list-style-type: none"> ● Lower secondary cooking competition 	
Term	Week	Learning Experiences	Learning Outcomes
1	1	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Introduction ○ Types of kitchen equipment 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Set attainable targets ● Identify and explain the uses of different kitchen equipment ● State precautions to take when using the different equipment
	2	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Food and kitchen safety ○ Cake making 	<p><i>Students will be able to:</i></p> <p><u>Food and kitchen safety</u></p> <ul style="list-style-type: none"> ● Identify safety features in food lab ● List steps to take when addressing injuries ● Explain the rationale behind kitchen safety, personal and food hygiene guidelines <p><u>Cake making</u></p> <ul style="list-style-type: none"> ● Explain the role of key ingredients in cake making ● Differentiate between different methods of preparing cakes
	3	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Food photography 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● List the basic principles of food photography ● Demonstrate different angles of food photography
	4	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Different ways of cutting food ● Practical 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Identify the different cutting techniques

		<ul style="list-style-type: none"> ○ Garden bread 	<ul style="list-style-type: none"> ● Demonstrate different types of cutting techniques in food preparation
5	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Evaluation of food 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Explain the rationale of conducting sensory evaluation ● Suggest ways to conduct sensory evaluation ● Identify appropriate ways to present data from collated findings 	
6	<ul style="list-style-type: none"> ● Practical <ul style="list-style-type: none"> ○ Sweet and savoury spring roll 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Explain the origins of spring roll ● Demonstrate ability to cut vegetables finely and roll up spring roll neatly ● Describe sensory properties of spring roll 	
7	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Ethnic influences on Singapore food culture 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Identify herbs and spices, traditional and festive dishes of different ethnic groups ● Identify cooking methods used by different ethnic groups 	
8	<ul style="list-style-type: none"> ● Practical <ul style="list-style-type: none"> ○ Sweet and savoury muffins (WA1) 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Explain the origin of muffins ● Demonstrate muffin making ● Describe sensory properties of the muffins 	
9	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Global influences on Singapore food culture 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Explain the reason behind increasing popularity in global foods in Singapore ● Suggest possible fusion food 	
10	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Introduction 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Understand the timeline for coursework ● Create a Google documents to work on their coursework 	

March Holidays			
2	1	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Information gathering – research 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Obtain accurate information from credible sources ● Summarise research effectively ● Organise information in coursework neatly
	2	<ul style="list-style-type: none"> ● Practical <ul style="list-style-type: none"> ○ Chocolate chip cookies 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Explain origin of cookies ● Demonstrate cookie making ● Describe sensory properties of the cookies
	3	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Information gathering – research 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Obtain accurate information from credible sources ● Summarise research effectively ● Organise information in coursework neatly
	4	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Information gathering – research 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Obtain accurate information from credible sources ● Summarise research effectively ● Organise information in coursework neatly
	5	<ul style="list-style-type: none"> ● Practical <ul style="list-style-type: none"> ○ Pancake with vanilla sauce 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Explain origin of pancake ● Demonstrate pancake making ● Describe sensory properties of the pancake
	6	<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"> ● Choose suitable dishes for their coursework ● Justify choice of dish with reference to key words and information gathered
	7	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Theory revision ● Coursework <ul style="list-style-type: none"> ○ Decision making 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● <u>Theory revision</u> ● Apply acquired knowledge in different questioning

			<p>styles to ascertain gaps in knowledge</p> <p><u>Decision making</u></p> <ul style="list-style-type: none"> ● Choose suitable dishes for their coursework ● Justify choice of dish with reference to key words and information gathered
	8	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ WA2 ● Coursework <ul style="list-style-type: none"> ○ Planning 	<p><i>Students will be able to:</i></p> <p><u>WA</u></p> <ul style="list-style-type: none"> ● Apply acquired knowledge in Weighted Assessment <p><u>Planning</u></p> <ul style="list-style-type: none"> ● State down recipes for chosen dish ● State down equipment needed for chosen dish
	9	<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"> ● Factor in time, sequence, dovetailing, wash-up and presentation in creating a time plan for coursework execution
	10	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Being an informed consumer 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Define consumer ● Explain the importance of being an informed consumer ● Explain consumer rights and responsibilities ● Describe course of action when seeking redress
June Holidays			
3	1	<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"> ● Make improvements to their planning after practicing the dish during the June holidays
	2	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Smart shopping 	<p><i>Students will be able to:</i></p>

			<ul style="list-style-type: none"> ● State the different ways of obtaining information on goods and services ● Compare factors when purchasing a good or engaging a service ● Discuss the advantages and disadvantages of different forms of shopping
	3	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Consultation 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Improve on the coursework based on feedback given
	4	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Methods of payment 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● List the features of different payment methods ● State the advantage and disadvantage of the different payment methods ● Suggest an appropriate payment method when purchasing items ● Explain the importance of using credit responsibly
	5	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Consultation 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Improve on the coursework based on feedback given
	6	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Revision ● Coursework <ul style="list-style-type: none"> ○ Consultation 	<i>Students will be able to:</i> <p><u>Theory</u></p> <ul style="list-style-type: none"> ● Apply acquired knowledge in different questioning styles to ascertain gaps in knowledge <p><u>Coursework</u></p> <ul style="list-style-type: none"> ● Improve on the coursework based on feedback given
	7	<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"> ● Showcase culinary skills in the chosen dish suitable for the coursework question
	8	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ WA3 ● Coursework 	<i>Students will be able to:</i> <p><u>WA</u></p>

		<ul style="list-style-type: none"> ○ Consultation 	<ul style="list-style-type: none"> ● Apply acquired knowledge in Weighted Assessment <p><u>Consultation</u></p> <ul style="list-style-type: none"> ● State down recipes for chosen dish ● State down equipment needed for chosen dish
	9	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Evaluation 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Describe the sensory attributes of their executed dish
	10	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Evaluation 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Reflect on their strengths and weaknesses throughout the different coursework processes
September Holiday			
4	1	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Macronutrients 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Explain the function of macronutrients on the body ● Explain the effects of insufficient and excessive intake of macronutrients
	2	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Micronutrients ● Coursework <ul style="list-style-type: none"> ○ Submission (SA2) 	<p><i>Students will be able to:</i></p> <p><u>Micronutrients</u></p> <ul style="list-style-type: none"> ● Explain the function of micronutrients on the body ● Explain the effects of insufficient and excessive intake of micronutrients <p><u>Coursework</u></p> <ul style="list-style-type: none"> ● Submit coursework