

Sec 4 Express / 5 (Normal Academic) Food and Nutrition

<p>The Food and Nutrition Curriculum and Approaches to Learning</p> <p>The Food and Nutrition syllabus aims to broaden student's understanding on different aspects of the syllabus.</p> <ul style="list-style-type: none"> - Nutrition and health - Food choices - Food science 			<p>Key Programmes</p> <ul style="list-style-type: none"> ● Chef programme
Term	Week	Learning Experiences	Learning Outcomes
1	1	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Digestion 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Describe the roles of the various organs of the digestive system ● Describe action of digestive juices and enzymes during digestion ● Explain the digestion of carbohydrates, proteins and fats ● Describe the absorption of nutrients in the small intestines ● Explain how nutrients are assimilated
	2	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Revision 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Apply prior knowledge acquired to various questioning style ● Address misconception ● Reflect on learning
	3	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Revision 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Apply prior knowledge acquired to various questioning style ● Address misconception ● Reflect on learning
	4	<ul style="list-style-type: none"> ● Practical <ul style="list-style-type: none"> ○ Revision 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Conduct practical based on instructions given

			<ul style="list-style-type: none"> ● Explain observations through application of knowledge on food reaction ● Address misconception ● Reflect on learning
	5	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Task Analysis 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Define and analyse task question
	6	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Task Analysis 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Define and analyse task question
	7	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Research and development - information gathering 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Gather, manage and process information from a range of credible sources
	8	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Research and development - information gathering 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Gather, manage and process information from a range of credible sources
	9	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Research and development - investigation 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Demonstrate good organisational and time management skills in planning for an investigation or a task
	10	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Research and development - investigation (Execution) 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Conduct investigation ● Observe, measure and record data accurately
March Holidays			
2	1	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Research and development - information synthesis 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Interpret, evaluate and establish validity of the observations and experimental data
	2	<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"> ● Make informed decisions with appropriate justifications
	3	<ul style="list-style-type: none"> ● Coursework 	<i>Students will be able to:</i>

		<ul style="list-style-type: none"> ○ Planning 	<ul style="list-style-type: none"> ● Demonstrate good organisational and time management skills in planning for the practical execution
	4	<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"> ● Apply food preparation techniques and use different cooking methods in preparing dishes/meals for different situations
	5	<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"> ● Apply food preparation techniques and use different cooking methods in preparing dishes/meals for different situations
	6	<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"> ● Demonstrate the ability to evaluate the process/outcome of the task
	7	<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"> ● Demonstrate the ability to evaluate the process/outcome of the task
	8	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Consultation 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Clarify doubts ● Address misconception ● Make changes to coursework based on feedback given during consultation
	9	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Consultation 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Clarify doubts ● Address misconception ● Make changes to coursework based on feedback given during consultation
	10	<ul style="list-style-type: none"> ● Coursework <ul style="list-style-type: none"> ○ Consultation 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Clarify doubts

			<ul style="list-style-type: none"> ● Address misconception ● Make changes to coursework based on feedback given during consultation
June Holidays			
3	1	<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"> ● Clarify doubts ● Address misconception ● Make changes to coursework based on feedback given during consultation
	2	<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"> ● Clarify doubts ● Address misconception ● Make changes to coursework based on feedback given during consultation
	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"> ● Clarify doubts ● Address misconception ● Make changes to coursework based on feedback given during consultation
	4	<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"> ● Clarify doubts ● Address misconception ● Make changes to coursework based on feedback given during consultation
	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"> ● Clarify doubts ● Address misconception ● Make changes to coursework based on feedback given during consultation
	6	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Revision 	<i>Students will be able to:</i>

			<ul style="list-style-type: none"> ● Apply prior knowledge acquired to various questioning style ● Address misconception ● Reflect on learning
	7	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Revision 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Apply prior knowledge acquired to various questioning style ● Address misconception ● Reflect on learning
	8	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Revision 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Apply prior knowledge acquired to various questioning style ● Address misconception ● Reflect on learning
	9	Prelims	
	10		
September Holiday			
4	1	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Revision 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Apply prior knowledge acquired to various questioning style ● Address misconception ● Reflect on learning
	2	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Revision 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Apply prior knowledge acquired to various questioning style ● Address misconception ● Reflect on learning
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