

Yishun Secondary School
Sec One Food and Consumer Education (Common Curriculum Subject)

The Curriculum and Approaches to Learning			Key Programmes / Competitions
<p>The Food and Consumer Education syllabus aims to broaden student's understanding on three different aspects of the syllabus.</p> <ul style="list-style-type: none"> - Nutrition & Health - Food Science - Food Literacy & Consumer Literacy 			<ul style="list-style-type: none"> • Lower Secondary Cooking Competition • Junior Chef Culinary Competition • Culinary Workshops
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"> • Explain at least 2 importance of the subject • Identify and explain the uses of different kitchen equipment • State the basic lab safety rules
	2	<ul style="list-style-type: none"> • Theory <ul style="list-style-type: none"> ○ Food and kitchen safety 	<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
	3	<ul style="list-style-type: none"> • Theory <ul style="list-style-type: none"> ○ Pre-practical: Rockbun 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> • Identify the method of cooking and skills involved in preparing rockbuns • List at least 1 advantage and 1 disadvantage of the method of cooking used (baking) • List three other cake making methods
	4	<ul style="list-style-type: none"> • Theory <ul style="list-style-type: none"> ○ A balanced diet ○ Meal Planning 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> • Explain the 3 components of a balanced diet • Identify the implications of energy balance & imbalance • List the different components of My Healthy Plate • Suggest an appropriate meal using My Healthy Plate as a guideline
	5	<ul style="list-style-type: none"> • Practical <ul style="list-style-type: none"> ○ Rockbuns 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> • Demonstrate rubbing-in skills appropriately • Safely handle the equipment to be used • Demonstrate proper kitchen safety, personal and food hygiene practices

	6	<ul style="list-style-type: none">● Theory<ul style="list-style-type: none">○ Pre-practical: Pancakes	<i>Students will be able to:</i> <ul style="list-style-type: none">● Identify the method of cooking and skills involved in preparing pancakes● List at least 1 advantage and 1 disadvantage of the method of cooking used (frying)● Decide on appropriate ingredient to be added for following week's assessment● Generate ideas on presenting pancakes
	7	<ul style="list-style-type: none">● Practical (WA1)<ul style="list-style-type: none">○ Pancakes	<i>Students will be able to:</i> <ul style="list-style-type: none">● Demonstrate (thin) batter making skills appropriately● Safely handle the equipment to be used● Demonstrate proper kitchen safety, personal and food hygiene practices● Present pancakes attractively
	8	<ul style="list-style-type: none">● Theory<ul style="list-style-type: none">○ Basic money management	<i>Students will be able to:</i> <ul style="list-style-type: none">● Identify their needs VS wants● Justify why an item is a need● Explain the importance of savings and budgeting● Craft personal weekly budget plan
	9	<ul style="list-style-type: none">● Theory<ul style="list-style-type: none">○ Basic money management	<i>Students will be able to:</i> <ul style="list-style-type: none">● Identify different methods of payment● Select a suitable method of payment for different scenarios● Explain at least 2 ways to use credit responsibly
	10	Sec 1 Camp	
March Holidays			
2	1	<ul style="list-style-type: none">● Theory<ul style="list-style-type: none">○ 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● Explain the reason behind increasing popularity in global foods in Singapore● Suggest possible fusion food
	2	<ul style="list-style-type: none">● Theory<ul style="list-style-type: none">○ Pre-practical: Chicken Kebab	<i>Students will be able to:</i> <ul style="list-style-type: none">● Identify the method of cooking and skills involved in preparing Chicken Kebab● List at least 1 advantage and 1 disadvantage of the method of cooking used (grilling)
	3	<ul style="list-style-type: none">● Practical<ul style="list-style-type: none">○ Chicken Kebab	<i>Students will be able to:</i>

			<ul style="list-style-type: none"> • Demonstrate skewering skills appropriately • Safely handle the equipment to be used • Demonstrate proper kitchen safety, personal and food hygiene practices
	4	<ul style="list-style-type: none"> • WA2 Revision 	<i>Students will be able to:</i> <ul style="list-style-type: none"> • Grasp required knowledge for Weighed Assessment
	5	<ul style="list-style-type: none"> • Theory <ul style="list-style-type: none"> ◦ WA2 	<i>Students will be able to:</i> <u>WA</u> <ul style="list-style-type: none"> • Apply acquired knowledge in Weighted Assessment
	6	<ul style="list-style-type: none"> • Theory <ul style="list-style-type: none"> ◦ Pre-practical: Chicken Wrap 	<i>Students will be able to:</i> <ul style="list-style-type: none"> • Identify the method of cooking and skills involved in preparing Chicken Wrap • List at least 1 advantage and 1 disadvantage of the method of cooking used
	7	<ul style="list-style-type: none"> • Practical <ul style="list-style-type: none"> ◦ Chicken Wrap 	<i>Students will be able to:</i> <ul style="list-style-type: none"> • Demonstrate wrapping skills appropriately • Safely handle the equipment to be used • Demonstrate proper kitchen safety, personal and food hygiene practices
	8	Student Learning Fest	
	9	<ul style="list-style-type: none"> • Applied Module <ul style="list-style-type: none"> ◦ Introduction & Research 	<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 • Obtain accurate information from credible sources • Summarise research effectively • Organise information in coursework neatly
	10	<ul style="list-style-type: none"> • Applied Module <ul style="list-style-type: none"> ◦ 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
June Holidays			
3	1	<ul style="list-style-type: none"> • Applied Module <ul style="list-style-type: none"> ◦ Budget 	<i>Students will be able to:</i> <ul style="list-style-type: none"> • Source prices of ingredients (at least 2 brands) • Calculate the cost price of required ingredients

		<ul style="list-style-type: none"> Calculate profit price per cupcake
2	<ul style="list-style-type: none"> Applied Module <ul style="list-style-type: none"> Collateral 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Prepare poster for cupcakes List 2 ingredients added State the nutrients present and its' benefit
3	<ul style="list-style-type: none"> Theory <ul style="list-style-type: none"> Pre-practical: Chapati with Keema 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Identify the method of cooking and skills involved in preparing Chapati with Keema List at least 1 advantage and 1 disadvantage of the method of cooking used
4	<ul style="list-style-type: none"> Practical <ul style="list-style-type: none"> Chapati with Keema 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Demonstrate dough making skills appropriately Safely handle the equipment to be used Demonstrate proper kitchen safety, personal and food hygiene practices
5	<ul style="list-style-type: none"> Applied Module <ul style="list-style-type: none"> Food Order Submission 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> List ingredients required for Execution exam
6	<ul style="list-style-type: none"> Applied Module <ul style="list-style-type: none"> Execution 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Showcase culinary skills in the chosen dish suitable for the Applied Module question Safely handle the equipment to be used Demonstrate proper kitchen safety, personal and food hygiene practices
7	<ul style="list-style-type: none"> Applied Module <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 <i>Students will be able to:</i> Reflect on their strengths and weaknesses throughout the different coursework processes
8	<ul style="list-style-type: none"> WA3 Briefing 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Decide on a dish representing a culture (local/ international cuisine) Identify common ingredient used in the selected culture State the method of cooking for the selected dish
9	<ul style="list-style-type: none"> WA3 Completion 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Prepare a poster with relevant information (picture of dish, common ingredient used, method of cooking and steps of preparation)

	10	<ul style="list-style-type: none"> ● Applied Module <ul style="list-style-type: none"> ○ Compilation & Refinements 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Check through and ensure every component is completed ● Submit applied module after checking
September Holiday			
4	1	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Pre-practical: Mushroom Soup 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Identify the method of cooking and skills involved in preparing Mushroom Soup ● List at least 1 advantage and 1 disadvantage of the method of cooking used
	2	<ul style="list-style-type: none"> ● Practical <ul style="list-style-type: none"> ○ Mushroom Soup 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Demonstrate roux-sauce making skills appropriately ● Safely handle the equipment to be used ● Demonstrate proper kitchen safety, personal and food hygiene practices