

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

The Curriculum and Approaches to Learning				Key Programmes / Competitions
The Food and Consumer Education syllabus aims to broaden student's understanding on three different aspects of the syllabus. <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	1-2	<ul style="list-style-type: none">• Theory<ul style="list-style-type: none">○ Introduction○ Food and Kitchen Safety	<i>Students will be able to:</i> <ul style="list-style-type: none">• Set attainable targets• Identify and explain the uses of different kitchen equipment• Identify safety features in food labs, list steps on addressing injuries and guidelines of kitchen safety, personal hygiene and food hygiene	
	3-4	<ul style="list-style-type: none">• Practical [WA1]<ul style="list-style-type: none">○ Apple Pie	<i>Students will be able to:</i> <ul style="list-style-type: none">• Demonstrate the culinary skill – Shortcrust Pastry• Describe the cooking method used – Baking• Decorate and garnish food appropriately• Present food attractively• Carry out the sensory evaluation for the dish prepared	
	5-6	<ul style="list-style-type: none">• Theory<ul style="list-style-type: none">○ Diet-Related Health Problems	<i>Students will be able to:</i> <ul style="list-style-type: none">• List different types of diet-related health problems and their causes, health risks and preventive measures.	
	7-8	<ul style="list-style-type: none">• Practical<ul style="list-style-type: none">○ Chapati	<i>Students will be able to:</i> <ul style="list-style-type: none">• Demonstrate the culinary skill – Dough-making• Describe the cooking method used – Pan-frying• Decorate and garnish food appropriately• Present food attractively• Carry out the sensory evaluation for the dish prepared	
	9	<ul style="list-style-type: none">• Theory<ul style="list-style-type: none">○ Nutrients	<i>Students will be able to:</i> <ul style="list-style-type: none">• State the functions of carbohydrates, proteins, fats, vitamins, minerals, water & dietary fibre• List the food sources for each nutrient, water & dietary fibre	
	10	<ul style="list-style-type: none">• Theory<ul style="list-style-type: none">○ Healthy Food Choices○ Creating Healthier Dishes	<i>Students will be able to:</i> <ul style="list-style-type: none">• Explain guidelines for choosing healthier food choices when eating out• Explain the factors to consider when planning, preparing and serving meals• Create healthier dishes through recipe modification	
Easter Holidays				
2	1-2	<ul style="list-style-type: none">• Practical<ul style="list-style-type: none">○ Banana cake	<i>Students will be able to:</i> <ul style="list-style-type: none">• Demonstrate the cake-making skill – Creaming• Describe the cooking method used – Baking• Decorate and garnish food appropriately	

			<ul style="list-style-type: none"> ● Present food attractively ● Carry out the sensory evaluation for the dish prepared
	3-5	<ul style="list-style-type: none"> ● Theory & Practical [WA2] <ul style="list-style-type: none"> ○ Food Science Experiment 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Conduct a food science experiment ● Record the observations based on attributes identified in the aim of the experiment ● Interpret the observation based on food science knowledge ● Make an appropriate choice based on the sensory qualities
	6	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Smart Shopping 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Interpret information on food and nutrition labels ● Explain the advantages & disadvantages of different modes of shopping online and in-store
	7-8	<ul style="list-style-type: none"> ● Practical <ul style="list-style-type: none"> ○ Banana fritters 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Demonstrate the culinary skill – Thick batter ● Describe the cooking method used – Baking ● Decorate and garnish food appropriately ● Present food attractively ● Carry out the sensory evaluation for the dish prepared
	9-10	<i>Student Learning Festival, Leadership Camp & Golf Experience</i>	
e Holidays			
3	1-2	<ul style="list-style-type: none"> ● Practical <ul style="list-style-type: none"> ○ Sweet & Sour Tofu 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Demonstrate the culinary skill – Blended sauce ● Describe the cooking method used – Simmering ● Decorate and garnish food appropriately ● Present food attractively ● Carry out the sensory evaluation for the dish prepared
	3	<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"> ● Work in pairs to meet the expectations of a task (oral communication) ● Communicate ideas clearly through a written report ● Analyse the needs of a target group (needs analysis) ● Obtain relevant information from a variety of credible sources (e.g. websites and textbooks)
	4	<ul style="list-style-type: none"> ● Applied Module <ul style="list-style-type: none"> ○ Decision Making 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Brainstorm for ideas and modify to suit the needs of a target group (creative thinking) ● Decide and justify choice of dish(es)/product with consideration to the task (decision making)
	5	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Revision for WA3 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Recall concepts taught ● Prepare themselves for the test
	6	<ul style="list-style-type: none"> ● Applied Module <ul style="list-style-type: none"> ○ Decision Making (Food Order) ● Theory <ul style="list-style-type: none"> ○ Review of WA3 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Source for suitable recipes ● Plan and prepare a complete list of ingredients required for their chosen dish ● Identify and correct their mistakes ● Ensure that the grades are accurately recorded.

	7	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Execution Briefing 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Make all necessary preparation to carry out the Execution practical
	8	<ul style="list-style-type: none"> ● Applied Module <ul style="list-style-type: none"> ○ Execution 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Execute the chosen dish(es) using a repertoire of cooking methods and culinary skills
	9-10	<ul style="list-style-type: none"> ● Applied Module <ul style="list-style-type: none"> ○ Evaluation 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Use appropriate and accurate sensory vocabulary in evaluating the sensory properties of the dish(es) ● Reflect on their strengths & weaknesses and suggest reasons / ways to improve (reflective thinking)
September Holiday			
4	1-2	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Sustainable Consumption of Goods & Services 	<i>Students will be able to:</i> <ul style="list-style-type: none"> ● Explain the importance of sustainable consumption ● Explain ways to practice sustainable consumption