

Yishun Secondary School
Sec One 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 two different aspects of the syllabus. - Food studies - Consumer studies			<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 	<i>Students will be able to:</i> <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 	<i>Students will be able to:</i> <u>Food and kitchen safety</u> <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"> 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
	4	<ul style="list-style-type: none"> Theory <ul style="list-style-type: none"> Pre-practical: Rockbun 	<i>Students will be able to:</i> <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
	5	<ul style="list-style-type: none"> Practical <ul style="list-style-type: none"> Rockbuns 	<i>Students will be able to:</i> <ul style="list-style-type: none"> Demonstrate rubbing-in skills appropriately Safely handle the equipments to be used Demonstrate proper kitchen safety, personal and food hygiene practices
	6/7	<ul style="list-style-type: none"> Theory <ul style="list-style-type: none"> A balanced diet Meal Planning 	<i>Students will be able to:</i> <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

	8	<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
	9	<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 equipments to be used • Demonstrate proper kitchen safety, personal and food hygiene practices • Present pancakes attractively
	10	<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
March Holidays			
2	1	<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)
	2	<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 equipments to be used • Demonstrate proper kitchen safety, personal and food hygiene practices
	3	<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
	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	Student Learning Fest	
	8	<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 equipments to be used • Demonstrate proper kitchen safety, personal and food hygiene practices
	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	1/2	<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 • Calculate profit price per cupcake
	3/4	<ul style="list-style-type: none"> • Applied Module <ul style="list-style-type: none"> ○ Collateral ○ Food Order Submission 	<i>Students will be able to:</i> <ul style="list-style-type: none"> • Prepare poster for cupcakes • List 2 ingredients added • State the nutrients present and its' benefit • Submission of ingredients required for Execution Examination
	5	<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"> • Showcase culinary skills in the chosen dish suitable for the Applied Module question • Safely handle the equipments to be used • Demonstrate proper kitchen safety, personal and food hygiene practices
	6/7	<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"> • 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 	<i>Students will be able to:</i> <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 	<i>Students will be able to:</i> <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 equipments to be used • Demonstrate proper kitchen safety, personal and food hygiene practices