

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 	<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"> Basic money management 	<p><i>Students will be able to:</i></p> <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 	<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
	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 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 	<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

	8	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Pre-practical: Pancakes 	<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 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 	<p><i>Students will be able to:</i></p> <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 	<p><i>Students will be able to:</i></p> <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

	1	<ul style="list-style-type: none"> ● Theory <ul style="list-style-type: none"> ○ Pre-practical: Chicken Kebab 	<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 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 	<p><i>Students will be able to:</i></p> <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 	<p><i>Students will be able to:</i></p> <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 	<p><i>Students will be able to:</i></p> <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 	<p><i>Students will be able to:</i></p> <p style="text-align: center;"><u>WA</u></p> <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 	<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 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 	<p><i>Students will be able to:</i></p> <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 	<p><i>Students will be able to:</i></p> <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 	<p><i>Students will be able to:</i></p> <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 	<p><i>Students will be able to:</i></p> <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 	<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 ● Submission of ingredients required for Execution Examination 	
	5	<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 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 	<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 	<p><i>Students will be able to:</i></p> <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 	<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 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 	<p><i>Students will be able to:</i></p> <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