

**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"><li>- Nutrition &amp; Health</li><li>- Food Science</li><li>- Food Literacy &amp; Consumer Literacy</li></ul>			<ul style="list-style-type: none"><li>• Junior Chef Culinary Competition (school level &amp; zone level)</li><li>• Culinary Workshops</li></ul>
Term	Week	Learning Experiences	Learning Outcomes
1	1-2	<ul style="list-style-type: none"><li>• Theory<ul style="list-style-type: none"><li>○ Introduction</li><li>○ Food and Kitchen Safety</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>• Set attainable targets</li><li>• Identify and explain the uses of different kitchen equipment</li><li>• Identify safety features in food labs, list steps on addressing injuries and guidelines of kitchen safety, personal hygiene and food hygiene</li></ul>
	3-4	<ul style="list-style-type: none"><li>• Practical [WA1]<ul style="list-style-type: none"><li>○ Apple Pie</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>• Demonstrate the culinary skill – Shortcrust Pastry</li><li>• Describe the cooking method used – Baking</li><li>• Decorate and garnish food appropriately</li><li>• Present food attractively</li><li>• Carry out the sensory evaluation for the dish prepared</li></ul>
	5-6	<ul style="list-style-type: none"><li>• Practical<ul style="list-style-type: none"><li>○ Burger</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>• Demonstrate the culinary skill – Shaping</li><li>• Describe the cooking method used – Shallow-frying</li><li>• Decorate and garnish food appropriately</li><li>• Present food attractively</li><li>• Carry out the sensory evaluation for the dish prepared</li></ul>
	7-8	<ul style="list-style-type: none"><li>• Theory<ul style="list-style-type: none"><li>○ Nutrients</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>• State the functions of carbohydrates, proteins, fats, vitamins, minerals, water &amp; dietary fibre</li><li>• List the food sources for each nutrient, water &amp; dietary fibre</li></ul>
	9-10	<ul style="list-style-type: none"><li>• Theory<ul style="list-style-type: none"><li>○ Diet-Related Health Problems</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>• List different types of diet-related health problems and their causes, health risks and preventive measures.</li></ul>
March Holidays			
2	1	<ul style="list-style-type: none"><li>• Theory<ul style="list-style-type: none"><li>○ Healthy Food Choices</li><li>○ Creating Healthier Dishes</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>• Explain guidelines for choosing healthier food choices when eating out</li><li>• Explain the factors to consider when planning, preparing and serving meals</li><li>• Create healthier dishes through recipe modification</li></ul>
	2-4	<ul style="list-style-type: none"><li>• Theory &amp; Practical [WA2]<ul style="list-style-type: none"><li>○ Food Science Experiment</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>• Conduct a food science experiment</li><li>• Record the observations based on attributes identified in the aim of the experiment</li></ul>

			<ul style="list-style-type: none"><li>● Interpret the observation based on food science knowledge</li><li>● Make an appropriate choice based on the sensory qualities</li></ul>
	5	<ul style="list-style-type: none"><li>● Theory<ul style="list-style-type: none"><li>○ Sustainable Consumption of Goods &amp; Services</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>● Explain the importance of sustainable consumption</li><li>● Explain ways to practice sustainable consumption</li></ul>
	6 & 8	<ul style="list-style-type: none"><li>● Practical<ul style="list-style-type: none"><li>○ Banana cake</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>● Demonstrate the cake-making skill – Creaming</li><li>● Describe the cooking method used – Baking</li><li>● Decorate and garnish food appropriately</li><li>● Present food attractively</li><li>● Carry out the sensory evaluation for the dish prepared</li></ul>
	7	<i>Student Learning Festival</i>	
	9	<ul style="list-style-type: none"><li>● Applied Module<ul style="list-style-type: none"><li>○ Introduction</li><li>○ Research</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>● Work in pairs to meet the expectations of a task (oral communication)</li><li>● Communicate ideas clearly through a written report</li><li>● Analyse the needs of a target group (needs analysis)</li><li>● Obtain relevant information from a variety of credible sources (e.g. websites and textbooks)</li></ul>
	10	<i>Leadership Camp &amp; PTM</i>	
June Holidays			
3	1-2	<ul style="list-style-type: none"><li>● Practical<ul style="list-style-type: none"><li>○ Sweet &amp; Sour Tofu</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>● Demonstrate the culinary skill – Blended sauce</li><li>● Describe the cooking method used – Simmering</li><li>● Decorate and garnish food appropriately</li><li>● Present food attractively</li><li>● Carry out the sensory evaluation for the dish prepared</li></ul>
		<ul style="list-style-type: none"><li>● Applied Module<ul style="list-style-type: none"><li>○ Decision Making</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>● Brainstorm for ideas and modify to suit the needs of a target group (creative thinking)</li><li>● Decide and justify choice of dish(es)/product with consideration to the task (decision making)</li></ul>
	3	<i>HBL</i>	
	4	<ul style="list-style-type: none"><li>● Theory<ul style="list-style-type: none"><li>○ Revision for WA3</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>● Recall concepts taught</li><li>● Prepare themselves for the test</li></ul>
	5	<i>WA3</i>	
	6	<ul style="list-style-type: none"><li>● Applied Module<ul style="list-style-type: none"><li>○ Decision Making (Food Order)</li></ul></li><li>● Theory<ul style="list-style-type: none"><li>○ Review of WA3</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>● Source for suitable recipes</li><li>● Plan and prepare a complete list of ingredients required for their chosen dish</li><li>● Identify and correct their mistakes</li><li>● Ensure that the grades are accurately recorded.</li></ul>
	7	<ul style="list-style-type: none"><li>● Applied Module<ul style="list-style-type: none"><li>○ Execution Briefing</li></ul></li></ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"><li>● Make all necessary preparation to carry out the Execution practical</li></ul>
	8	<ul style="list-style-type: none"><li>● Applied Module</li></ul>	<i>Students will be able to:</i>

		<ul style="list-style-type: none"> <li>○ Execution</li> </ul>	<ul style="list-style-type: none"> <li>● Execute the chosen dish(es) using a repertoire of cooking methods and culinary skills</li> </ul>
	9-10	<ul style="list-style-type: none"> <li>● Applied Module <ul style="list-style-type: none"> <li>○ Evaluation</li> </ul> </li> </ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"> <li>● Use appropriate and accurate sensory vocabulary in evaluating the sensory properties of the dish(es)</li> <li>● Reflect on their strengths &amp; weaknesses and suggest reasons / ways to improve (reflective thinking)</li> </ul>
September Holiday			
4	1	<ul style="list-style-type: none"> <li>● Theory <ul style="list-style-type: none"> <li>○ Being a Discerning Consumer</li> </ul> </li> </ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"> <li>● Define the term 'discerning consumer'</li> <li>● Explain consumer rights and consumer responsibilities</li> <li>● Identify possible circumstances for redress</li> <li>● State appropriate ways to seek redress for goods and services</li> </ul>
	2	<ul style="list-style-type: none"> <li>● Theory <ul style="list-style-type: none"> <li>○ Smart Shopping</li> </ul> </li> </ul>	<i>Students will be able to:</i> <ul style="list-style-type: none"> <li>● Interpret information on food and nutrition labels</li> <li>● Explain the advantages &amp; disadvantages of different modes of shopping online and in-store</li> </ul>