

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. - Nutrition & Health - Food Science - Food Literacy & Consumer Literacy			<ul style="list-style-type: none"> Junior Chef Culinary Competition (school level & zone level) 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 	<p><i>Students will be able to:</i></p> <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 	<p><i>Students will be able to:</i></p> <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"> Practical <ul style="list-style-type: none"> Burger 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Demonstrate the culinary skill – Shaping Describe the cooking method used – Shallow-frying Decorate and garnish food appropriately Present food attractively Carry out the sensory evaluation for the dish prepared
	7-8	<ul style="list-style-type: none"> Theory <ul style="list-style-type: none"> Nutrients 	<p><i>Students will be able to:</i></p> <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
	9-10	<ul style="list-style-type: none"> Theory <ul style="list-style-type: none"> Diet-Related Health Problems 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> List different types of diet-related health problems and their causes, health risks and preventive measures.
March Holidays			
2	1	<ul style="list-style-type: none"> Theory <ul style="list-style-type: none"> Healthy Food Choices Creating Healthier Dishes 	<p><i>Students will be able to:</i></p> <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
	2-4	<ul style="list-style-type: none"> Theory & Practical [WA2] <ul style="list-style-type: none"> Food Science Experiment 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Conduct a food science experiment Record the observations based on attributes identified in the aim of the experiment

			<ul style="list-style-type: none"> Interpret the observation based on food science knowledge Make an appropriate choice based on the sensory qualities
5	<ul style="list-style-type: none"> Theory <ul style="list-style-type: none"> Sustainable Consumption of Goods & Services 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Explain the importance of sustainable consumption Explain ways to practice sustainable consumption 	
6 & 8	<ul style="list-style-type: none"> Practical <ul style="list-style-type: none"> Banana cake 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Demonstrate the cake-making skill – Creaming Describe the cooking method used – Baking Decorate and garnish food appropriately Present food attractively Carry out the sensory evaluation for the dish prepared 	
7	<i>Student Learning Festival</i>		
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"> 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) 	
10	<i>Leadership Camp & PTM</i>		
<i>June Holidays</i>			
3	1-2	<ul style="list-style-type: none"> Practical <ul style="list-style-type: none"> Sweet & Sour Tofu 	<p><i>Students will be able to:</i></p> <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
		<ul style="list-style-type: none"> Applied Module <ul style="list-style-type: none"> Decision Making 	<p><i>Students will be able to:</i></p> <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)
3	<i>HBL</i>		
4	<ul style="list-style-type: none"> Theory <ul style="list-style-type: none"> Revision for WA3 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Recall concepts taught Prepare themselves for the test 	
5	<i>WA3</i>		
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 	<p><i>Students will be able to:</i></p> <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"> Applied Module <ul style="list-style-type: none"> Execution Briefing 	<p><i>Students will be able to:</i></p> <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 	<p><i>Students will be able to:</i></p>	

		<ul style="list-style-type: none"> ○ Execution 	<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 ○ Evaluation 	<p><i>Students will be able to:</i></p> <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	<ul style="list-style-type: none"> ● Theory ○ Being a Discerning Consumer 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> ● Define the term 'discerning consumer' ● Explain consumer rights and consumer responsibilities ● Identify possible circumstances for redress ● State appropriate ways to seek redress for goods and services
	2	<ul style="list-style-type: none"> ● Theory ○ Smart Shopping 	<p><i>Students will be able to:</i></p> <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