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S2 Express/NA FCE 1 Semester 2

# Class Test Revision Notes

## **Food Culture:**

### **Chinese:**

#### **Common ingredients:**

- Soya sauce,
- oyster sauce,
- black bean sauce,
- spring onion,
- Carbohydrates such as rice, noodles or porridge are usually served together with the dishes.

#### **Cooking Methods:**

- Stir-frying,
- steaming
- boiling.

#### **Festive food:**

- Steamboat,
- Yusheng (raw fish salad),
- Mooncakes,
- Rice Dumplings.

#### **Table setting and Dining etiquette:**

- Chinese commonly eat with chopsticks. Chopsticks and silverware are used to pick up food for shared dishes.
- Do not use your own chopsticks to pick up shared food for hygiene purposes.
- Rest your chopstick on the bowl after eating or when not eating.
- Do not stick your chopstick vertically in the bowl as it will look like joss sticks(which are offerings made to ancestors). Sticking your chopstick vertically will be considered inauspicious.
- Chopsticks are held in one hand and the soup spoon in the other while eating noodles.
- Slurping noodles is considered inappropriate.

### **Malay:**

#### **Common ingredients:**

- Coconut milk,
- spices such as chilli and turmeric powder, belacan (fermented shrimp paste).
- Carbohydrates such as rice or glutinous rice

are usually served with the dishes.

#### **Cooking methods:**

- Frying,
- grilling,
- boiling.

**Festive Food:**

- Ketupat(rice wrapped in a woven palm leaf pouch and boiled),
- Rendang,o
- Sayur lodeh
- different types of Kuih.

**Table setting and dining etiquette:**

- Hands need to be washed due to hygiene purposes.
- A teapot called Teko is usually passed around for guests to wash their hands.
- The right hand is traditionally used to eat due to hygiene purposes. Use a spoon for dishes with gravy and use right hand to take dry dishes.

**Indian:****Common ingredients:**

- Spices such as turmeric, cumin, coriander seeds, cayenne pepper powder and garam masala,
- pulses such as chickpeas, black-eyed peas and kidney beans,
- and ghee(also known as clarified butter).

**Cooking Methods:**

- Frying on flat iron pans,
- deep frying,
- stewing.

**Festive Food:**

- Laddu,
- Jalebi,
- sweets/mithai.

**Table setting and Dining etiquette:**

- Food is served on a clean banana leaf.
- Use your right hand to eat due to hygiene purposes.
- The roti is to be dipped into the gravy when eating roti to prevent the gravy from touching your hands.
- After finishing your food, fold your leaf in half to show that you are done.
- Do remember to wash your hands after your meal.
- Indians are usually Hindus and Hindus are not allowed to eat beef as they believe cows are sacred.

## Eurasian:

### Common ingredients:

- Herbs and spices such as cinnamon, cloves, nutmeg, chillies, pepper, tamarind(assam),
- grated coconut, lemongrass and candlenuts, Worcestershire sauce, mustard powder, vinegar.

### Cooking methods:

- Stewing,
- baking.

### Festive Food:

- Roasted turkey,
- Christmas pudding.

### Table setting and Dining etiquette:

- Dishes are served in plates or bowls and are eaten using spoons, forks and knives.

### Steps:

1. Unfold the napkin and place it on your lap after being seated.
2. Place the napkin on the seat if you need to leave the place temporarily.
3. Hold the fork with your left hand and knife with your right hand.
4. When you are finished with your food, place your cutlery together across the centre of the plate. If you are just taking a break, criss-cross the cutlery.

## Fusion dishes:

**Tom Yum Spaghetti:** Spaghetti, an Italian dish, is topped with Tom Yum sauce, a Thai dish.

**Nasi Lemak Burger:** Burger is a western dish while nasi lemak is a Malay dish.

**Chilli Crab Pasta:** Pasta is an Italian dish while Chilli crab is a Singaporean theme based dish.

## Vitamins:

- Vitamins can be classified into 2 groups, **fat-soluble** and **water-soluble** vitamins.

### Fat-soluble vitamins:

- Fat-soluble vitamins are stored in our liver and fatty tissues.
- Consuming too much of these vitamins can be toxic to our body.

Vitamins that are grouped as **fat-soluble** are,

- **Vitamin A**
  - Functions:
    - Keeps our eyes healthy so we can see better in dim light.
    - Helps in maintaining healthy skin.

- Sources:
  - Papaya,
  - Carrots,
  - Broccoli,
  - Liver,
  - Cheese.
- **Deficiency of Vitamin A:**
  - Dry skin
  - Night Blindness (not able to see clearly in the dark)
- **Vitamin D**
  - **Function:**
    - Helps in absorption of calcium from food to build strong bones and teeth.
  - **Sources:**
    - Egg Yolk
    - Milk,
    - Salmon
  - **Deficiency of Vitamin D:**
    - Rickets in children (Legs are bowed)
- **Vitamin E**
  - **Functions:**
    - Keeps the immune system strong.
    - Helps in of formation of red blood cells.
  - **Sources:**
    - Nuts,
    - Vegetable oil,
    - Seeds,
    - Green Leafy Vegetables
- **Vitamin K**
  - **Function:**
    - Needed for normal blood clotting after injuries.
  - **Deficiency of Vitamin K:**
    - Blood is unable to clot properly.

## **Water-Soluble Vitamins:**

- Water-Soluble vitamins dissolve in water and are NOT stored in our body.
- They are constantly removed from the body by urination.

Vitamins in this group are,

- **Vitamin B group**
  - **Functions:**
    - Helps in releasing energy from food.
    - Vitamin B1 is required for the normal growth of children.

- **Sources:**
  - Cereals,
  - Milk,
  - Meat,
  - Eggs
- **Vitamin B1 Deficiency**
  - Beri-Beri
- **Vitamin B2 Deficiency**
  - Swollen tongue and cracked lips
- **Vitamin B3 Deficiency**
  - Pellagra
- **Vitamin C**
  - **Functions:**
    - Helps in healing wounds.
    - Helps in absorbing iron from food.
  - **Sources:**
    - Tomatoes,
    - Citrus Fruits,
    - Berries,
    - Green Leafy Vegetables
  - **Deficiency of Vitamin C:**
    - Scurvy (Bleeding from gum and teeth)

## **Minerals:**

- Minerals are elements which are present in small amounts in food.
- Similar to vitamins, minerals are needed in small quantities by our body.
- **Calcium**
  - **Functions:**
    - Maintains strong bones and teeth.
    - Helps in blood clotting after injury.
    - Required for muscles and nerves to function properly.
  - **Sources:**
    - Bean Curd,
    - Sardines,
    - Spinach
  - **Calcium Deficiency:**
    - Osteoporosis (bones are weak and brittle)
- **Iron**
  - **Function:**
    - Forms haemoglobin in red blood cells which transports oxygen around the body

- **Sources:**
  - Liver,
  - Red Meat,
  - Dark Green Vegetables (such as Kailan)
- **Iron Deficiency:**
  - Anaemia (pale skin complexion, feeling weak and tired)