

| Term | Week | Topic |
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| 1 | 1 | <ul style="list-style-type: none"> NL F&N Syllabus and Examination Requirement Product & Presentation (Food Art) KQ: What is the four key areas when we present food and three steps to arrange food? |
| | 2 | <ul style="list-style-type: none"> Lab Work: Sensory Evaluation Theory: Chp 2: Carbohydrates KQ: What is the chemical elements, functions and food sources of carbohydrates? |
| | 3 | <ul style="list-style-type: none"> Lab Work: Comparative study Coursework I –Breaking down task 1 KQ: What is the difference the two products in the Comparative Study? KQ: What are the skills and steps(Breaking down task 1) |
| | 4 | <ul style="list-style-type: none"> Theory: Chp 3: Fats Coursework I –Breaking down task 2 KQ: What is the chemical elements, functions and food sources of fats? KQ: What are the skills and steps(Breaking down task 1) |
| | 5 | <ul style="list-style-type: none"> Lab Work: Banana Cake Theory: Proteins KQ: What is the chemical elements, functions and food sources of protein? KQ: What is the skills and steps in making Banana Cake |
| | 6 | <ul style="list-style-type: none"> Theory: Chp 4: Vitamins Coursework I - Research (Gathering & processing) KQ: What is the functions and food sources of Vitamins? KQ: What are the skills and steps(Research (Gathering & processing)) |
| | 7 | <ul style="list-style-type: none"> Theory: Chp 5 Minerals Coursework I - Research (Gathering & processing Information) (2) KQ: What is the chemical elements, functions and food sources of Minerals? KQ: What are the skills and steps(Research (Gathering & processing)) |
| | 8 | <ul style="list-style-type: none"> (WA) Test 1 (10%, 30m) Lab Work: Plain Scones KQ: What is the skills and steps in making Plain Scones |
| | 9 | <ul style="list-style-type: none"> Coursework I - Research (Gathering & processing Information) (2) Lab Work: Victoria Sponge Cake KQ: What is the skills and steps in making Victoria Sponge Cake KQ: What are the skills and steps(Research (Gathering & processing)) |
| | 10 | <ul style="list-style-type: none"> Lab Work: Apple Crumble Coursework I – Decision Making (1) KQ: What is the skills and steps in making Apple Crumble KQ: What are the skills and steps(Research (Gathering & processing)) |

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| 2 | 1 | <ul style="list-style-type: none"> Coursework I – Exploratory Study (1) Theory: Chp 6: Water KQ: What is the functions, sources of water? KQ: What are the skills and steps(Exploratory Study) |
| | 2 | <ul style="list-style-type: none"> Coursework I – Exploratory Study (2) Theory: Chp 6: Fibre KQ: What is the functions and food sources of fibre? KQ: What are the skills and steps(Exploratory Study) |
| | 3 | <ul style="list-style-type: none"> Lab Work: Food Science experiment - Execution Coursework I – Exploratory Study (3) KQ: What are the skills and steps (Exploratory Study) |
| | 4 | <ul style="list-style-type: none"> Lab Work: Lemon Meringue Pie Coursework I – Exploratory Study (4) KQ: What is the skills and steps in making Lemon Meringue Pie KQ: What are the skills and steps (Exploratory Study) |
| | 5 | <ul style="list-style-type: none"> Lab Work: Egg and Cheese Quiche Coursework I – Planning KQ: What is the skills and steps in making Lemon Meringue Pie KQ: What are the skills and steps (Planning) |
| | 6 | <ul style="list-style-type: none"> Theory : Chp 7: Diet & Health Problems I Lab Work: Lemon Chicken KQ: What is the diet related diseases resulting from excessive intake? KQ: What is the skills and steps in Lemon Chicken |
| | 7 | <ul style="list-style-type: none"> Theory : Chp 7: Diet & Health Problems II Lab Work: Kuih Dadar KQ: What is the diet related diseases resulting from insufficient intake? KQ: What is the skills and steps in Kuih Dadar |
| | 8 | <ul style="list-style-type: none"> Coursework I – Planning Lab Work: Cauliflower Au Gratin KQ: What is the skills and steps in making Cauliflower Au Gratin KQ: What are the skills and steps (Planning) |
| | 9 | <ul style="list-style-type: none"> Lab Work: Corn Crabmeat Soup Theory: Chp 13: Preparation and Cooking of Food KQ: What is the skills and steps in making Corn Crabmeat Soup KQ: What are the effect of cooking on food? |
| | 10 | Lab Work: Chicken Sambal Theory: Preparation and Cooking of Food II KQ: What is the skills and steps in making chicken sambal. KQ: What are the effect of cooking on food? |

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| 3 | 1 | <ul style="list-style-type: none"> Coursework 2: Research (Gathering & processing Information) (1) Theory: Chp 8: Diet & Meal Planning KQ: What are the skills and steps(Research (Gathering & processing) KQ: What are points to consider wen planning meals? |
| | 2 | <ul style="list-style-type: none"> Theory: Chp 9: Meal Analysis Lab Work: Chicken Curry KQ: What is points to consider in analysing meals? KQ: What is the skills and steps in making Chicken Curry |
| | 3 | <ul style="list-style-type: none"> Lab Work: Food Science Experiment Coursework 2: Research (Gathering & processing Information) (2) KQ: What are the skills and steps(Gathering & processing Information) |
| | 4 | <ul style="list-style-type: none"> Coursework 2: Research (Gathering & processing Information) (3) Theory: Chp 12: Methods of Cooking KQ: What is the different methods of cooking? KQ: What are the skills and steps(Gathering & processing Information) |
| | 5 | <ul style="list-style-type: none"> Lab Work: Cornflakes Biscuits (WA) Coursework 2 – Decision Making (1) KQ: What is the skills and steps in making Cornflakes biscuits KQ: What are the skills and steps (Decision Making) |
| | 6 | <ul style="list-style-type: none"> Theory: Chp 16: Convenience Food Coursework 2 – Decision Making (2) KQ: What is the smart usage of convenience food? KQ: What are the skills and steps (Decision Making) |
| | 7 | <ul style="list-style-type: none"> Coursework 2: Exploratory Study (1) Lab Work: Ondeh-Ondeh (WA) KQ: What are the skills and steps(Exploratory Study) KQ: What is the skills and steps in making Ondeh-ondeh |
| | 8 | <ul style="list-style-type: none"> Lab Work: Food Science experiment - Execution Coursework 2 – Exploratory Study (2) KQ: What are the skills and steps (Food Science Experiment) |
| | 9 | <ul style="list-style-type: none"> Lab Work: Banana Hoon Kuih Coursework 2 – Exploratory Study (3) KQ: What are the skills and steps(Exploratory Study) KQ: What is the skills and steps in making Banana Hoon Kuih |
| | 10 | <ul style="list-style-type: none"> Lab Work: Pizza Coursework 2 – Planning KQ: What are the skills and steps(Exploratory Study) KQ: What is the skills and steps in making Pizza |

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| 4 | 1 | Coursework 2 Planning for practical exam Practical Exam |
| | 2 | Handing in coursework REVISION |
| | 3 | EOY |
| | 4 | EOY |
| | 5 | EOY |
| | 6 | Lab Work: Quail Scotch Eggs KQ: What is the skills and steps in making Quail Scotch Eggs |
| | 7 | Lab Work: Devilled Eggs with Homemade Mayonnaise KQ: What is the skills and steps in making Devilled Eggs with Homemade Mayonnaise |
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Note: scheme of work provided does not include non-weighted assignments which would be assigned to students periodically to assess their learning and progress for the subject