

Term	Week	Topic
<b>1</b>	0 – 2	Overview of syllabus Chapter: <b>Nutrition &amp; Health (Carbohydrates, Fats)</b> KQ: What is the chemical elements, digestion, functions and food sources of carbohydrates and fats?
	3 – 4	Chapter: <b>Nutrition &amp; Health (Proteins &amp; Vitamins)</b> KQ: What is the chemical elements, digestion, functions and food sources of proteins and vitamins?
	5 – 6	Chapter: Coursework (Research) KQ: How to select relevant research to relate to keywords and to develop task?
	7 – 8	Chapter: Coursework (Decision Making & Investigation-planning) KQ: What dish to select to conduct the experiment and how to plan an experiment? <b>WA1:Test 1 (10%, 30m)</b>
	9 – 10	Chapter: Coursework (Investigation-Conduct, Apply) KQ: What research information to support your experimental results? <b>March Holiday Assignment</b>

Term	Week	Topic
<b>2</b>	1	Chapter: Minerals, KQ: What is the chemical elements, functions and food sources of minerals?
	2 – 3	Chapter: Water and Dietary Fibre KQ: What are the functions and sources of water and dietary fibre?
	4 – 5	Chapter: Sensory Evaluation, Diet & Health Problems KQ: What are the reasons for conducting sensory evaluation. What are the common health problems associated with an excessive or insufficient intake of nutrients, water and dietary fibre in Singapore
	6 – 7	Chapter: Diet & Meal Planning, Coursework (Planning) KQ: What are the factors to consider when planning meals? What are the considerations to take note of drafting a timeplan? <b>WA2: C/W(15%, 40m)</b>
	8 – 10	Chapter: Coursework (Execution, Evaluation) KQ: What to take note of when conducting execution of dishes? What descriptors (taste, texture, colour) of dishes to note of after execution? <b>June Holiday Assignment</b>

Term	Week	Topic
<b>3</b>	1	Chapter: Coursework 2 (Research, Decision Making, Investigation-Plan, Conduct, Apply) KQ: How to select relevant research to relate to keywords and to develop task? What dish to select to conduct the experiment and how to plan an experiment? What dish to select to conduct the experiment and how to plan an experiment? What research information to support your experimental results?
	2 – 3	Chapter: Coursework 2 (Planning, Execution, Evaluation) KQ: What are the considerations to take note of drafting a timeplan? What to take note of when conducting execution of dishes? What descriptors (taste, texture, colour) of dishes to note of after execution?
	4 – 5	Chapter: Preparation and Cooking of Food KQ: What are the reasons for cooking food and the choice of food commodities (in terms of nutrients, uses and effects of preparation and cooking) <b>WA3: C/W (15%, 24m)</b>
	6 – 8	Chapter: Reactions in Food during Preparation and Cooking, Food Safety KQ: Explain the terms that occur in the preparation and cooking of carbohydrates, fats, proteins, fruit / vegetables. What are the functions of the key in the preparation and cooking of baked products (biscuits, cakes, pastry, batters and sauces) (WA) (15%)
	9 – 10	Chapter: Convenience Food, Sustainable Food Consumption KQ: What are the different types, advantages, disadvantages and functions of additives? What are the current food consumption practices and their impact on the environment and sustainable food consumption guidelines?  <b>September Holiday Assignment</b>

Term	Week	Topic
<b>4</b>	1 – 2	Chapter: Methods of Cooking KQ: What are the different heat transfer, advantages and disadvantages of each method of cooking Revision for End-of-Year Examination
	3 – 4	<b>End-of-Year Examination</b> <b>Written Paper P1 40% 100m</b> <b>Coursework 2 60% 80m</b>
	5	Analysis and correction for End-of-Year Examination paper
	6 – 7	Academic Booster Programme (TBC)

**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**