

WOODGROVE SECONDARY SCHOOL
C & T DEPT (NFS UNIT)
TEACHING PLAN FOR SEC 3E (taken - SOW)

| Level | WA3 (30%) | End of Year (60%) |
|--------------------------|--|--|
| Secondary 3 (Express) | WA 3 (a) Practical: <ul style="list-style-type: none"> • Manipulation (20m) • Finished product (10m) (b) Class Test: Chap 8, 10 & 11 (20m) | Written Exam (40%) Coursework (60%) |

| Term | Week | Topic | Activity | Remarks |
|------|------|------------------------------|---|---|
| 3 | 1 | Chp 7 Cswk 2 | HBL <u>Theory</u> - Proteins <u>Cswk 2</u> – Task Analysis (5W1H) come up with 4/5 question for each keyword/phrase | SLS Google Drive |
| | 2 | Practical Chp 7 Cswk 2 | <u>Practical session</u> – <i>Brioche</i> <u>Theory</u> - Proteins <u>Cswk 2</u> – Task Analysis (5W1H) come up with 4/5 question for each keyword/phrase | Skill: Kneading MOC - Baking |
| | 3 | Chp 8 Cswk 2 | HBL <u>Theory</u> – Food Commodities – Meat & Alternatives <u>Cswk 2</u> – Task Analysis and Priority | SLS Google Drive |
| | 4 | Practical Chp 8 Cswk 2 | <u>Practical session</u> – <i>Quiche</i> <u>Theory</u> - Food Commodities – Meat & Alternatives <u>Cswk 2</u> – Research & Devt: Info Gathering | Skill: Rubbing-in method and Whisking MOC – Baking Google Drive |
| | 5 | Chp 12 Cswk 2 | <u>Theory</u> – Dietary Fibre & Water <u>Cswk 2</u> – Research & Devt: Info Gathering | Google Drive |
| | 6 | Practical Chp 10 & 11 | <u>Practical</u> – <i>Sweet potato fries</i> <u>Theory</u> – Vitamins and Minerals | Skill: Batter and Julienne MOC – Deep frying |

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| | | Cswk 2 | <u>Cswk 2</u> – Research & Devt: Investigation | Google Drive WA 3 (a) Practical: - Manipulation (20m) - Finished product (10m) (b) Class Test: - Chp 8, 10 & 11 (20m) |
| 7 | Practical Chp 15 Cswk 2 | <u>Practical</u> – <i>Apple Crumble</i> <u>Theory</u> - Effect of Heat & reactions <u>Cswk 2</u> – Research & Devt: Information Synthesis | Skill: Dicing and Rubbing-in method MOC – Stewing and Baking Google Drive | |
| Term Break | | | | |
| 8 | Chp 17 Cswk 2 | <u>Theory</u> – Keeping Food safe <u>Cswk</u> - Research & Devt: Information Synthesis and Decision Making | Google Drive | |
| 9 | Practical Cswk 2 | <u>Practical</u> – <i>Chapati with Keema</i> <u>Cswk 2</u> - Decision Making | Skill: Rolling MOC – Boiling Google Drive | |
| 10 | Practical Chp 18 Cswk 2 | <u>Practical</u> – <i>Vol-Au-Vent</i> <u>Theory</u> – Convenience Food <u>Cswk 2</u> - Decision Making and Planning | Skill: rubbing-in & book fold (rough puff pastry) MOC: Baking Google Drive | |
| 11 | Chp 13 Cswk 2 | <u>Theory</u> – Fruits & Vegetables <u>Cswk 2</u> - Planning | Google Drive | |
| 12 | Practical Revision Cswk 2 | Practical – <i>Practical Exam</i> <u>Theory</u> – Revision <u>Cswk 2</u> - Execution | Google Drive TYS | |
| 13 | Revision Cswk 2 | <u>Theory</u> – Revision <u>Cswk</u> - Evaluation | Google Drive TYS | |