

TALK ON
SECONDARY TWO
STREAMING
EXERCISE





*Passion in COOKING
and love of FOOD*

NUTRITION AND FOOD SCIENCE N(T)

For implementation in 2022

5979 (Revised)





*Content
Syllabus*



Assessment



*Entry
Requirement*

Syllabus Aims



The syllabus aims to develop students to:

- lead a healthier lifestyle proactively through proper diet and nutrition
- advocate sustainable food consumption by planning and making appropriate food choices
- apply principles of culinary science creatively in food preparation and cooking



CONTENT OVERVIEW

Nutrition and Health

Importance of macronutrients, micronutrients, water and dietary fibre in the diet and their relationship with health

Food Literacy and Consumer Literacy

Factors to consider when planning meals for people and covers content on interpreting food labels to develop students to be discerning consumers

Food Science

Food safety, reasons for cooking food and the science behind food preparation and cooking

ASSESSMENT

SUMMATIVE

School-based Assessment

- One weighted assessment (WA) per term
- No mid-year examination (for Sec 3)
- End-of-year examination (may comprise written paper and coursework)

National Assessment

- Paper 1: Written paper (40%)
- Paper 2: Coursework (60%)



Written test

In Sec 3, you will learn



Set 1

Set 2

Set 3

Knife Skills

Rolling

Piping of frosting

Biscuit Making

Pastry Making

Batter making

Shaping or coating

Wrapping or layering

Custard, pudding and jelly

Dough Making

Cake Making

Sauce making

NATIONAL ASSESSMENT



Paper 1:

Written paper (40%)

- All questions are compulsory
- Point marking for all questions

40%



Total marks: 80

Duration: 1.5 hours

- **Section A:** Multiple choice type questions (16 marks)
- **Section B:** Short-answer type questions (32 marks)
- **Section C:** Structured type questions (32 marks)

Coursework

A large, 3D-rendered number '60%' in a vibrant red color, set against a light cream-colored rectangular background. The numbers have a slight shadow and depth, giving them a three-dimensional appearance.

(**35** hrs during curriculum time)

1st Week of February to 2nd Week of July



Report
writing?



Paper 2:

Coursework (60%)

- Marked by coursework assessor, moderated by SL

Total marks: 60

Duration: 35 hours

Presentation slides range: 25 - 35 slides

- Background Study - 6 marks
- Decision Making - 6 marks
- Exploration - 6 marks
- Planning - 6 marks
- Execution - 30 marks
- Evaluation - 6 marks

HIGH

Active teenagers need a good supply of protein in their diet. Plan and prepare a range of interesting dishes with a good supply of protein that would appeal to active teenagers. You should include a pastry dish in your choice.

SAMPLE

Content Page

Criteria	Slides
Background study	Slide 3 to 8
Decision Making	Slides 9 to 11
Exploration	Slides 12 to 15
Planning	Slide 16 to 26
Execution n evaluation	Slides 27 to 30
Total slide	30 slides

Example of a Task Question

Example of Exploration Process



Decide which Idea suits the target group



2 hrs and 30 mins

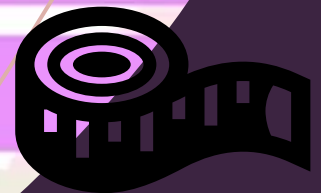


Ability to prepare, cook and serve 3 dishes for a specific target group (young children, teenagers, adults and seniors)

NFS N(T) 5979 PAPER 2 - COURSEWORK

SUMMARY

Period	Beginning of the examination year till end July/early August
Duration	35 hours of curriculum time
Format	Presentation format (Microsoft PowerPoint) and to be submitted electronically
Font type	Arial, font size range between 18 to 22
Images	Digital photographic evidence of the Exploratory Study and final dishes of the Execution are counted as part of page limit
Videos	Evaluation of dishes to be presented in video or prose mode
Page limit	25 - 35 slides



**Is this subject
relevant in
future**



2 Years Course in ITE WEST COLLEGE

Nitec in Food &
Beverage Operations



Nitec in Pastry &
Baking



Nitec in Western
Culinary Arts



Nitec in Western Culinary Arts graduates with a GPA of **2.8** and above may also apply for progression to related *Higher Nitec* courses offered by ITE

Subject	Grade
Level grades in any 2 subjects	1-8

Example of course your seniors pursue after N Level

RATNA LYDYAWATI	ITE WEST	Western Culinary Arts
MUHAMMAD SIRAJUDDIN	ITE WEST	Automotive engineering
CRISTY CHIA LIT HUI	ITE CENTRAL	Visual Communication
DANISH YU BIN RAFIDZAN	ITE CENTRAL	Business Administration
MUHAMMAD QHAIRUL	ITE CENTRAL	Mechatronics & Robotics
MUHAMMAD RUSYDI BIN MAHMOOD	ITE CENTRAL	Aerospace Technology

Class of 2019

Who should take Nutrition & Food Science (NT)?



CURIOSITY

Independent



attitude

Good command of

ENGLISH

LANGUAGE



CLASS OF
2018



2019





Class 
of 2020 



Class of
2021



Q & A