

**Tin Ka Ping Secondary School**  
**Healthy Living**  
**F.1 Curriculum**

	Subject content		Topic	Objectives	Assignment
1A	Perseverance Goal setting Decision making Learning skills	A5 S6 S10 S11	Course orientation	<ul style="list-style-type: none"> <li>● Introduce curriculum</li> <li>● Rules &amp; regulations</li> <li>● Introduce forms of assessment &amp; assignment</li> <li>● Knowing the principles in goal setting</li> <li>● To learn the skills in setting goal and note taking</li> </ul>	<ul style="list-style-type: none"> <li>● W.S.</li> </ul>
1B					
2A	Awareness of a healthy lifestyle	A1	Basic cooking utensils (1)	<ul style="list-style-type: none"> <li>● To learn basic cooking utensils</li> </ul>	<ul style="list-style-type: none"> <li>● W.S</li> <li>● pre-lesson</li> </ul>
2B	Personal growth Self management Learning skills	A2 S8 S11			
3A	Awareness of a healthy lifestyle	A1	Basic cooking utensils (2)	<ul style="list-style-type: none"> <li>● To learn basic cooking utensils</li> </ul>	<ul style="list-style-type: none"> <li>● pre-lesson</li> <li>● Revision</li> </ul>
3B	Personal growth Self management Learning skills	A2 S8 S11			
4A	Awareness of a healthy lifestyle	A1	Food and nutrition	<ul style="list-style-type: none"> <li>● To learn basic meal pattern</li> <li>● To learn functions of food</li> <li>● To learn types of food &amp; nutrients</li> </ul>	<ul style="list-style-type: none"> <li>● pre-lesson</li> <li>● 24/9-26/9 S1 Camp</li> <li>● Revision</li> </ul>
4B	Personal growth Daily life skills	A2 S15			
5A	Awareness of a healthy lifestyle	A1	Basic cooking methods	<ul style="list-style-type: none"> <li>● To learn the principles of cooking</li> <li>● To learn basic cooking methods</li> </ul>	<ul style="list-style-type: none"> <li>● W.S</li> <li>● pre-lesson</li> <li>● Revision</li> </ul>
5B	Personal growth Self management Learning skills	A2 S8 S11			
6A	Awareness of a healthy lifestyle	A1	Preparation before cooking	<ul style="list-style-type: none"> <li>● To learn the principles of cooking</li> <li>● To learn safety &amp; hygiene in food preparation</li> <li>● To learn the skills of simple measuring method</li> </ul>	<ul style="list-style-type: none"> <li>● W.S</li> <li>● pre-lesson</li> <li>● Revision</li> </ul>
6B	Personal growth Self management Learning skills	A2 S8 S11			
7A	Awareness of a healthy lifestyle	A1	Body-building food	<ul style="list-style-type: none"> <li>● Learn to collaborate</li> <li>● Learn problem solving skills</li> <li>● Learn the nutritional value of eggs and how to choose and store</li> <li>● Learn food processing and cooking skills</li> </ul>	<ul style="list-style-type: none"> <li>● W.S</li> <li>● pre-lesson</li> <li>● Revision</li> </ul>
7B	Problem solving Time management Self-management Interpersonal skills Collaboration skills Daily life skills	S7 S8 S10 S13 S14 S15			

8A	Awareness of a healthy lifestyle Problem solving Time management	A1 S7 S8	Protective food	<ul style="list-style-type: none"> <li>● Learn to collaborate</li> <li>● Learn problem solving skills</li> <li>● Learn the nutritional value of fruits and how to choose and store them</li> <li>● Learn how to prepare fruits</li> </ul>	<ul style="list-style-type: none"> <li>● W.S</li> <li>● pre-lesson</li> <li>● Revision</li> </ul>
8B	Self-management Interpersonal skills Collaboration skills Daily life skills	S10 S13 S14 S15			
9A	Awareness of a healthy lifestyle Problem solving Time management	A1 S7 S8	Energy-giving food	<ul style="list-style-type: none"> <li>● Develop collaboration skills</li> <li>● Learn problem solving skills</li> <li>● Learn the nutritional value of cereals and how to choose and store them</li> <li>● Learn food processing and cooking skills</li> </ul>	<ul style="list-style-type: none"> <li>● W.S</li> <li>● pre-lesson</li> <li>● Revision</li> </ul>
9B	Self-management Interpersonal skills Collaboration skills Daily life skills	S10 S13 S14 S15			
10A	Awareness of a healthy lifestyle Problem solving Time management	A1 S7 S8	Labour saving equipments	<ul style="list-style-type: none"> <li>● Enhance collaboration skills</li> <li>● Enhance problem solving skills</li> <li>● Know utensils which may save time and modern cooking</li> <li>● Learn food processing and cooking skills</li> </ul>	<ul style="list-style-type: none"> <li>● W.S</li> <li>● pre-lesson</li> <li>● Revision</li> </ul>
10B	Self-management Interpersonal skills Collaboration skills Daily life skills	S10 S13 S14 S15			
11A	Awareness of a healthy lifestyle Problem solving Time management	A1 S7 S8	Healthy eating	<ul style="list-style-type: none"> <li>● Learn to collaborate</li> <li>● Enhance problem solving skills</li> <li>● Know basics about healthy diet</li> <li>● Learn meat processing skills</li> <li>● Learn cooking skills and how to serve dishes</li> </ul>	<ul style="list-style-type: none"> <li>● W.S</li> <li>● pre-lesson</li> <li>● Revision</li> </ul>
11B	Self-management Interpersonal skills Collaboration skills Daily life skills	S10 S13 S14 S15			
12A	Awareness of a healthy lifestyle Problem solving Time management	A1 S7 S8	Food presentation	<ul style="list-style-type: none"> <li>● Learn food decoration skills</li> <li>● Learn food processing skills</li> <li>● Learn how to control cooking time and heating temperature</li> </ul>	<ul style="list-style-type: none"> <li>● W.S</li> <li>● pre-lesson</li> <li>● Revision</li> </ul>
12B	Self-management Interpersonal skills Collaboration skills Daily life skills	S10 S13 S14 S15			
13A	Awareness of a healthy lifestyle	A1	Choice of healthy food	<ul style="list-style-type: none"> <li>● Know the concepts of food labels</li> <li>● Know the concepts of healthy food claims</li> </ul>	<ul style="list-style-type: none"> <li>● W.S</li> <li>● pre-lesson</li> </ul>
13B	Citizenship Interpersonal skills Collaboration skills	A3 S13 S14			
14A	Course evaluation			<ul style="list-style-type: none"> <li>● Self-evaluation</li> <li>● Questionnaires</li> </ul>	
14B					