

Tin Ka Ping Secondary School
Healthy Living
F.2 Curriculum

	Subject content		Topic	Objectives	Assignment
1A	Awareness of a healthy lifestyle Personal/Social development	A1	Course orientation	<ul style="list-style-type: none"> • Introduce curriculum • Rules & regulations • Introduce forms of assessment & assignment • Know your health status • Know your dietary needs • Learn how to make a diet plan 	<ul style="list-style-type: none"> • W.S.
1B	Collaboration skills Problem solving Financial management	A2 S7 S14 S15	Meal planning (1)		
2A	Awareness of a healthy lifestyle	A1	Knowledge of	<ul style="list-style-type: none"> • Know common macro and micro-nutrients • Know healthy dietary habits • Learn how to sum up information with mind-map 	<ul style="list-style-type: none"> • pre-lesson • Revision
2B	Learning skills	S11	micro-nutrients		
3A	Awareness of a healthy lifestyle Personal/Social development	A1 A2	Meal planning (2)	<ul style="list-style-type: none"> • Learn to choose healthy ingredients and make a basic diet plan • Learn how to compose a field practice assessment plan 	<ul style="list-style-type: none"> • W.S • pre-lesson • Revision
3B	Collaboration skills Problem solving Financial management	S7 S14 S16			
4A	Awareness of a healthy lifestyle Problem solving	A1 S7	Raising agents (1) Cake making	<ul style="list-style-type: none"> • Learn principles and skills in cake making • Learn the types and uses of raising agents 	<ul style="list-style-type: none"> • W.S • pre-lesson • Revision
4B	Self-management Time management Interpersonal skills Collaboration skills Daily life skills	S8 S10 S13 S14 S15			
5A	Awareness of a healthy lifestyle Problem solving	A1 S7	Raising agents(2) Chinese	<ul style="list-style-type: none"> • To learn the types and uses of flour and raising agents • Know characteristics of Chinese dim-sum • Learn how to make Chinese buns • Principles of using raising agents • Learn how to cook: steaming 	<ul style="list-style-type: none"> • W.S • pre-lesson • Revision
5B	Self-management Time management Interpersonal skills Collaboration skills Daily life skills	S8 S10 S13 S14 S15	dough making		

	Criteria		Topic	Objectives	Assignment
6A	Awareness of a healthy lifestyle Problem solving	A1 S7	Raising agents (3) Pastry making	<ul style="list-style-type: none"> Learn principles in pastry making. Learn the skills in shaping. Learn how to use an oven 	<ul style="list-style-type: none"> W.S. pre-lesson Revision
6B	Self-management Time management Interpersonal skills Collaboration skills Daily life skills	S8 S10 S13 S14 S15			
7A	Awareness of a healthy lifestyle Problem solving	A1 S7	Body building foods: Meat	<ul style="list-style-type: none"> Learn the constituents and nutritional values of meat Learn meat processing skills Learn how to make Chinese sources 	<ul style="list-style-type: none"> W.S. pre-lesson
7B	Self-management Time management Interpersonal skills Collaboration skills Daily life skills	S8 S10 S13 S14 S15			
8A	Awareness of a healthy lifestyle Problem solving	A1 S7	Protective foods: vegetables	<ul style="list-style-type: none"> Learn the types and nutritional values of vegetables How to prepare vegetables Learn how to make sauces 	<ul style="list-style-type: none"> W.S. pre-lesson Revision
8B	Self-management Time management Interpersonal skills Collaboration skills Daily life skills	S8 S10 S13 S14 S15			
9A	Awareness of a healthy lifestyle Problem solving	A1 S7	Body building foods: fish	<ul style="list-style-type: none"> Learn the types and nutritional values of fish Learn how to choose fish and how to store them properly Learn how to cook: deep-frying 	<ul style="list-style-type: none"> W.S. pre-lesson Revision
9B	Self-management Time Management Interpersonal skills Collaboration skills Daily life skills	S8 S10 S13 S14 S15			
10A	Awareness of a healthy lifestyle Problem solving Self-management	A1 S7 S8	Protective foods: Legumes	<ul style="list-style-type: none"> Learn the types and nutritional values of legumes Learn how to store legumes Learn how to cook: stuffing and thickening 	<ul style="list-style-type: none"> W.S. pre-lesson Revision
10B	Time management Interpersonal skills Collaboration skills Daily life skills	S10 S13 S14 S15			
11A	Personal/Social development Interpersonal skills	A2	Table manners	<ul style="list-style-type: none"> Learn basic table manners Know different food cultures 	<ul style="list-style-type: none"> pre-lesson Revision
11B		S13			

	Criteria		Topic	Objectives	Assignment			
12A	Awareness of a healthy lifestyle Problem solving Self-management	A1 S7 S8	Preparation for Practical Assessment	• Practical assessment	• pre-lesson • Revision			
12B	Interpersonal skills Collaboration skills Daily life skills Financial management	S13 S14 S15 S16						
13A	Personal / Social development	A2				Practical Assessment	<ul style="list-style-type: none"> • Know the characteristics of different builds • Understand the purposes of clothing • Gain knowledge of attire coordination • Know principles about a good appearance 	• W.S.
13B	Citizenship Problem solving Self-management Interpersonal skills Collaboration skills Daily life skills	A3 S7 S8 S13 S14 S15						
14A	Course evaluation							
14B								