

**Madam Lau Kam Lung Secondary School  
Of Miu Fat Buddhist Monastery  
Form 1 Health & Living Teaching Schedule 2011-2012**

Date	Week number	Topic
5/9/2011- 7/10/2010	1-6	Good grooming
10/10/2011-4/11/2011	7-10	Table manners
7/11/2011-9/12/2011	8-15	Food and health
12/12/2011-6/1/2012	16-18	Body-building food: Milk
9/1/2011-21/1/2012	19-20	Mid-year Examination
2/2/2012-17/2/2012	21-23	Body-building food: Eggs
21/2/2012-9/3/2012	24-26	Energy-giving food: Rice
12/3/2012-30/3/2012	27-30	Protective food: Vegetables & Fruit
16/4/2012-27/4/2012	31-32	Experiment on apple
21/4/2012-4/5/2012	32-33	Cooking with Fruit
7/5/2012-1/6/2012	34-37	How should we eat for good health ?
4/6/2012-8/6/2012	38	Revision/ Examination
13/6/2012-22/6/2012	39	Yearly Examination