**IMMACULATE CONCEPTION HIGH SCHOOL**

**FOOD NUTRITION & HEALTH**

**TERM PLAN**

**GRADE 11**

**SEPTEMBER---DECEMBER 2023**

|  |  |  |  |
| --- | --- | --- | --- |
| WEEK | DATE | LESSON | ASSESSMENT TYPE |
| 1 | Sept—11- 14 | Discussion and planning for SBA 2  Scheduled for December 2023. | Practical assessment |
| 2 | Sept--- 18-22 | **RAISING AGENTS**   1. Definition 2. Types 3. Mechanical 4. Chemical 5. biological 6. Composition 7. How raising agents work 8. Precautions when using raising agents. | Test  Practical (chemical  Practical (mechanical)  Quiz |
| 3  4 | Sept---25-29  Oct. 2--6 | Practical  Raising agents  Chemical and biological  **ADDITIVES**   1. Definition 2. Categories 3. Reasons for using 4. Requirements for additives 5. Types 6. Requirements for using 7. Disadvantages of using additives. | Test  Quiz |
| 5 | 9--13 | First Aid |  |
|  |  | 1. First Aid Treatment 2. Definition of Fist Aid 3. Applying First Aid 4. Treating common Injuries 5. Burns, 6. Scalds 7. Cuts 8. Falls 9. Electrocution 10. Poisoning   Kitchen Safety Causes of accidents in the home  Prevention of accidents in the home. | Test |
| 6 | Oct 16--20 | **MID TERM BREAK** |  |
| 7  8  9 | OCT 23--27  Oct 30—Nov 3  Nov 6-10 | SIXTH WEEK TEST # 1  **Kitchen Equipment**  **(Presentation)**  **KITCHEN PLANNING**  Factors to consider:  Space and appropriate layout  Work Triangle  Storage units  Counter tops  Work centres  Lighting and ventilation  Walls, floors. |  |
| 10 | Nov 13--17 | **KITCHEN PLANNING**  Kitchen Layouts  Advantages and disadvantages  One wall  Corridor  L-shaped  U-shaped |  |
| 11 | November 20--24 | **CONSUMERISM**  Who is a consumer  Who is a green consumer  Terms related to consumerism  Rights of a consumer  Responsibilities of a consumer.  Budget planning  Shopping in large supermarkets  Shopping in small groceries | Quiz |
| 12 | Nov 27-Dec1 | Preparation for external SBA practical |  |
|  |  |  |  |
| 13 | Dec 4--8 | SBA Practical Examinations |  |