

Food and Nutrition

Food, Nutrition and Health

Grade 10

Unit Plan

Term 3

Week	Date	Lesson	Assessment/Method of Delivery
1	April 20-24, 2020	Methods of Cooking: <ul style="list-style-type: none">a. Reasons for cooking foodb. Methods of cooking food (moist-steaming, boiling, stewing, poaching, braising, shallow fat frying, deep fat frying; dry-dry frying, grilling, baking, barbequing; conservative cooking; microwave; pressure cookingc. Suitable foods for each methodd. Advantages and disadvantages of each methode. Appearance and service of completed dishes (appropriate	Handout will be shared in Google Classroom Discussion with students via Zoom Practical-Select a dry or moist method of cooking and prepare a

		temperature, colour of food, garnishing, table décor)	suitable dish (Not done due to Covid 19 restrictions)
2	April 27- May 1, 2020	<p>Soups: Preparing and serving soups (broths, thickened soups and purees)</p> <ol style="list-style-type: none"> definition uses classification of soups ingredients (including bouquet garni and mirepoix) general guidelines and standards for finished products and their service 	<p>Methods of Cooking Test via Edmodo</p> <p>Content will be posted in Google Classroom</p> <p>Write a paragraph on the value of soup in the diet-to be posted in Google Classroom</p>
3	May 4-8, 2020	<p>Salads:</p> <ol style="list-style-type: none"> Classification of salads Importance of salads Food value of salads Parts of a salad and their ingredients 	<p>Handout will be posted in Google Classroom</p> <p>YouTube link will be posted in Google</p>

		<p>e. Preparation salads, salad dressings, various vegetables</p> <p>Demonstrate basic food preparation skills (slicing, julienne, chopping, cubing, dicing, paring, grating, shredding)</p>	<p>Classroom showing students how to assemble/serve different salads</p> <p>Crossword Puzzle will be posted for students to complete</p>
4	May 11-15, 2020	<p>Cake Making and Decorating:</p> <p>a. Methods of cake making (creaming, rubbed-in, whisking, all-in-one)</p> <p>b. Functions of ingredients used in cake making</p> <p>c. Terms used in cake making (sieve, cream, whisk, fold, curdle)</p> <p>d. Steps and precautions for each method</p> <p>e. Faults and remedies in cake making</p> <p>f. Types of cake decorations and their uses</p> <p>Choosing suitable decorations for each method of cake making</p>	<p>Teaching material will be posted in Google Classroom</p> <p>Graded question will be posted in Google Classroom: Discuss three advantages and three disadvantages of using commercial cake mix and making a cake from scratch.</p>
5		<p>Food Spoilage and Contamination:</p> <p>a. Define food contamination</p>	<p>Test on Cake Making via Edmodo</p>

	May 18-22, 2020	<ul style="list-style-type: none"> b. Factors that impact food spoilage and contamination (warm temperature, moisture etc.) c. Perishable and Non-Perishable foods d. Microorganisms that contaminate food (bacteria, yeast, moulds) e. Food-borne illnesses f. Methods of preventing food contamination g. Importance of food Preservation h. Methods of preservation 	<p>Food Spoilage content will be posted via Google Classroom</p> <p>Discussion with students via Zoom</p>
6	May 25-29, 2020	<p>Production of Common Food Commodities:</p> <p>Inputs and processes of:</p> <ul style="list-style-type: none"> a. Sugar (brown, granulated, icing) b. Cereals (wheat, white, self-rising flour, rice, maize) c. Dairy production (milk, butter, cheese) d. Eggs e. Oil (margarine, soya bean oil) f. Cassava 	<p>Links to YouTube videos will be posted in Google Classroom re the production of different cereals</p> <p>Pages from the Textbook will be posted in Google Classroom so students can read and make their own notes</p> <p>Graded Activity: Write a paragraph explaining the production of cheese</p>

