

# 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	<b>Methods of Cooking:</b> <ul style="list-style-type: none"><li>a. Reasons for cooking food</li><li>b. 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 cooking</li><li>c. Suitable foods for each method</li><li>d. Advantages and disadvantages of each method</li><li>e. Appearance and service of completed dishes (appropriate</li></ul>	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><b>Soups: Preparing and serving soups (broths, thickened soups and purees)</b></p> <ol style="list-style-type: none"> <li>definition</li> <li>uses</li> <li>classification of soups</li> <li>ingredients (including bouquet garni and mirepoix)</li> <li>general guidelines and standards for finished products and their service</li> </ol>	<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><b>Salads:</b></p> <ol style="list-style-type: none"> <li>Classification of salads</li> <li>Importance of salads</li> <li>Food value of salads</li> <li>Parts of a salad and their ingredients</li> </ol>	<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><b>Cake Making and Decorating:</b></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><b>Food Spoilage and Contamination:</b></p> <p>a. Define food contamination</p>	<p>Test on Cake Making via Edmodo</p>

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

