

Food and Nutrition

IMMACULATE CONCEPTION HIGH

FOOD NUTRITION AND HEALTH

TERM PLAN

ONLINE TEACHING

GRADE 9

TOPIC: MILK

DATE APRIL 27-----MAY 22 (4 weeks)

TEACHER: P.RENNICKS

OBJECTIVES: AT THE END OF THE TOPIC STUDENTS SHOULD BE ABLE TO:

1. List and discuss the plant and animal sources from which humans acquire milk for consumption.
2. Discuss the nutritional importance of milk in the human diet.
3. State the nutritional composition of cow's milk and explain how deficiencies can be rectified in the diet.
4. Discuss the importance of making sure milk is safe for consumption during different stages of production
5. Identify different forms in which milk can be purchased by consumers.
6. List and describe milk products.
7. Explain how milk should be stored in the home.
8. Describe the effect of heat on cow's milk.
9. Prepare and serve a milk based product. (Milkshake)

Week 1-----Students will read hand outs on their own keeping objectives in mind.

Students will also read the chapter on milk from their text books.

Quiz (based on video)

Week 2-----Teacher will interface using (Zoom) to discuss content and ensure objectives are met .Students will watch video presentations on: how the following milk based products are made. Butter, ice-cream and yoghurt.

Week 3---- (Practical) Teacher will demonstrate preparation of milkshake which students will repeat at home and upload image of finished product for grading.

Week 4----Test on milk.

MAY 26-----JUNE 19 (4 WEEKS)

TOPIC: CHEESE

OBJECTIVES: AT THE END OF THE TOPIC STUDENTS SHOULD BE ABLE TO:

1. Identify and discuss plant and animal sources of cheese.
2. Discuss the nutritional value of cheese and how it benefits humans.
3. Explain the basic steps in the manufacture of cheese.
4. List and describe types of cheese based on water content.
5. Describe the effect of cooking on cheese and identify suitable methods for cooking cheese.
6. Explain how cheese should be store in the home.

7. Prepare and serve an item using cheese as a main ingredient. (Pizza)

Week 1-----objectives and hand-out sent to students via edmodo.

Week 2-----Link will be sent for video on cheese production, students will watch video and complete a short quiz after.

Week 3-----Teacher will upload video demonstration of pizza making and students will do practical at home and post pictures which will be graded.

Week 4-----Test on cheese.

RESOURCES: Handouts, textbooks, internet.