

# Immaculate conception high school

## HOME ECONOMICS DEPARTMENT

### FOOD NUTRITION & HEALTH

#### GRADE NINE

#### COURSE OUTLINE

September 2024-June 2025

### Course Description:

This course is designed to provide students with a comprehensive understanding of food, nutrition, and culinary skills. Through a combination of theoretical knowledge and practical experience, students will learn how to make informed food choices, plan nutritious meals, and develop essential cooking techniques. The course will cover a variety of topics, each aimed at enhancing students' understanding and application of food and nutrition principles.

### Course Objectives

#### 1. Nutrients:

- Identify and describe the essential nutrients (carbohydrates, proteins, fats, vitamins, and minerals) and their roles in maintaining overall health and well-being.
- Understanding nutritional content to make healthier food choices.

#### 2. Cake Making:

- Learn fundamentals of cake making, main ingredients, functions of ingredients. Baking techniques including ingredient measurement, Methods of cake making, and baking procedures to successfully create a variety of cakes. Faults in cake making.
- Apply basic decorating techniques to cakes, including frosting, piping, and other embellishments to enhance presentation and aesthetics.

#### 3. Meal Planning:

- Understand and apply principles of meal planning to create nutritionally balanced meals that incorporate appropriate portions of all food groups.
- Develop and implement meal plans for special groups. Creating shopping lists, budgeting, and preparing meals that are healthy and easy to prepare.

#### 4. Menu Planning:

- Design menus for various occasions and dietary needs, ensuring a balance of flavours, textures, and nutritional content.
- Explain qualities of a well written menu.

- Learn to modify menus to accommodate dietary restrictions and preferences, such as vegetarian, vegan, or gluten-free options, while maintaining nutritional balance.

#### **5. Cheese Cookery:**

- Identify and differentiate between various types of cheese and understand their culinary uses and characteristics.
- Identify important macro and micro nutrients which cheese provide.
- Storage of cheese.
- Gain practical experience in cooking with cheese through recipes such as macaroni and cheese, cheese soufflé, and cheese-based appetizers.

#### **6. Milk Cookery:**

- Explore different types of milk (whole, skim, non-dairy alternatives) and their nutritional benefits.
- Understand the nutritional importance of milk in the diet of humans.
- Understand ways to make milk safe to drink.
- Develop skills to use milk effectively in cooking and baking, including preparing dishes like creamy sauces, puddings, custards, and understanding the role of milk in various recipes.

#### **7. Preservation:**

- Understand and apply various food preservation methods, including canning, freezing, drying, use of chemical and fermenting, to extend the shelf life of food and reduce waste.
- Explain reasons for preserving food.
- Implement practical techniques for preserving fruits, vegetables, and other foods, ensuring safe and effective storage.

#### **8. Etiquette:**

- Learn and apply proper table manners and dining etiquette, including setting a table, proper use of utensils, and polite dining behaviours.
- Understand and demonstrate appropriate behaviours in various food-related settings, including social gatherings and formal events, to ensure respectful and enjoyable dining experiences.

### **Student Learning Outcomes**

#### **1. Nutrients:**

- Students will be able to identify the main types of nutrients (carbohydrates, proteins, fats, vitamins, and minerals) and explain their functions in the body.
- Students will demonstrate the ability to read and interpret food nutrition labels to assess the nutritional value of different food products and make informed food choices.

## **2. Cake Making:**

Students will understand and be able to explain the function of the main ingredients in cake making.

- Students will be able to apply fundamental baking techniques, including accurate measurement, mixing, and baking, to produce a variety of cakes.
- Students will demonstrate skills in cake decorating, including the use of frosting, piping, and other techniques to enhance the appearance and presentation of cakes.

## **3. Meal Planning:**

- Students will be able to plan and prepare balanced meals that incorporate all food groups, meeting dietary recommendations and nutritional needs.
- Students will develop weekly meal plans, including creating shopping lists and budgeting, to ensure meals are nutritious, cost-effective, and practical.

## **4. Menu Planning:**

- Students will be able to design menus for various occasions, considering factors such as nutritional balance, flavour, and presentation.
- Students will demonstrate the ability to modify menus to accommodate dietary restrictions and preferences while maintaining a balance of nutrients and flavours.

## **5. Cheese Cookery:**

- Students will be able to identify different types of cheese and understand their characteristics and culinary uses.
- Students will apply cooking techniques to prepare and present dishes that feature cheese, such as macaroni and cheese and cheese-based appetizers.

## **6. Milk Cookery:**

- Students will demonstrate the ability to use milk effectively in cooking and baking, preparing dishes such as creamy sauces, puddings, and custards.
- Students will be able to discuss the nutritional importance of milk in the diet of vulnerable groups.
- Students will be able to differentiate between various types of milk and their uses in recipes, including whole, skim, and non-dairy alternatives.

## **7. Preservation:**

Students will be able to apply food preservation techniques, including canning, freezing, drying, and fermenting, to extend the shelf life of food and reduce waste.

- Students will demonstrate practical skills in preserving fruits, vegetables, and other foods, ensuring safe and effective storage.

## 8. Etiquette:

- Students will demonstrate proper dining etiquette, including setting a table correctly, using utensils appropriately, and practicing polite behaviour during meals.
- Students will be able to apply appropriate food-related behaviour in various settings, including social and formal dining situations, to ensure respectful and enjoyable dining experiences.

## Topical outline of course content

- Nutrients
- Cake making
- Meal planning
- Menu planning
- Energy
- Preservation
  - Etiquette
  - Milk Cookery
  - Cheese Cookery

## Teaching methods and student learning activities.

### 1. Nutrients

#### Teaching Methods:

- **Interactive Lectures:** presentations and visual aids (e.g., charts, infographics) to introduce the different types of nutrients and their functions.
- Analysis case studies or real-life examples to illustrate the impact of nutrient deficiencies or excesses on health.
- Group discussion on how to interpret nutritional information and make healthy food choices.

#### Student Learning Activities:

- **Nutrient Research Project:** Assign students to research and present on specific nutrients, including their sources, functions, and effects on health.
- **Label Reading Exercise:** Provide food labels for various products and have students practice reading and analyzing the nutritional content.
- **Nutrient Quiz:** to reinforce knowledge of different nutrients and their roles.

### 2. Meal Planning

- **Demonstrations:** Show how to create balanced meal plans using sample menus and dietary guidelines. (hypertensive, diabetic, obesity, heart disease,)
- **Interactive Workshops** where students plan meals based on specific dietary needs or preferences.

**Student Learning Activities:**

- Students will create a weekly meal plan that includes breakfast, lunch, dinner, and snacks, ensuring nutritional balance and variety.
- Students will plan meals accordingly, including shopping lists and cost calculations.
- Practical session where students prepare and cook a meal for a special group.

### **3. Menu Planning**

**Teaching Methods:**

- Teach principles of effective menu design, including balance, variety, and presentation.
- Analyze sample menus from different cuisines and events to understand design choices.

**Student Learning Activities:**

- Students design a menu for a specific occasion (e.g., a holiday dinner or a themed party), considering dietary needs and preferences.
- Students will review and critique existing menus, identifying strengths and areas for improvement.
- Students create a menu for a hypothetical restaurant or event, focusing on creativity and nutritional balance.

### **4. Cake Making**

**Teaching Methods:**

- Show baking techniques through live demonstrations, emphasizing measurement, mixing, and baking.
- Use videos to illustrate cake-making processes and decorating techniques.

**Student Learning Activities:**

- students will bake various types of cakes, practicing techniques and troubleshooting common issues.

students will decorate cakes using different techniques and materials, such as frosting, piping, and fondant.

### **5. Etiquette**

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**Teaching Methods:**

- Use role-playing scenarios to practice proper dining etiquette and table manners.
- Show correct table settings, utensil use, and dining behaviours through demonstrations.

### **Student Learning Activities:**

- Have students set a table according to proper etiquette for different types of meals (e.g., formal dinner, casual lunch).
- Conduct role-playing activities where students practice polite conversation, utensil use, and other dining behaviours.
- **Etiquette Quiz:** Test students' knowledge of dining etiquette through quizzes or games.

## **6. Milk Cookery**

### **Teaching Methods:**

- Demonstrate the use of milk in various recipes and cooking techniques.
- Discuss the nutritional properties of milk and how it impacts the body.

### **Student Learning Activities:**

- Students will prepare dishes that use milk, such as creamy sauces, puddings, or custards.
- Have students modify recipes to use different types of milk (e.g., whole, skim, or non-dairy alternatives) and evaluate the results.

## **7. Cheese Cookery**

### **Teaching Methods:**

- Introduce different types of cheese through visual aids and tasting sessions.
- Show how to incorporate cheese into various recipes.

### **Student Learning Activities:**

- students will prepare and cook dishes featuring cheese, such as cheese soufflés, macaroni and cheese, and cheese pizza.

## **8. Preservation**

### **Teaching Methods:**

- **Instructional Sessions:** Provide lectures on different food preservation techniques and their benefits.
- **Demonstrations:** Show methods such as canning, freezing, drying, and fermenting.

### **Student Learning Activities:**

- **Preservation Project:** Have students select and preserve a fruit or vegetable using different methods, documenting the process and results.
- **Preservation Lab:** Organize practical sessions where students practice canning, freezing, or drying foods.

- **Preservation Comparison:** Students compare different preservation methods in terms of effectiveness, nutritional retention, and storage.

**Suggested reading, texts.**

Caribbean Food & Nutrition for CSEC Anita Tull & Coward

Food & Nutrition Rita Dyer& Norma Maynard

Prepared handouts.

**Prepared by Prudence Rennicks**

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