

IMMACULATE CONCEPTION HIGH SCHOOL
HOME ECONOMICS DEPARTMENT
SYLLABUSES

2017-2018

MISSION STATEMENT

We, the members of the Home Economics Department at the Immaculate Conception High School, inspired by the teachings of St. Francis, are committed to the total education of the students. It is our goal to foster and develop acceptable standards of behaviour and expressions as we educate the students about nutrition, healthy lifestyles and fashion. We will maintain the school's values and mission, that is, to promote Reverence for God, Self, Others and the Environment.

GENERAL OBJECTIVES

The main goal of the ICHS Home Economics programme is to provide a strong foundation in the subject areas being taught – Food and Nutrition and Clothing and Textiles. We hope in addition, students may be encouraged to pursue future careers in areas related to this course of study.

**FOOD AND NUTRITION SYLLABUS
GRADE 7
2017-2018**

Term I

1. Kitchen Tools/Utensils, Equipment and Appliance for Food Preparation and Service

- a. Definition of cookery tools and cookery equipment
- b. Identification of kitchen tools/utensils, equipment and appliance used in food preparation and services
- c. Uses of various small kitchen tools
- d. Caring and maintaining kitchen tools and equipment used in food preparation
- e. Compare tools/utensils and equipment as simple or advance. For example: simple – knife; advance: electric knife
- f. Classification cookery equipment – Small equipment and Large equipment
- g. Time and Labour Devices
- h. Points to consider when choosing a Cooker and Refrigerator
- i. Parts of the Cooker/stove and Refrigerator
- j. Care of the Cooker/stove and Refrigerator

2. Principles of Nutrition

- a. Importance of food to the body
- b. Definition of terms – Nutrients, mal-nutrition, food, diet, balanced diet, meal, Multimix Principle
- c. Nutrients found in food – Protein, Carbohydrate, Fat, Vitamins and Minerals - Functions of the nutrients, - Sources of the nutrients - Deficiencies of protein, carbohydrate fats, vitamins and mineral
- d. Basic Six Food Groups - Reasons for eating food - Food Groups: Foods from animals, Staples, Fruits, Dark green and leafy Vegetables, Legumes and Nuts and Fats and Oils

3. Weights and Measures

- a. Differentiate between weighing and measuring
- b. Identify equipment/tools used for weighing and measuring
- c. Demonstration showing how to weigh and measure accurately
- d. Converting from standard measurement to metric measurement

Term II

1. Food Hygiene and Safety

- a. What is hygiene?
- b. Practices of hygiene for food preparation and service
 - Define Personal Hygiene and Kitchen Hygiene
 - Rules for Personal Hygiene and Kitchen Hygiene
- c. Importance of good hygiene during food preparation and service
- d. Micro Organisms which cause Food Spoilage (bacteria, mould, yeast)
- e. Factors which contribute to Food Spoilage and Contamination
- f. Ways of preventing food spoilage and contamination
- g. Storing Foods (raw and cooked foods)
 - Procedure for proper Storage of raw and cooked foods
 - Perishable foods
 - Semi Perishable foods
 - Non Perishables

2. Kitchen Safety

- a. Causes of accidents in the kitchen/home
- b. Safety Rules - How to prevent cuts, burns and falls
- c. Demonstration of safety measures during food preparation
- d. First Aid
 - What is "first aid"?
 - Basic items for a first aid kit
 - Rules for keeping a first aid kit
 - First aid treatment for cuts, scalds and burns

3. Food Preparation Methods

- a. Food preparation processes and terms: beat, cube, blend, chill, chop, dissolved, slice, grate, fold, mix, whisk and others
- b. Methods of cooking - What is cooking? - Reasons for cooking foods - Classification of cooking Methods – Dry heat and Moist heat
- c. Description of various methods of cooking (Frying, boiling, baking, stewing and others)
- d. Advantages and disadvantages of the different cooking methods

4. Advertising

Term III

1. Meal Planning and Service

- a. What is Meal Planning?
 - Definition of related terms: breakfast, lunch, dinner, supper, brunch snack
 - Points to consider when planning meals
- b. Menu Writing
 - Definition of terms: Menu Cover, Course,
 - Rules for writing menus
 - Breakfast Menus
- c. Types of breakfast: light, medium and heavy breakfast
- d. Formats for writing breakfast menus
- e. Table Setting and Etiquette
- f. Table Setting
 - Guidelines for table setting
 - Table appointment
- g. Definition of flatware, silverware and stemware
 - Table setting for breakfast /Tray setting
- h. Etiquette
 - Definition of Etiquette
 - Guidelines of good etiquette when dining
 - Who is the Host?

- Who is a Guest?
- Responsibility of host and guest

2. Using a recipe

- a. Definition of term
- b. Purpose of a recipe
- c. Parts of a recipe- main ingredients and method
- d. Characteristics of a well written recipe
- e. Cake making (Rub-in method)

3. Money management

PLEASE NOTE

- 1. Students are expected to be prepared for all practical classes on the dates given by the teacher.**
- 2. Students are assessed after each topic has been completed.**
- 3. In addition, students are required to have the following items for Food and Nutrition:**
 - a. White Apron and Head cover**
 - b. Two Terry Kitchen Towels**
 - c. Two Mittens and Two Potholders**
 - d. Note Book**

**IMMACULATE CONCEPTION HIGH SCHOOL
HOME ECONOMICS DEPARTMENT
CLOTHING AND TEXTILE SYLLABUS
GRADE 8
2017-2018**

TERM I

- 1. Career Opportunities in Textile Industry**
 - a. Definition of terms Textile, Clothing
 - b. Careers related to Textile and Clothing
 - c. Local and International Designers (Bill Edwards, Michael Kors)
- 2. Body Measurement and Figure Type**
 - a. What is figure type?
 - b. Different figure types
 - c. Determining your figure type/taking body measurement
 - d. Choosing appropriate clothing to suit figure type
- 3. Wardrobe Planning**
 - a. Define the term wardrobe planning
 - b. Importance of wardrobe planning
 - c. Factors to consider when planning wardrobe
 - d. Plan a wardrobe for work
- 4. Sewing Tools and Equipment**
 - a. Definition of sewing tools and equipment
 - b. classification of sewing Tools and equipment
 - c. Uses of sewing tools and equipment
 - d. Care of sewing tools and equipment
 - e. Construct a Pin Cushion
- 5. Pressing and Ironing**
 - a. Difference between pressing and ironing
 - b. Rules for Pressing or Ironing
 - c. Types of Pressing/Ironing Equipment and Uses

Term II

1. **Sewing Machine**
 - a. Types of Sewing Machine (hand, treadle, electric, etc.)
 - b. Parts of the Sewing Machine
 - c. Functions/uses of parts of the sewing machine
 - d. Care of the sewing machine
 - e. Threading the Sewing Machine
 - f. Using the Sewing Machine

2. **Stitches**
 - a. Classification of Stitches - Temporary, Permanent and Decorative
 - b. General rules for working stitches
 - c. Uses of stitches
 - d. Working Stitches for each group. E.g.: Basting (even and uneven), Blanket Stitches
 - e. Methods of applying simple surface designs e.g. Applique
 - f. Construct a decorative piece

3. **Clothing and Culture**
 - a. Definition of terms fashion, style, fad, vogue, classic
 - b. Reasons for wearing clothes
 - c. Guidelines for selecting clothes
 - d. Influence of the different cultures on fashion in Jamaica
 - e. Clothing used in various ceremonial rites and festivals e.g. weddings, worship

Term III

4. **Seams**
 - a. Definition of the term seam
 - b. Classification of seams – Conspicuous seams and Inconspicuous seams
 - c. Types of seams – open seam, French seam, double-stitched seam, etc.
 - d. Rules for working seams
 - e. Seam Finishes - Definition of Seam Finish - Types of seam finishes

1. **Fabric Study**
 - a. Definition of terms e.g. Fibre, Textile, Yarn, Fibre blend, Regenerated Fibre, Synthetic fibre
 - b. Classification Fibres: Natural Fibres and Man-made/Manufactured Fibre
 - c. Origin (source of fibre)
 - d. Countries which fibre is grown
 - e. Advantages and Disadvantages of the fibre
 - f. Fabrics made from the fibre
 - g. Uses and Care of the fibre
 - h. Identification of fibres – burning test, microscopic test, etc.

2. **Clothing Care**
 - a. Daily clothing care
 - b. Simple repair (tacking on buttons, hemming)
 - c. Care labels
 - d. Laundering instructions
 - e. Stain removal

PLEASE NOTE

- **Students are expected to be prepared for all practical classes.**
- **Test is given after each topic has been completed.**
- **Materials needed:**
 1. Hardcover Notebook
 2. Dressmaker's Shear
 3. Hand Sewing Needles
 4. 1 card Common pins
 5. Embroidery thread at least four (4) different colours
 6. Reel of white or cream thread
 7. 1 yard Calico

8. 2 domestic machine needles size 14
9. Seam Ripper

**HOME ECONOMICS DEPARTMENT
FOOD AND NUTRITION SYLLABUS
GRADE 9
2017-2018**

TERM 1

1. Principles of Nutrition

- a. Definition of terms – nutrition, nutrients, malnutrition, other related terms.
- b. General functions and sources of food
- c. Nutrients based on the basic food groups
- d. Daily intake of food in relation to the needs of the body, energy and nutrients.
- e. Comparison of different nutrients in local foods.
- f. Caloric value of food.

2. Menu Writing

- a. Definition of Menu.
- b. Rules for writing menus
- c. Writing Lunch and Dinner Menus
- d. Services of meals for different occasions.
 - Plate - Buffet
 - Family - Others
- e. Guidelines for:
 - i. Table setting for Formal and Informal meals
 - ii. Etiquette and table Manners

3. Meal Planning, Preparation and service.

- a. Factors influencing Food Choices:
 - Family
 - Peers
 - Media on personal food choices
 - Religion
 - Likes and Dislikes
- b. Reasons for Planning meals
- c. Factors to consider when planning meals
 - Time available
 - Occasion
 - Money available
 - Age
 - Sex (male/female)
 - Others.
- d. Planning meals to meet the nutritional needs of the family members.
 - Elderly: who are they? Nutritional needs and factors to consider when caring for the elderly.
 - Vegetarians: definition, types (lacto and strict), factors affecting choice.
 - Adolescents:
 - Who are they?

- Discussion on their special and nutritional needs.

4. Cake Making

- a. Methods of cake making
- b. Main ingredients and their functions
- c. Faults in cake making
- d. Preparing cakes using the creaming method.
- e. Simple cake decoration

TERM 2

4. Milk

- a. Composition of milk.
- b. Types of milk.
- c. How to make milk safe to drink.
- d. Value of milk in the diet.
- e. Storage of milk.

5. Cheese

- a. Types of cheese
- b. Nutritive value of cheese
- c. Effects of heat on cheese
- d. Storage of cheese

6. Pastry Making

- a. Definition of pastry
- b. General rules for making pastry
- c. Main ingredients and their functions
- d. Methods of incorporating fats
- e. Types of pastry and uses

PLEASE NOTE

- **STUDENTS MUST HAVE A WHITE APRON AND HEAD TIE FOR ALL PRACTICALS. (NO TEE SHIRTS)**
- **STUDENTS ARE ASSESSED AFTER EACH TOPIC HAS BEEN COMPLETED.**
- **STUDENTS ARE REQUIRED TO HAVE THE FOLLOWING ITEMS:**
 - a. **White apron and head cover**
 - b. **Kitchen Towels**
 - c. **Oven Mittens and Potholder**
 - d. **Food Items for Practical Classes**
 - e. **Notebook**
 - f. **Food and Nutrition Textbooks**

**FOOD AND NUTRITION SYLLABUS
GRADE 10
2017-2018**

TERM I

PRINCIPLES OF NUTRITION

1. Nutritive Value of Food

- a. Food sources and function of protein, carbohydrates and fats
 - Proteins: animal and vegetable
 - Carbohydrates: monosaccharide, disaccharides, polysaccharides
 - Fats: animals or saturated fatty acids; plants or unsaturated, monounsaturated and polyunsaturated
- b. Visible fats and Invisible fats
 - Definition of visible and invisible fats
 - Food sources of visible and invisible fats
- c. Functions and sources of Vitamins
 - Vitamins A, D, E, K, B1, B2 and B12. Folic acid, Niacin and Vitamin C
 - Classification of vitamins according to solubility
- d. Function and sources of Minerals
 - Major and trace elements of iron, calcium, phosphorous, potassium, Sodium and iodine
- e. Water
 - Food source and function of water in the diet
 - Requirements of water
- f. Structure of Eggs Meat, Fish and Cereals
 - Describe the structure of eggs, meat, fish and cereals
 - Nutritive value of eggs, meat, fish and cereals
- g. Composition of:
 - Eggs, cheese, meat, fish;
 - Fruits (legumes or pulses, nuts and Soya bean);
 - Vegetables (starchy, non-starchy and leafy);
 - Cereals (wheat, rice, corn, oats)
- h. Factors that affect the nutritive Value of Foods
 - harvesting practices - transportation of food (time and conditions)
 - processing in factories - storage of foods
 - additives for preservation - food preparation practices
- i. Effects of cooking on different types of foods
 - Effects of cooking on proteins, carbohydrates and fats
- j. Assessment of Nutritive Value of Prepared Food
 - Assess the nutritive value of raw and cooked foods
 - Use of food composition tables to calculate nutrient content of foods

2. Cereals

- a. Types of cereals
- b. Rules for preparing cereal mixtures
- c. Ways of preparing cereals (puddings, porridges, main dish, baked items, ready to use cereals).

3. Nutrition for Life Cycle

- a. Planning and preparation of meals suitable for School based Assessment (SBA) practical tasks
- b. Planning and preparing meals for pregnant and lactating women
- c. Feeding of Infants
 - Explain Exclusive Breastfeeding and Complementary Feeding
 - Guidelines for complementary feeding (weaning)

- Advantages of breastfeeding over bottle feeding
- d. Multi-mix Principle
 - What is the multi-mix principle?
 - Planning meals using multi-mix principle or the Caribbean food groups
- e. Developing positive eating habits in young children
 - Guidelines for developing positive eating habits and making mealtime enjoyable
- f. Adolescents
 - Nutritional needs of adolescents
 - Guidelines for planning meals for adolescents
 - Planning and preparing meals for adolescents
- g. Adults
 - Nutritional needs of Adults
 - Guidelines for planning meals
 - Needs according to occupation
 - Planning and preparing meals to meet nutritional needs of adults
- h. The Elderly
 - Guidelines for planning and preparing nutritional meals for the elderly
 - Identify special problems that could affect nutritional status of the elderly (financial, nutritional, psychological and physical problems)

TERM II

4. Diet, Health and Nutritional Status

- a. Definition of terms (Nutritional Status, diet, malnutrition, under-nutrition, over-nutrition, PEM, obesity, hypertension, diabetes, anorexia nervosa, bulimia, anemia, osteomalacia).
- b. Identification of signs and symptoms of each disorder above
- c. Factors influencing Food Habits and Choices (income, education, food fads, food fallacy and food availability)
- d. Effects of Food Habits and Lifestyle Factors on nutritional Status
- e. Effects of high levels of fat in the diet – cholesterol levels and obesity
- f. Effects of Vitamin and Mineral deficiency in the diet
- g. Nutritional and Lifestyle
 - Guidelines for reduction of excess Body weight
 - Guidelines for reducing fat, salt and sugar in the diet (choice of foods, food preparation methods, examination of food labels)
 - Importance of dietary fibre or roughage in the diet.
- h. Vegetarians
 - Define Vegetarians, Lacto-vegetarians, Lacto-ovo vegetarians and Vegans
 - Planning meals for vegetarians
 - Reasons for becoming Vegetarians
 - Health benefits of a vegetarian diet
- i. Convalescents
 - Define convalescent
 - Planning and preparing meals to meet nutritional needs of convalescents
- j. Organisations and Institutions involved in Food and Nutrition Activities within the Caribbean region - CFNI, PAHO, WHO

TERM III

FOOD SERVICE MANAGEMENT

4. Equipment and Utensils for Food Preparation and Service

- a. Small Equipment
 - Uses of small equipment in food preparation and service
 - Maintenance (care and storage)
 - Features of small equipment
- b. Electrical Appliance
 - Use of mixer, blenders, microwave ovens etc.
 - Care and Storage
 - Desirable features
- c. Large Equipment (Cooker, freezer, refrigerator)
 - Use and importance of
 - Points to consider when choosing
 - Rules and care when using
- d. Kitchen Sinks
 - Guidelines for use and cleaning
 - Procedure for removing a simple blockage in sink

5. Food Hygiene and Safety

- a. Causes of Food Spoilage
- b. Factors contributing to Food Contamination
- c. Safety and hygiene when purchasing food
- d. Personal Hygiene during food preparation and services
- e. Symptoms of food poisoning (stomach pain, vomiting, diarrhoea)
- f. Kitchen Hygiene
 - Cause of accidents
 - Importance of safety practices
- g. First Aid
 - Items in First Aid Kit
 - Uses of items
 - Application of first aid treatment to cuts, scalds and burns

6. Food Preservation

- a. Terms used in food Preservation (sterilization, enzyme action, pectin, blanch, canning, bottling, dehydration, pickling, wrinkle test, flake test)
- b. Reasons for Preserving Foods
- c. Principles on which methods of Food Preservation are based
- d. Methods of Preserving foods (heating, dehydrating, freezing, preserving through chemicals or additives, using enzymes and bacteria)
- e. Use of Food Additives and Common Preservatives
 - Meaning of Food Additives
 - Reasons for the use of common additives e.g. Salt, sugar, vinegar
 - Advantages and disadvantages of using food additives
- f. Selection of fruits and vegetables for preservation
- g. Procedures for preserving vegetables by freezing
- h. Preparation of Jams, Jellies, Candid Fruits and Chutneys
 - Equipment required
 - Method of preparation
 - Desirable qualities for well-made jams and jellies

PLEASE NOTE

1. **CXC School-Based Assessment comprise of THREE GRADED assignments testing practical skills. However, a number of practical skills are tested for each module. Students are required to be prepared for all practical classes on the day stipulated by the Teacher.**
2. **Students are required to have:**
 - a. **An apron and head cover**
 - b. **Cover cloth (22 X 36)**

- c. **One and half (1 ½) yards of Net (for covering practical display)**
- d. **Dish towels (four terry cloth)**
- e. **Potholders and mittens**
- f. **Notebook**
- g. **Food and Nutrition Textbooks**

**FOOD AND NUTRITION SYLLABUS
GRADE 11
2017-2018**

TERM I

FOOD SERVICE MANAGEMENT

5. Consumerism and Purchasing

- a. Terms used in Food Purchasing
 - Unit pricing, net weight, impulse buying
 - Universal Produce Code (UPC)
 - Standard of identity
 - Expiry date
 - Comparative shopping
 - Bulk buying
- b. Advantages and disadvantages of purchasing food at large supermarket and small groceries
 - Consideration of differences in variety and price of goods
 - Convenience (access to transport, parking facilities, opening and closing hour)
- c. Food Labels
 - Information on food labels
 - Interpretation of information on food labels
 - Purpose of labeling (date labelling, nutrition labelling, and content labelling)
 - Importance of reading food labels
- d. Factors influencing food purchasing
 - Income
 - Food availability
 - Personal preferences
 - Nutrition education
- e. Points to look for when purchasing meat, fresh fish, eggs, fruits and vegetables
 - Physical characteristics of fresh meat, fish and poultry
 - Classification of fish (white, oily and shell)
 - Points to consider when buying fish, meat and poultry
 - Identifying fresh fruits and vegetables
- f. Preparation and use of shopping list
 - Ways to economize when purchasing foods
 - Advantages and disadvantages of bulk purchasing and Comparative Shopping
- g. Convenience Foods
 - Definition of convenience foods
 - Forms in which convenience foods are available (dehydrated, tinned, frozen, fully and partly cooked)
 - Advantages and disadvantages of convenience foods

- h. Role of Consumer Organizations in relation to Food and Nutrition (consumer education, redress, price patrol, food standard)

FOOD PREPARATION AND SERVICE

6. Scientific Principles in Food Preparation

- a. Principles of heat transfer by conduction, convection and radiation
- b. Effects of dry and moist heat on milk, cheese, eggs and meat
- c. Processes used in the Preservation of milk
 - Sterilization, pasteurization, ultra heat treatment
 - Process use in the production of condensed and dried milk
- d. Production of Wheat Flour
 - Definition of “extraction rate”
 - Types of flour
 - Classification according to extraction rate (whole wheat, white flour)
 - Uses in cookery (self-raising, bread flour, cake flour)
- e. Raising agents used in flour mixtures
 - Air, carbon dioxide and water vapour
 - Ways of introducing these gases into a mixture (bicarbonate of soda, baking soda and yeast)
 - Experimenting with raising agents
- f. Effects of dry and moist heat on cereals, flour mixtures, starchy vegetables and sugar mixture
- g. Effects of heat on fats and oils
- h. Textured Vegetable Protein (T.V.P)
 - Explain the term “Textured Vegetable Protein”
 - Production process of textured vegetable protein (T.V.P)
 - Sources of textured vegetable protein (T.V.P)

7. Management of Food Preparation and Service

- a. Planning the layout of a kitchen
 - Organization of cookery area
 - Layout of equipment for maximum efficiency
 - Surfaces (walls, floors and work surfaces)
- b. Advantages and limitations of various kitchen layouts
- c. Time and Labour saving devices used in food preparation and services
- d. Proper storage of food in the home
- e. Conservation of fuel and time in food preparation
- f. Preparation of time plan:
 - Guidelines to follow
 - Efficient use of time for food preparation and service

8. Meal Planning and Service

- a. Definition of terms – breakfast, brunch, lunch, dinner, supper, tea, high tea, cocktail, menu, buffet, cover-plate setting, hors-d’oeuvre, a la carte, table d’hote
- b. Kinds of food included in the Main Course (protein foods, starchy foods, vegetables)
- c. Menu writing
- d. Factors to consider when planning meals (age, sex, health, food preparation facilities, foods in seasons, occupation, occasion)
- e. Planning and Preparation of Packed Meals
- f. Service of foods for different occasions
 - Types of meal service – buffet, plate, family
 - Table setting for different types of service
- g. Tray Services
 - Arrangement of tray for tray service

TERM II

9. Food Preparation Methods

- a. Methods of cooking
 - Principles underlying moist heat method and dry heat methods, pressure cooking, microwave cooking and conservative cooking
 - Advantages and disadvantages of different methods cooking food
 - Foods suitable for cooking by each method
- b. Food preparation skills
 - weighing, measuring, shredding, chopping and others
- c. Cake Making
 - Methods of cake making (creaming, rubbed in, whisking and melted fat)
 - Importance of major ingredients used in cake mixtures
 - Variations of Basic Recipes
 - Faults and procedures for preventing common faults in cake making
 - Cake Decoration
- d. Quick Breads
 - Definition of “quick bread”
 - Faults and procedures for preventing common faults in quick bread
- e. Sweet and Savoury Dough
 - Preparation of sweet and savoury products using yeast
 - Importance of major ingredients
 - Faults and Procedures for preventing faults
- f. Pastry Making
 - Methods of preparation of various pastries (shortcrust, flaky and rough-puff)
 - Purpose of aerating, folding and rolling
 - Define “bake blind”
 - Importance of major ingredients in pastry
 - Preparation of filling
 - Variations of short crust pastries
 - Preparation of savoury and sweet products using short crust, rough-puff and flaky pastry
 - Faults and procedures for preventing common faults
- g. Batters
 - Rules for Preparation of batters
 - Types of batters
 - Preparation of savory and sweet products using batters
- h. Preparation of Desserts using a variety of products (gelatin, corn starch, custard, fruits and other)
- i. Soups
 - Rules for preparing clear and thick soups
 - Qualities of well-prepared soups
- j. Sauces
 - Uses of sauces
 - Preparation of different types of sauces (roux sauces, sweet sauces, fruit sauces and others).
- k. Hot and Cold Beverages
 - Preparation of hot beverages (tea, percolated coffee, cocoa)

- Definition of “steep or infuse”
 - Service of hot beverage
 - Preparation of cold beverages
 - Preparation of syrups
 - Methods of extracting juice from fruits
 - Service of cold Beverages
- l. Fruits and Vegetables
- Rules for handling fruits and vegetables
 - Use of appropriate knives and other utensils for preparation
 - Preparation of raw and cooked vegetables and fruits
 - Guidelines for preparing and serving salads
- m. Herbs and Spices in Food Preparation
- Definition of herbs and spices
 - Examples of herbs and spices use in food preparation
 - Appropriate uses of herbs and spices in various dishes
- n. Enhancing the Appearance of Foods
- Definition of garnish and decoration
 - Guidelines for use of garnishes and decorations
 - Use of colour, size, shape, texture
 - Use of attractive service utensils

10. Large Scale Food Preparation and Service

- a. Planning and preparing meals for large groups
- b. Purchasing foods for large groups
- c. Ensuring food safety in large-scale food preparation and service
- d. Adaptation of recipes for use in large-scale food preparation
- e. Portion sizes (rice, meat and vegetables)
- f. Menu Planning for large groups

Please Note: Teachers may shift around topics for the grade 10 and 11 CXC syllabus in order to prepare students for the external practical examination.

N.B.: External CXC Practical School Based Assessment is done either the End of November to First Week in December.

- **Each Student is assigned a question.**
- **They are required to plan and write a plan of work which they follow during the practical examination.**
- **They must cook and display their food within two and half hours (2 ½ hrs.).**
- **Tables for the display of food must be set the day before the examination.**
- **Students must be properly attired for the practical examination.**
- **Students must have cover cloth, kitchen towels, potholders, kitchen mittens, net to cover food display and food items for practical.**

CARIBBEAN ADVANCED PROFICIENCY EXAMINATION (CAPE)
FOOD AND NUTRITION
UNIT 1
GRADE 12 AND 13
2017-2018

MODULE1: PRINCIPLES OF NUTRITION AND HEALTH

TERM 1

1. Eating behavior

- a. Definition of satiety, hunger and appetite.
- b. Factors which determine satiety, hunger and appetite.
- c. Regulation of appetite and control of hunger.
- d. Factors that influence the hunger centre.
- e. Hunger vs. appetite.
- f. Balance of hunger, appetite and satiety.
- g. Factors affecting eating behaviour.

2. How food nourishes the body.

- a. Classification of food on the basis of major dietary components and their dietary sources.
- b. The role and functions of the nutrients-their digestion, absorption and metabolism in the human health.

3. Dietary Guides and Nutrition Standards

- a. Definition of RDA.
- b. Uses of RDA.
- c. Components of energy expenditure.
- d. Classification of foods into Caribbean food groups.
- e. Use of exchange lists to plan diets based on energy requirement.
- f. Calculation of energy available from food.
- g. Use of the Multi-Mix Principle to form a nutritionally balanced meal.
- h. Calculation of energy requirement, calculation of carbohydrate, protein and fat content of food.
- i. Dietary guidelines to prevent deficiency and lifestyle diseases.

4. Food and nutrient requirement

- a. Social and cultural practices which influence food and nutrient requirements.
- b. Nutrient requirements at different periods in the life cycle-females of reproductive age, lactating mothers, infants and preschool children, older persons.
- c. Comparing food needs of individuals at different stages of life cycle.
- d. Factors which influence food and nutrient requirements.
- e. Energy requirements of infants during the first year.
- f. Transition from breast feeding to weaning.

TERM 2

5. Feeding the child during the first year of life.

- a. Factors that contribute to successful breastfeeding.
- b. Benefits of breastfeeding to both mother and child.
- c. Breast milk-myths and misconceptions.
- d. Reasons for decline of breastfeeding and use of substitutes.
- e. Reasons for termination of breastfeeding to lead to early complementary feeding.
- f. Benefits of complementary feeding from the perspective of child, mother and society.
- g. Strategies for the protection, support and promotion of breastfeeding.

6. Nutrition status of children

- a. Nutritional status indicators to assess the nutritional status of children.
- b. To use a growth chart to plot weights at different ages.
- c. Growth chart as a tool for monitoring the health and nutritional status of young children.
- d. Improving nutritional status of children at the individual, family and community levels.

7. Nutrition related disorders

- a. Health problems due to deficiency diseases in the region.
- b. Synergistic relationship between diarrhea and under-nutrition.
- c. Adult chronic diseases common in the Caribbean.
- d. Lifestyle diseases and factors contributing to such diseases.
- e. Prevention, control and management of nutrition-related disorders.

TERM 3

8. Reliable sources of nutrition information.

- a. Identification of reliable sources.
- b. Agencies involved in nutrition-related research and education.
- c. Access and use of scientifically reliable sources, scientifically reliable websites, scientific journals and textbooks.

MODULE 2: FOOD SELECTION AND MEAL PLANNING (UNIT 1)

TERM 1

1. Meal Plans and Meal Patterns

- a. Types of meal e.g. breakfast, lunch, dinner, supper, snacks, special occasions.
e.g. Wedding, anniversaries.
- b. Meal courses: two-course, three-course etc
- c. Menu formats and construction

2. Food Guide Systems Available for Meal Planning

- a. Six food groups: Caribbean Food Guide; Canadian Food Guide; USA Food Pyramid; Recommended Nutrient Intake (RNI); Dietary Reference Value (DRV)
- b. Nutritive value as a basis for classification
- c. Food exchange Lists
- d. Recommended Daily Allowances (RDA)
- e. Dietary Guidelines

3. Major Nutrients in each category of the Six Food Groups

4. Meal Planning

- a. Factors to consider when planning the regular balanced diet
 - Adequacy
 - Balance
 - Caloric control
 - Moderation
 - Variety and aesthetics.
- b. Meals for persons at all stages of the life cycle
- c. Modification of the diet to suit therapeutic and other needs
- d. Vegetarian diets
- e. Convenience foods
- f. Relationship between excessive consumption of nutrients and health
- g. Nutrient supplementation and food fortification

TERM 2

5. Chemically and Genetically Engineered Foods

- a. Functional foods and genetically engineered foods
- b. Fat replacers
- c. Sugar and salt substitutes.

6. Food Labeling

- a. Required information and format
- b. Optional nutrition information
- c. Guidelines for use of labeling when investigating nutritional value of foods

7. Storage and Handling of food

- a. Causes of food poisoning – bacteria, moulds, chemical contaminants
- b. Procedures for ensuring safety of foods
 - Cooking and serving temperatures, degree of doneness, holding time and temperatures
 - Cross contamination in food preparation
 - Thawing and cooling procedures
 - Governmental efforts to promote food safety
 - Role of protection agencies

8. Nutrient Conservation

- a. Causes of loss of nutrients associated with food preparation and storage. E.g. enzymes, temperatures, exposure to air, trace metals, light, micro-organisms
- b. Method of conserving nutritive value of dry and frozen foods during storage.

MODULE 3: FOOD PREPARATION AND SERVICE: PRINCIPLES AND METHODS (UNIT 1)

TERM 1

1. FOOD PREPARATION

Meats, Poultry, Fish, Stocks, Sauces, Soups, Yeast Breads, Pastry, Dairy Products

2. RECIPE MODIFICATION AND CONVERSION

Conversion of Standardised recipes based on number of persons to be served
Modification of Basic recipes to promote Healthful food Choices

3. SENSORY EVALUATION OF FOOD PRODUCTS

Organoleptic Factors: aroma, taste, colour, texture, shape
Sensory Appeal

4. KNIFE SKILLS

Types of Knives in Food Preparation
Parts of a Knife
Sharpening a Chef's Knife
Knife Skills or Usage
Care of the Knife

5. GARNISHES

TERM 2

6. KITCHEN PLANNING

- Organization of food preparation area for efficient work,

- Production flow, work design.
- Selection, use and care of small and industrial equipment and tools.

7. KITCHEN SAFETY AND FIRST AID

- Safety precaution and measures in the kitchen.
- First aid principles and practice.
- Use of fire extinguishers and Occupational health and safety.

8. SCIENTIFIC PRINCIPLES UNDERLYING FOOD PREPARATION METHODS

- Effect of heat on various foods: meats, vegetables, fruits, poultry, eggs.
- Heat transfer methods and application- dry, moist, combination.
- Principles involved in different methods of cooking.
- Effects of heat on nutrients found in food.
- Food preparation methods to retain nutritive properties, colour and flavor.
- Economical use of food, equipment and fuel.

9. BASIC FOOD SERVICE

- Appointments needed for Food Service.
- Basic table service.
- Principles of serving food.
- Suitable temperature for various foods.

PLEASE NOTE

- **Teachers may rotate/shift topics in each module to prepare students for their SBA Research and Modification practical.**
- **Students must do a Research Paper and a Recipe Modification.**

IMMACULATE CONCEPTION HIGH SCHOOL
CAPE FOOD AND NUTRITION
GRADE 12 &13
UNIT 2

TERM 1

1. Factors influencing Food Choices and Practices.

2. Food Hygiene Sanitation

- a. Regulating the standards governing the sale of foods
- b. Safe storage of food and disposal of waste.
- c. Conservation of nutritive value
- d. Water supply: Regularity, quality
- e. HACCP-approach to food safety

3. Safety and Sanitation in Quantity Food Preparation and Service

- a. Causes and prevention of food- borne illnesses.
- b. Selection, use and maintenance of utensils and equipment used in food preparation and service.
- c. Time and temperature control in cooking storing and serving food.
- d. Safe working environment.
- e. Public health regulations.

4. Food and Nutrition Standards.

- a. Regulatory agencies.
- b. Food and nutrition standards.
- c. Legislation.
- d. Monitoring

5. Factors to be considered before, during and after disasters

- a. Procurement and preparation of food for all groups.
- b. Labelling and storage.
- c. Vulnerable groups.
- d. Ensuring safety of food supply.
- e. Calculating daily food rations.
- f. Planning, distribution and monitoring left over foods for quality.
- g. Identification of government and non-government agencies involved in feeding.

TERM 2

6. Carbohydrates

- a. Classes of carbohydrates.
- b. Structural components of carbohydrates.
- c. Formation of disaccharides and polysaccharides
- d. Examples, sources and uses of different types of carbohydrates.
- e. Importance and sources of fibres.

7. Fatty Acids

- a. Categories of fatty acids.
- b. Essential fatty acids.
- c. Glycerides.

8. Proteins

- a. General structure of a protein.
- b. Importance of proteins in the diet.
- c. Functions of proteins.
- d. Classification of proteins.
- e. Chemical properties of proteins.
- f. Sources of proteins.

9. Water Soluble and Fat Soluble Vitamins.

- a. Sources, functions and deficiencies of vitamins.
- b. Enrichment, fortification and bioavailability of vitamins.

10. Food Additives

- a. Definition.
- b. Biotechnology.
- c. Nutrient improvement of food.
- d. Standards for use of food additives and biosafety.

11. Phytochemicals

- a. Health promoting properties.
- b. Phytochemical as an antioxidant.
- c. Action within the body with examples.
- d. Food sources of phytochemical.

12. Food Processing and Preservation

- a. Definition.
- b. Common food processing techniques.
- c. Methods of food preservation with examples.
- d. Advantages and disadvantages of food preservation methods.
- e. Effects on physical and chemical properties of food.
- f. Salt and sugar as a food preservative.

PLEASE NOTE

- **Teachers may shift/rotate topics to prepare students for their SBA Research Paper and Product Development.**
- **Students must do a SBA Research Paper in Term 1 and a SBA Product Development in Term 2.**