

**FOOD AND NUTRITION SYLLABUS**  
**GRADE 10**  
**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.

**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**