

IMMACULATE CONCEPTION HIGH SCHOOL
HOME ECONOMICS DEPARTMENT
SYLLABUSES

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.

WHAT IS HOME ECONOMICS?

You may say home economics is making a standard muffin with the right amount of peak or planning a meals using a variety of textures and colours or knowing that scurvy results from a lack of Vitamin C.

You can say home economics is sewing a straight seam or putting on a button so it won't fall off or picking a pattern just right for you.

BUT it's more than that.

You can say home economics is acquiring consumer skills to evaluate choices on the market or learning to communicate in personal relationships or trying to create environments pleasing to live in or relating nutrition to how we feel and look

AND you might be closer.

You can say that home economics deal with life itself – That involved in bettering lives of **real** people doing **real** things, thinking real thoughts.

(FSC FORUM Newsletter 2007)

GENERAL OBJECTIVES

The main goal of the ICBS 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 to being well prepared for home economics, students may be encouraged to pursue future

schooling or careers and will emerge from each grade impressed with the elegance and scope of the subject, and be excited by its vast potential for fun and creativity.

HOME ECONOMICS DEPARTMENT FOOD AND NUTRITION SYLLABUS GRADE 11

TERM I

FOOD SERVICE MANAGEMENT

1. 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

2. 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 or 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)

3. Management of Food Preparation and Service

- a. Planning the layout of a kitchen
 - Organisation 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

4. Meal Planning and Service

- a. Definition of terms – breakfast, brunch, lunch, dinner, supper, tea, high tea, cocktail, menu, buffet, cover-place 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

5. 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

6. 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 given a question.**
- **They are required to plan and write a Time Plan 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.**