

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 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 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.

**CARIBBEAN ADVANCED PROFICIENCY EXAMINATION (CAPE)
FOOD AND NUTRITION
UNIT 1
GRADE 12 AND 13**

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.**