

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.

**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.**