

IMMACULATE CONCEPTION HIGH SCHOOL
HOME ECONOMICS DEPARTMENT

FOOD AND NUTRITION SYLLABUS
GRADE 7
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

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**