

**HOME ECONOMICS DEPARTMENT  
FOOD AND NUTRITION SYLLABUS  
GRADE 9  
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 1**

**1. Principles of Nutrition**

- a. Definition of terms – nutrition, nutrients, malnutrition, other related terms.
- b. General functions and sources of food
- c. Nutrients based on the basic food groups
- d. Daily intake of food in relation to the needs of the body, energy and nutrients.
- e. Comparison of different nutrients in local foods.
- f. Caloric value of food.

**2. Menu Writing**

- a. Definition of Menu.
- b. Rules for writing menus
- c. Writing Lunch and Dinner Menus
- d. Services of meals for different occasions.
  - Plate      - Buffet
  - Family    - Others
- e. Guidelines for:
  - i. Table setting for Formal and Informal meals
  - ii. Etiquette and table Manners

**3. Meal Planning, Preparation and service.**

- a. Factors influencing Food Choices:
  - Family
  - Peers
  - Media on personal food choices
  - Religion
  - Likes and Dislikes

- b. Reasons for Planning meals
- c. Factors to consider when planning meals
  - Time available
  - Occasion
  - Money available
  - Age
  - Sex (male/female)
  - Others.
- d. Planning meals to meet the nutritional needs of the family members.
  - Elderly: who are they? Nutritional needs and factors to consider when caring for the elderly.
  - Vegetarians: definition, types (lacto and strict), factors affecting choice.
  - Adolescents:
    - Who are they?
    - Discussion on their special and nutritional needs.

#### **4. Cake Making**

- a. Methods of cake making
- b. Main ingredients and their functions
- c. Faults in cake making
- d. Preparing cakes using the creaming method.
- e. Simple cake decoration

### **TERM 2**

#### **4. Milk**

- a. Composition of milk.
- b. Types of milk.
- c. How to make milk safe to drink.
- d. Value of milk in the diet.
- e. Storage of milk.

#### **5. Cheese**

- a. Types of cheese
- b. Nutritive value of cheese
- c. Effects of heat on cheese
- d. Storage of cheese

#### **6. Pastry Making**

- a. Definition of pastry
- b. General rules for making pastry
- c. Main ingredients and their functions
- d. Methods of incorporating fats
- e. Types of pastry and uses

**PLEASE NOTE**

- **STUDENTS MUST HAVE A WHITE APRON AND HEAD TIE FOR ALL PRACTICALS.  
(NO TEE SHIRTS)**
- **STUDENTS ARE ASSESSED AFTER EACH TOPIC HAS BEEN COMPLETED.**
- **STUDENTS ARE REQUIRED TO HAVE THE FOLLOWING ITEMS:**
  - a. **White apron and head cover**
  - b. **Kitchen Towels**
  - c. **Oven Mittens and Potholder**
  - d. **Food Items for Practical Classes**
  - e. **Notebook**
  - f. **Food and Nutrition Textbooks**