

SCHEME OF WORK FOODS AND NUTRITION SS2 2019/2020 SESSION THIRD TERM

WEEK 1

Revision of last term work/food budgeting and food purchasing.

WEEK 2

Consumer education

- Principle of consumer education.
- Consumer agent.
- Government agencies and regulations.

WEEK 3

The art of entertainment; being a good hostess/host.

WEEK 4

Types of party e.g. house warming, naming, birthday, wedding etc.

WEEK 5

Festive dishes and special occasions dishes e.g. Igbo, Yoruba, Hausa.

WEEK 6

Food services and table setting

- Table service
- Family service
- Foreign service

WEEK 7

MID TERM BREAK

WEEK 8

Traditional dishes from different localities e.g. Yoruba, Hausa, Igboetc

WEEK 9

Test interpretation.

WEEK 10

Revision

WEEK 11-12

WEEK 1

SUBJECT: FOOD AND NUTRITION

CLASS: SS 2

TOPIC: FOOD BUDGETING

CONTENTS: i. The Family budgeting.

ii. Factors Influencing family budgeting.

iii. Food budget.

Sub Topic 1: The Family budgeting.

BUDGETING: it is the act of planning how to spend the net income in such a way that individual concerned will not run into any financial embarrassment before the next income. It is the process whereby all the expenses to be made are listed and the cost known.

Definition of terms:

INCOME: It is the amount of money which comes in at regular intervals. It can be in form of assets, shares, investment, royalties, commissions, rents, salaries, etc

Income is divided into gross income and net income.

Gross income: it is the sum total of the money from the various sources without any deduction.

Net income: it is the actual amount received after all the compulsory deductions such as tax, levies, etc. have been made, and thus the net income is always smaller. It is net income that is available for spending.

Expenditure: it is the total amount of money that goes out of the income of an individual or group to meet their various needs within a period of time.

FAMILY NEEDS: These are categorised into **primary or basic needs** and **secondary needs**.

Primary needs: These are needs that the family cannot do without or postpone. They are food, shelter (house rent), clothing and health care. These needs are very essential for human existence.

Secondary needs: These are needs that are considered after the primary needs are made. They vary among different families and are determined by the socio-economic state of the family. These are needs the family can do without. Examples of secondary needs are education, transport, electricity bills, savings, entertainment and personal expenses.

Sub Topic 2: FACTORS INFLUENCING FAMILY BUDGETING

1. Availability of income: The money available determines what the family budget for family budget should be determined by their income
2. Family composition/needs: The number of people as well as sex and age has influence on family budget. E.g. the demand on family income is much during expanding stage, child bearing, training and education.
3. Locality: The location of the family affects budgets and expenditures as prices of things vary from place to place.
4. Seasons of the year: Food stuffs when in season are cheaper than when they are out of season.
5. Occupation: The type of occupation carried out by member of the affect the budget. A worker on steady salary found it easy to make steady budget.
6. Inflation: when there is inflation .e.g. when the prices of goods and services are very high, the cost of maintaining family increases.

Benefits of family budget.

1. It gives direction as to how the family income is to be spent.

2. It helps to get only the basic things thereby meeting the family needs.
3. It helps to avoid impulse buying.
4. It gives experience in planning how to spend money.
5. It helps to keep one out of debt.

Sub Topic 3: FOOD BUDGET: This is the planning and the allocating of a particular sum of money for various food items for the family over a given period. It includes the list of all the food items to be purchased and their cost. It enables the housewife to provide a balance meal in the family.

Example of a food budget of an imaginary family (N 10,000=)

| FOOD ITEMS | FOOD ITEMS BUDGETED | AMOUNT |
|---------------|---------------------|------------------|
| Rice | 24% | N 2,400= |
| Garri | 6% | N600= |
| Beans | 8.4% | N 840= |
| Spaghetti | 3.2% | N 320= |
| Provisions | 14% | N 1,400= |
| Palm oil | 2.4% | N 240= |
| Salt | 1.2% | N 120= |
| Magi | 2.4% | N 240= |
| Gas /kerosene | 14% | N 1,400= |
| Yam | 10% | N 1,000= |
| Groundnut oil | 2.4% | N 240= |
| Meat | 6% | N 600= |
| Fish | 6% | N 600= |
| Total | 100% | N 10,000= |

Food budget varies with different families in terms of the list of food items because there are different types of foods that are not consumed by different people in different parts of the world.

FACTORS TO CONSIDER WHEN BUDGETING FOR FOOD.

1. Money available: The money available determines the amount to be allocated for food
2. Season of the year: Foods in season determine the money to be spent at a particular season.
3. Family composition: The composition of the family and the nutritive requirement of each member should be considered.
4. Storage facilities: Storage facilities in the house should be considered especially when buying in bulk
5. Family size: The size of the family determines the amount to be budgeted for food
6. Nature of the food: The nature of the food. E.g. perishable or non perishable.
7. Quality of the food: the quality of the food to purchase should be considered. High quality foods will have extended shelf life. Hence, keep longer and better with high nutritive value.

EVALUATION

1. Define budgeting.
2. State the difference between primary needs and secondary needs.
3. Mention three factors that affect food budget.
4. Enumerate four importance of family budget.
5. Explain the following terms
 - a. Gross income
 - b. Net income

- c. Expenditure
- d. Money income

OBJECTIVE TEST

1. Factors to consider when planning a family budget are all except
 - a. Amount allocated for food or net income
 - b. Types of food in season
 - c. Those that will eat the food
 - d. Tastes of the various family members
2. Which of the following is an unwise way of shopping?
 - a. Making a shopping list
 - b. Reading labels
 - c. Knowledge of the product
 - d. Buying all things on sale
3. The need that is given the first priority in family budget is _____
 - a. Secondary
 - b. Primary
 - c. Entertainment
 - d. Education
4. Which of the following is used to make a family budget?
 - a. Gross income
 - b. Money income
 - c. Expenditure
 - d. Net income
5. Primary needs are food, education, clothing and _____

WEEKEND ACTIVITY

Make a two-day shopping list of breakfast, lunch and dinner for your family.

WEEK 2

SUBJECT: FOOD AND NUTRITION

CLASS: SS 2

TOPIC: CHOICE AND STORAGE OF FOODSTUFFS

CONTENTS:

Sub Topic 1: Bulk Purchasing

Bulk purchasing is the practice of buying of goods including food in large quantities with the view of storing at home. It involves preparing a list of items to be bought. This will prevent skipping some items and over spending on others.



ADVANTAGES OF BULK PURCHASE

1. It is more economical and it protects one from price fluctuation.
2. It prevents wasteful spending.
3. It makes ingredients ready to use in case of emergency.
4. It attracts some discount from seller during purchasing.
5. It saves time and energy.

DISADVANTAGES OF BULK PURCHASING

1. It can cause spoilage of food stuff where there is no proper storage.
2. It may result to wastefulness.
3. Some food items may become stale.
4. Prices of goods may fall later.

Factors to consider when embarking on bulk purchase.

1. Storage facilities-The type of storage facilities available in the home will determine whether the home maker can buy in bulk or otherwise.
2. Food in season- when foods are in season, they are always cheaper.
3. Size of the family-This help the home maker to have an idea of the quantity of food items that will be sufficient for the family.
4. Available money- The amount of money that is available will determine the food items to be bought.
5. Special nutritional needs of the family members- Priority should be given to special nutritional needs of family members, so as to be able to give them balance diet at all times.

SHOPPING LIST: the shopping list is a list of items to be purchased. This is necessary before embarking on the purchase to prevent the following:

- a. Skipping of some important items
- b. Buying or purchasing items that are not very necessary
- c. It prevents overspending on some less important items

Sub Topic 2: Piece meal buying, market survey.

Piece meal buying- It is another method of buying. It involves buying small quantity of foodstuff at a time.



Advantages of piece meal buying

1. It does not involve the use of large sum of money.
2. It does not involve comparison of prices.
3. Piece buying does not give room to wastage of food items.
4. It is better for home maker who lacks storage facilities.

Disadvantages of piece purchase

1. It wastes time, money and energy.
2. Food is not always available; this may cause some embarrassment during emergency situations.
3. It makes management of family resources to be in adequate.
4. It does not help much in the family budget.

MARKET SURVEY: It is important to carry out market survey before purchasing. One must not rely on the price given by one retailer or wholesaler to buy item.

Market survey is defined as the study of prices of commodities in the market.

ADVANTAGES OF MARKET SURVEY

1. It enables the home maker to know the time of the year when things are cheaper and available and the time when they are scarce and costly.
2. It helps the home maker to know the places where prices of things are cheaper and available
3. It affords the consumer the opportunity to compare prices, qualities and quantities of different brands of the same goods
4. It enables the home maker to make choice of alternatives

Sub Topic 3: Meaning of common terms.

Price list: This is the list that contains prices of items.

Food List: This is the list of food to be bought.

Bulk buying: This is the buying of commodity in large quantities.

Impulse buying: This is the act of buying goods that are not budgeted for.

Cost Analysis: It is the breaking down of the cost of some food items reporting on each item separately and comparing costs.

Brand name: This is also referred to as the trade name given to the product by the manufacturers.



Net Weight: This is the actual estimated weight of a product without its container.

Gross Weight: This is the weight of the content and the container of such food items.

HOME MADE FOOD IN COMPARISON TO COMMERCIAL FOOD.

Commercial foods: These are foods that are produced by the use of sophisticated equipment and consist of factory-manufactured foods such as canned and bottled foods, processed cereals, custard powder etc.

Home-made foods: These are self-prepared foods in the home.



Commercial Foods.



1. Commercial foods can stay a long period without spoiling.
2. It requires sophisticated equipment.
3. Costly due to production and overheating.

4. Nutrient such as vitamin C may be lost in commercial foods due to intensive processing.
5. Chemical preservatives are usually used.
6. It may be adulterated.
7. Commercial food does not usually taste fresh.

Home made food.

These are self-prepared food in the home.

1. Homemade foods do not stay for long period.
2. Require simple equipment.
3. They are cheap as there is less production cost.
4. They retain nutrients.
5. Chemical preservatives are not commonly used.
6. They have fresh taste.

EVALUATION

1. Mention three advantages of bulk purchasing
2. Enumerate the advantages and disadvantages of bulk purchase
3. What is cost analysis?
4. Mention four advantages of market survey.
5. State four differences between commercial food and home-made goods

GENERAL EVALUATION

Objectives

1. Which of these factors will not influence the choice and quantity of food a family can purchase?
 - a. Availability of money
 - b. The size of the family
 - c. Eggs
 - d. Flour
2. Buying many unbudgeted items on sight is known as
 - a. Unbudgeted buying
 - b. Having shopping list
 - c. Unplanned buying
 - d. Accidental buying
3. Good shopping habit implies all of the following except
 - a. Bulk purchasing
 - b. Having shopping list
 - c. Prevention of buying too much of one thing and too little of another.
 - d. Applying piece meal buying.
4. When buying food or any other good, it necessary to.....
 - a. Shop anywhere.
 - b. Compare prices.
 - c. Walk around the market.
 - d. Buy the most expensive product.