

FOOD AND NUTRITION: SCHEME OF WORK NOTES

SS 1 THIRD TERM

WEEK

TOPIC

1. Food study: main foods – cereal grains
 - i. Types of cereal grains
 - ii. Nutritive value of cereal grains
 - iii. Processing of cereal grains.
2. Main foods
 - iv. uses and choice of cereal grains
 - v. Cooking methods
 - vi. High/low extraction rate flour: usefulness of low extraction flour.
3. Legume grains
 - i. Types of legume grains
 - ii. Importance of legume grains
 - iii. Nutritive value of legume grains
 - iv. Cooking method for legume grains
4. Fruits/vegetables
 - i. Types of fruits
 - ii. Nutritive value of fruit
 - iii. Differentiate between fruits and vegetables
 - iv. Factors affecting the choice of fruits and vegetables
 - v. Preparation and serving of fruits
5. Fruits/Vegetables
 - i. Types of vegetables
 - ii. Nutritive value of vegetables
 - iii. Factors affecting the choice of vegetables
 - iv. Cooking method for fruits and vegetables
 - v. Salads, garnishing desert
6. *Kitchen equipment and utensil
 - (a) Identification of different equipment for various tasks.
 - (i) large equipment e.g. mechanical equipment
 - (ii) small equipment
 - (b). uses and care for kitchen equipment
 - (c) storage of kitchen equipment
8. *Labour saving devices:
 - (i) use of labour saving devices
 - (ii) importance of labour saving devices in the kitchen
 - (iii) Operation of labour saving devices
 - (iv) Factors to consider purchasing/selecting labour saving devices
9. *Time and energy management in food preparation:
 - (i) Meaning of time and energy management
 - (ii) Tasks that require time and energy management
 - (iii) Importance of time and energy management
 - (iv) Guidelines on time and energy management
10. Revision
11. Examination

NB TOPICS STARED WERE MOVED FROM SS 2 FIRST REM