

Advanced Foods (CAPE)

Grade 12

Term 1

Unit 1: Fundamentals of Food and Nutrition

Module 1: Principles of Nutrition and Health

- Food Terminologies
 - I. Satiety
 - II. Hunger
 - III. Appetite

- Factors affecting eating behaviour
 - I. Physiological
 - II. Psychological
 - III. Biochemical
 - IV. Demographic
 - V. Environmental

- Dietary Components of Food
 - I. Physical and chemical properties of key nutrients.
 - II. Roles, functions and dietary sources of nutrients in human health.
 - III. Distribution of nutrients in each of the six food groups.

Unit 1:

Module 2: Food Selection and Meal Planning

- Food Group systems and Food Composition
 - a. Diverse food group systems:
 - I. Caribbean
 - II. North America (USA and Canadian)
 - III. British and Latin America

Rationale for the Caribbean Six Food groups- nutritive values and dietary culture as a basis for classification.

- Food exchange lists and substitution lists.

- Caribbean Dietary Guidelines

ONGOING ASSESSMENT (TO INCLUDE INTERNAL ASSESSMENT)

Term 2

January 2021 to March 2021

Module 3: Food Preparation and Service Principles and Methods

- Organizing Food Preparation Area
 - i. Factors to consider in kitchen layout and design
 - ii. Equipment layout and design for efficient work and production flow

- Small and Large equipment and tools
 - i. Selecting small and large equipment and tools
 - ii. Instructions for safe use and care of small and large equipment and in food preparation and service

- Kitchen Safety
 - i. Identify potential danger areas
 - ii. Safety precautions and measures in the kitchen

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Grade 13

Term 1

Unit 2: Food Preparation and Technology

Module 1: Caribbean Food Ways and Food Systems

- Cultural Food Choices and patterns
 - i. Origin and history of Caribbean foods.
 - ii. Diverse cultural food related customs and practices in the Caribbean.
 - iii. Impact on agricultural practices.

- Lifestyle influences an food patterns
 - i. Education
 - ii. Impact of globalization, media, advertising and tourism
 - iii. Socio-economic influences-income distribution

- Cultural Beliefs and myths
 - i. Folklore
 - ii. Taboos
 - iii. Superstitions

Unit 2: Food Preparation and Technology

Module 1: Food Science and Technology

- Food Processing
 - i. Reason for processing
 - ii. Types of processing
 - iii. Principles pf processing various categories of foods.

- Methods of Preservation
 - i. Reasons for preserving food
 - ii. Underlying principles of food preservation
 - iii. Advantages and disadvantages of food preservation

- Biotechnology and Food additives
 - i. Definition of food additives, classification
 - ii. Genetically Modified organism
 - iii. Colourants

- Nutrients Improvement of Food
 - i. Enrichment
 - ii. Fortification
 - iii. Supplementation

NB ONGOING ASSESSMENT (TO INCLUDE INTERNAL ASSESSMENT
NUMBER 2 AND PRACTICALS)

Term 2

January 2021 to March 2021

Module 3: Food Preparation, Service and Management

- Portion Control in Food Service and Presentation
 - i. Determine portion within a food establishment.
 - ii. Proportion based on cost, nutritive content, clientele need and satisfaction
 - iii. “Batching” in preparation cooking and serving- determine batch size

- Costing Different types of Menus
 - i. Purchasing procedures and specifications, ordering and inventory keeping.
 - ii. Purchasing requirement
 - iii. Frequency of purchasing

- Modify and Convert Recipes
 - i. Converting standard recipes based on number of persons to be served
 - ii. Modifying basic recipes to promote healthful food choices.
 - iii. Comparing nutrient content of original and modified products using food composition table.