

# **FOOD NUTRITION AND HEALTH**

## **CSEC Grade 10 Syllabus Outline**

### Section 1- Diet and Health

- Diet Related Health Problem/ Impact
- Lifestyle Diseases e.g. Obesity, Hypertension, Diabetes etc.
- Dietary Guidelines for the Caribbean
- Community Nutrition
- Food Security

### Section 3- Meal Planning and Preparation and Dining

- Menu Writing
- Terms Related to Meal Planning
- Special Groups
- Types of Vegetarian
- Low budget meals

### Section 4- Food Science and Technology

- Food Spoilage and Contamination
- Perishable and Non-perishable Foods
- Microorganisms that contaminate foods
- Food Borne Illnesses
- Methods of Preventing Food Contamination

### Section 5- Kitchen Design and Equipment Management

- Layout and Design of a kitchen
- Kitchen Layouts / Work Triangle
- Accidents in the Kitchen
- Treating common injuries
- Causes of accidents in the home
- Prevention of accidents in the home

### Section 7- Food Management, Preparation and Service

- Preparing and serving cakes
- Preparing and serving pastry
- Preparing and serving sandwiches
- Preparing hot and cold beverages
- Preparing and serving quick breads

## **Mandatory Requirement**

Portfolio Development to include:

- Evidence of all work done
- Self-Assessment/ Reflection
- Introduction of self(personal data, background information on education, expectations)

## **Continuous practical assessment**

**N.B. Topics subject to be changed depending on S.B.A question.**

# **FOOD NUTRITION AND HEALTH**

## **CSEC Grade 11 Syllabus Outline**

### Section 6: Consumerism and Purchasing of Food

#### Consumer Education

- Terms associated with consumerism
  1. Bulk shopping
  2. Consumer
  3. Credit
  4. Gross weight
  
- Rights and Responsibilities of a consumer
  1. Rights of the consumers
  2. Consumer Education
  3. Accurate information
  4. Healthy environment
  
- Role and function of the consumer
  1. Consumer Affairs Division
  2. Bureau of Standards
  3. Weight and Measures Division

NB ongoing assessments (to include practical and portfolio development)

### Section 6: Consumerism and Purchasing of Food

Topic: Types and forms of meat, poultry, seafood and dairy available for purchase

- Meat –beef, pork, goat
  1. Various cuts
  2. Meat products

- Poultry
  1. Whole
  2. Jointed
  3. Poultry products
  
- Seafood to include fish, shellfish, (shrimps and crab)
  1. Steaks
  2. Cutlets
  3. Fish products

NB ongoing assessments (to include practical and portfolio development)

## Section 7: Food Management, Preparation and Service

Topic: Methods of Cooking Food

Principles Underlying

1. Moist heat (boiling, poaching, steaming, stewing)
2. Dry heat (baking, roasting, grilling)
3. Frying (dry, sauté, shallow, stir-frying, deep fat frying)
4. Advantages and disadvantages of each method

Impact of each method on:

5. Taste (flavour)
6. Nutritive value and loss
7. Fuel and time conservation

NB ongoing assessment (to include practical and portfolio development)

## Section 7: Food Management, Preparation and Service

Topic: Preparing and serving combination dishes using eggs, milk and cheese.

1. General rules for egg, milk and cheese cookery
2. Preparation of the following :
  - Omelet
  - Scrambled
  - Quiches
  - Au-gratin

NB ONGOING ASSESSMENT (TO INCLUDE PRACTICAL AND PORTFOLIO DEVELOPMENT)