

Unit Plan for Food, Nutrition and Health

Grade 12 & 13

Unit 1 Module 3

Food Preparation Principles & Methods

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Term 2 January- March 2023

Week	Date	Lesson	Assessment Type
1	January 10	Food safety, sanitation and food poisoning. a. Reasons for food poisoning. b. Cooking and serving temperatures, degree of doneness, holding time and temperatures. c. Cross contamination in food preparation d. Thawing and cooling procedure e. Hazard Analysis Critical Control Point.	.
2	January 17	Food Safety & Sanitation	Test
3	January 24	Effect of heat on various foods. Heat transfer methods and application Meats Vegetables Fruits Poultry Eggs	Presentation
4	January 31	Preparing Food Meats Fish (cuts, market forms)	Quiz

		Poultry Dairy products Stocks, soups sauces Baked products Vegetables & Fruits Pasta Cereals & Grains Ground provision	
5	February 7	Sensory Evaluation of Food Products Organoleptic factors A Aroma, taste, colour, texture, shape. b. Sensory appeal c. Types and uses of various methods of sensory evaluation d .Market Feasibility.	
	February 14	Mid Term Break	
6	February 19 - 23	SIXTH WEEK TEST	
7	February 28	Recipe modification and Conversion. a. Conversion of standardized recipes based on numbers of persons to be served. b .Modification of basic recipes to promote healthful food choices. c. Comparison of nutrient content of original and modified products using food composition tables.	Test
8	March 6	Garnishes a. Types of garnishes b. Selection of local food items appropriate for garnishes c. Making and using garnishes d. Basic garnishing skills.	

<p>9</p>	<p>March 27</p>	<p>Roles of food protection agencies and governmental organizations.</p> <ul style="list-style-type: none"> a. Functions of National and Regional regulatory agencies. <ul style="list-style-type: none"> 1.Public Health Department 2.Food and Drug organizations 3.Ministries of Government(Health, Agriculture, Tourism 4.Caribbean Public Health Agency (CARPHA b. Functions of international regulatory agencies <ul style="list-style-type: none"> i) World Health Organization ii) Pan American Health Organization. (PAHO) 	<p>Group Presentations</p>