



# Food, Nutrition and Health Grade 12 & 13 Course Outline

*Term 1: September-December 2024*

*Teacher: Ms. C. Munroe*

*Duration of Each Session: 55 Mins.*

<b>Week</b>	<b>Date</b>	<b>Topic/Outline</b>	<b>Assessments</b>
<b>1</b>	<b>Sept. 9-13, 2024</b>	<b>Hazard Analysis Critical Control Point (HACCP)</b> <ol style="list-style-type: none"> <li>a. Definition of HACCP</li> <li>b. Identification of critical control points</li> <li>c. Analysis of critical control points in large scale food preparation</li> </ol>	Debate -Be it resolved that food service organizations which employ HACCP as part of their food safety protocol are less likely to have food contamination issues
<b>2</b>	<b>Sept. 16-20, 2024</b>	<b>Principles of Menu Planning</b> <ol style="list-style-type: none"> <li>a. Format</li> <li>b. Aesthetics</li> <li>c. Nutritional balance</li> <li>d. Cooking method</li> </ol>	Activity Worksheet
<b>3</b>	<b>Sept. 23-27, 2024</b>	<b>Multi-mix Principle</b> Multi-mix in relation to menu planning: <ol style="list-style-type: none"> <li>a. Two mix</li> <li>b. Three mix</li> <li>c. Four mix</li> </ol>	Worksheet
<b>4</b>	<b>Sept. 30-Oct. 04, 2024</b>	<b>First Practical of Original Product for S.B.A.</b>	

5	Oct. 07-11, 2024	<b>First Experiment for Product Development S.B.A.</b>	
6	Oct. 14-18, 2024	<b>SIXTH WEEK TEST</b>	
7	21-23, 2024	<b>MID TERM BREAK</b>	
8	Oct. 21-25, 2024	<b>Nutrient Standards</b> <ol style="list-style-type: none"> <li>a. Nutritive value of foods based on the Caribbean Food Group classification</li> <li>b. Principles of meal planning to ensure nutritional balance in meals</li> <li>c. Promoting nutritional balance in meals for different stages in the life cycle</li> <li>d. Persons with nutrition-related chronic diseases; iron deficiency anaemia</li> <li>e. Minimising nutrient loss through the proper selection and handling of food</li> </ol>	Presentation  Quiz  Activity
9	Oct. 28-Nov. 01, 2024	<b>Multi Course Menus for Various Occasions</b> <ol style="list-style-type: none"> <li>a. Factors to be considered in menu planning <ol style="list-style-type: none"> <li>i. Occasion</li> <li>ii. Time</li> <li>iii. Number of persons to be served</li> <li>iv. Type of service</li> </ol> </li> <li>b. Types of menus: <ol style="list-style-type: none"> <li>i. A la carte</li> <li>ii. Table d'hote</li> <li>iii. Du jour</li> <li>iv. Theme</li> <li>v. Static</li> <li>vi. Cycle</li> </ol> </li> </ol>	Sample Menus  Quiz
10	Nov. 04-08, 2024	<b>Multi Course Menus for Various Occasion</b> <ol style="list-style-type: none"> <li>c. Planning two to five course menus; and identification of courses for multi-course meals <ol style="list-style-type: none"> <li>i. Breakfast</li> <li>ii. Supper</li> <li>iii. Lunch or dinner</li> <li>iv. Brunch</li> </ol> </li> </ol>	Meals in courses  Presentations

		<ul style="list-style-type: none"> <li>v. Various settings: weddings, birthdays</li> <li>vi. Planning specialty menus using local cuisine and adapting Caribbean meal presentations for various occasions</li> </ul>	
<b>11</b>	<b>Nov. 11-15, 2024</b>	<b>Second Experiment for Product Development S.B.A.</b>	
<b>12</b>	<b>Nov. 18-22, 2024</b>	<b>Portion Control in Food Service and Presentation</b> <ul style="list-style-type: none"> <li>a. Determine portion within a food establishment.</li> <li>b. Proportioning based on cost, nutritive content, clientele need and satisfaction</li> <li>c. Sectioning techniques before and after preparation</li> <li>d. 'Batching' in preparation, cooking and serving- determining batch size</li> </ul>	Portioning Activity  Quiz
<b>13</b>	<b>Nov. 25-29, 2024</b>	<b>Third Experiment for Product Development S.B.A.</b>	
<b>14</b>	<b>Dec. 02-06, 2024</b>	<b>Modify and Convert Recipes</b> <ul style="list-style-type: none"> <li>a. Converting standard recipes based on number of persons to be served</li> <li>b. Modifying basic recipes to promote healthful food choices</li> <li>c. Comparing nutrient content of original and modified products using Food Composition Tables</li> </ul>	Convert Recipes
<b>15</b>	<b>Dec. 09-13, 2024</b>	<b>SIXTH WEEK TEST</b>	