

FOOD AND NUTRITION

UNIT PLAN

TERM 2

GRADE 7

January 2024 – March 2024

Weeks	Date	Topic	Objectives	Assessments
Week 1	Jan 8-12	Kitchen Safety and First Aid	<ol style="list-style-type: none">1. Define the term Safety2. List and explain Three Safety rules that will prevent accidents in3. the home/Kitchen (cuts, burns and falls) .4. Define the term first Aid5. List 10 basic items found in the first aid kit.6. Explain First aid treatment for cuts, scalds and burns7. Discuss the underlying principles of applying basic first aid.	
Week 2	Jan 15-19	Kitchen Safety and First Aid		<p>Test on Kitchen safety and first aid.</p> <p>Create a first aid kit including (8) basic first aid items found in a first aid kit.</p>

Week 3	Jan.22-26	Metric Conversion	<ol style="list-style-type: none"> 1. List and explain the importance of using measuring equipment. 2. Demonstrate the use of measuring equipments 3. Explain the principles of converting standard measurement to Metric measurement. 	
Week 4	Jan 29-Feb 02	Metric Conversion		Test on metric Conversion
Week 5	Feb 05-09	Revision Class	<p>Revising the topics for Sixth week test</p> <ul style="list-style-type: none"> ● Kitchen Safety and first aid ● Metric conversion 	
Week 6	feb 12-16	Mid term break		
Week 7	feb 19-23	Sixth Week test	<ul style="list-style-type: none"> ● kitchen safety and first aid ● metric conversion 	
Week 8	feb 26-March 01	Methods of Cooking	<ol style="list-style-type: none"> 1. Define terms related to methods of food preparations. 2. Discuss at least three reasons for eating food 3. outline the classification of methods (dry heat moist heat) 4. Describe 4 methods of cooking (frying , baking,grilling) 5. List 2 disadvantages and 2 advantages of the different cooking methods. 	

Week 9	march 04-08	Methods of cooking		Practical Garnishes
Week 10	march 11-15	methods of cooking		Test on Methods of cooking
Week 11	march 18-22	topic C'ontd	Using the combination method of cooking to plan and prepare a meal. <ul style="list-style-type: none"> ● boiling ● baking ● sauteing ● frying 	Practical: Baked Mac and Cheese
Week 12	march 25-29	Term review	Short discussion of topics completed during the term.	Assessment : Class Work