

1. **Department Name: Home Economics**
2. **Grade level: 10**
3. **Title of Course: Food, Nutrition and Health**
4. **Duration: September 2024-June 2025**
5. **Description of the Course:** This Grade 10 Food, Nutrition, and Health course provides students with a comprehensive understanding of the fundamental concepts and practical skills essential to the field of food science and nutrition. Through a blend of theoretical knowledge and hands-on experiences, students will explore a wide array of topics, including hygiene and food safety, pastry making, nutrition overview, and the preparation and serving of various food groups.

Key topics include:

- **Hygiene and Food Safety:** Understanding the principles of hygiene and the importance of maintaining food safety in all aspects of food preparation and service.
- **Pastry Making:** Techniques and skills required for creating a variety of pastries, focusing on both traditional and contemporary methods.
- **Nutrition Overview:** An exploration of essential nutrients and their role in maintaining overall health and well-being.
- **Preparing and Serving Quick Breads:** Practical skills in making quick breads, with an emphasis on methods that ensure quality and nutritional value.
- **Diet and Health:** Examining the relationship between diet and health, including the impact of dietary choices on physical and mental well-being.
- **Meat Cookery:** Techniques for preparing and cooking different types of meat, with a focus on achieving both flavour and nutritional benefits.
- **Community Nutrition:** An exploration of nutrition at the community level, including the role of nutrition in public health and strategies for improving community dietary practices.
- **Principles of Nutrition:** A deep dive into the foundational principles of nutrition, including the function and sources of various nutrients.
- **Fish Cookery:** Techniques for selecting, preparing, and cooking fish, with an emphasis on preserving nutritional quality.
- **Preservation:** Methods of food preservation, including traditional and modern techniques, and their impact on nutrition and food safety.
- **Cereals:** The nutritional value of cereals and practical skills in preparing and serving cereal-based dishes.
- **Preparing and Serving Vegetables:** Techniques for preparing and serving vegetables to maximize both flavour and nutritional content.
- **Preparing and Serving Sauces and Soups:** The art and science of making sauces and soups, with a focus on both classical and contemporary approaches.

- **Food Contamination:** Understanding the causes and prevention of food contamination, with a focus on maintaining safety throughout the food supply chain.
- **Meal Planning:** Principles of meal planning, considering nutritional needs, budget, and cultural preferences.
- **Poultry:** Techniques for preparing and cooking poultry, emphasizing methods that enhance both taste and nutritional value.
- **Sandwiches:** Creative approaches to preparing and serving sandwiches, with an emphasis on balanced nutrition.
- **Cake Making:** Skills required for making a variety of cakes, focusing on techniques that ensure quality and presentation.
- **Milk and Eggs:** The nutritional significance of milk and eggs, along with practical skills in their preparation and use in various dishes.

Throughout the course, students will be encouraged to apply their learning through practical activities, critical thinking exercises, and projects that promote a deeper understanding of how food and nutrition impact health and well-being. This course aims to equip students with the knowledge and skills necessary to make informed decisions about food and nutrition, both personally and professionally.

6. **Course Prerequisites:** Students should have a basic knowledge of food nutrients, cooking tools and cooking methods.

7. Course Objectives:

The objective of the Grade 10 Food, Nutrition, and Health course is to equip students with the knowledge, skills, and attitudes necessary to make informed decisions about food preparation, nutrition, and health. By the end of this course, students will be able to:

1. **Understand and Apply Food Safety and Hygiene Practices:** Demonstrate the principles of food hygiene and safety to prevent contamination and ensure the safe preparation, cooking, and storage of food.
2. **Develop Practical Culinary Skills:** Master the techniques required for pastry making, quick breads, meat, poultry, fish cookery, and the preparation and serving of vegetables, sauces, soups, and sandwiches, ensuring both quality and nutritional value.
3. **Understand Nutrition Principles:** Grasp the foundational principles of nutrition, including the functions, sources, and importance of essential nutrients, and apply this knowledge to meal planning and diet management.
4. **Explore the Relationship Between Diet and Health:** Analyze the impact of dietary choices on overall health, including physical and mental well-being, and use this understanding to make healthier food choices.
5. **Preserve Food Effectively:** Learn and apply various methods of food preservation to extend shelf life, maintain nutritional value, and ensure food safety.
6. **Examine Community Nutrition:** Understand the role of nutrition in public health, explore strategies for improving community dietary practices, and assess the impact of socio-economic factors on nutrition.

7. **Plan and Prepare Balanced Meals:** Apply principles of meal planning that consider nutritional needs, budget constraints, and cultural preferences, resulting in balanced and healthful meals.
8. **Enhance Knowledge of Specific Food Groups:** Explore the nutritional significance and practical applications of cereals, milk, eggs, and other key food groups in daily diets.
9. **Foster Critical Thinking and Problem-Solving Skills:** Engage in projects and activities that encourage critical thinking, problem-solving, and creativity in the context of food preparation, nutrition, and health.

Through this course, students will develop a strong foundation in food science and nutrition, preparing them for further studies and careers in related fields while empowering them to make informed and healthy food choices throughout their lives.

8. Student Learning Outcomes:

By the end of the Grade 10 Food, Nutrition, and Health course, students will be able to:

1. **Demonstrate Knowledge of Food Safety and Hygiene:**
 - Identify and apply the principles of food hygiene and safety in various food preparation contexts.
 - Recognize potential sources of food contamination and implement strategies to prevent it.
2. **Master Pastry Making Techniques:**
 - Prepare a variety of pastries using both traditional and contemporary methods, ensuring quality and presentation.
3. **Prepare and Serve Quick Breads:**
 - Create a range of quick breads, utilizing techniques that enhance both taste and nutritional value.
4. **Understand the Principles of Nutrition:**
 - Explain the role and functions of essential nutrients in the human diet and apply this knowledge to evaluate dietary needs.
5. **Analyze the Relationship Between Diet and Health:**
 - Assess the impact of various diets on physical and mental health and make informed recommendations for healthier eating habits.
6. **Perform Meat Cookery:**
 - Demonstrate proficiency in selecting, preparing, and cooking different types of meat, focusing on achieving optimal flavour and nutritional benefits.
7. **Engage in Community Nutrition Initiatives:**
 - Discuss the importance of community nutrition and propose strategies to address common nutritional challenges within a community.
8. **Apply Food Preservation Methods:**
 - Utilize various food preservation techniques, such as canning, drying, and freezing, while understanding their effects on food quality and nutrition.
9. **Cook Fish and Seafood:**
 - Prepare and cook fish and seafood, ensuring that methods used preserve nutritional value and enhance flavour.
10. **Utilize Cereals in Meal Preparation:**

- Identify the nutritional benefits of cereals and incorporate them into diverse and balanced meals.
- 11. Prepare and Serve Vegetables:**
 - Apply techniques for preparing and cooking vegetables that retain their nutritional content and enhance their appeal.
- 12. Create Sauces and Soups:**
 - Prepare a variety of sauces and soups, using both classical and contemporary methods, to complement meals.
- 13. Plan Balanced and Nutritious Meals:**
 - Develop meal plans that meet dietary guidelines, considering factors such as nutritional needs, budget, and cultural preferences.
- 14. Prepare Poultry Dishes:**
 - Demonstrate skills in preparing and cooking poultry, with attention to both safety and flavour.
- 15. Construct Nutritious Sandwiches:**
 - Create sandwiches that are not only appealing but also nutritionally balanced.
- 16. Bake a Variety of Cakes:**
 - Master the art of cake making, applying techniques that ensure consistency in texture, flavour, and presentation.
- 17. Understand the Role of Milk and Eggs in Cooking:**
 - Explain the nutritional importance of milk and eggs and apply this understanding in their preparation and use in various dishes.
- 18. Critically Evaluate Food Choices:**
 - Utilize knowledge of nutrition, food safety, and culinary techniques to make informed food choices in personal and professional contexts.

These learning outcomes are designed to ensure that students not only gain theoretical knowledge but also develop practical skills that they can apply both in their personal lives and in potential future careers in the food and nutrition sectors.

9. Guidelines/Suggestions for Teaching Methods and Student Learning Activities:

- *Lectures:* Provide contextual background and detailed analysis of each topic.
- *Demonstrations:* Use live demonstrations to showcase food preparation techniques such as pastry making, meat cookery, and cake baking.
- *Lectures and Interactive Discussions:* Deliver key concepts such as principles of nutrition, diet and health, and food contamination through structured lectures. Follow up with interactive discussions to engage students and encourage critical thinking.
- *Group Work and Peer Teaching:* Assign students to groups to work on tasks such as meal planning, preparing quick breads, or developing community nutrition strategies. Encourage students to teach their peers what they have learned.
- *Practical Hands-On Sessions:* Incorporate regular cooking labs where students prepare and serve various dishes, such as soups, sauces, and sandwiches, under supervision.

- *Case Studies and Problem-Based Learning (PBL)*: Present case studies related to food safety, community nutrition, or diet-related health issues, and have students develop solutions or responses.
- *Project-Based Learning*: Assign long-term projects, such as designing a community nutrition program or developing a series of nutritious recipes using cereals and vegetables.
- *Use of Technology and Multimedia*: Utilize videos, online simulations, and interactive software to teach complex concepts like food contamination, preservation methods, and the impact of diet on health.
- *Scaffolding*: Gradually build student understanding by breaking down complex tasks, such as cake making or meal planning, into manageable steps, providing support as needed.
- *Video presentations*: Students watch videos relevant to the course topic

10. Guidelines/Suggestions for Methods of Student Evaluation:

- **Quizzes and Tests**: Regular assessments to check understanding of key concepts.
- **Classwork**: Assignments completed during class that help monitor ongoing student progress and understanding.
- **Homework Assignments**: Tasks assigned for completion outside of class, reinforcing concepts taught and promoting independent study.
- **Research Papers**: In-depth analysis of a specific historical event or theme.
- **Class Participation**: Assessment based on engagement in discussions and activities.
- **Presentations**: Students present their research findings to the class.
- **Final Exam**: A comprehensive exam covering all course material.
- **Group Projects**: Team assignments that assess collaborative and interpersonal skills along with individual contributions.
- **Peer Reviews**: A process where students evaluate each other's work, providing feedback and gaining insights from peers.
- **Reflections**: Written insights by students on their learning experiences, often discussing what they learned and areas for improvement.

11. Suggested Readings, Texts, Objects of Study: Home Economics for Caribbean Schools (Marchand et al), Home Economics for C-SEC Food and Nutrition (Dyer & Maynard)

12. Additional Readings: Students will use credible sources from the internet

13. Bibliography of Supportive Texts and Other Materials: To be provided by teacher

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