

**FOOD NUTRITION & HEALTH**

**UNIT PLAN**

**GRADE 9**

**JANUARY 2024 – MARCH 2024**

<b>Week</b>	<b>Date</b>	<b>Lesson</b>	<b>Assessment Type</b>
<b>1-2</b>	<b>January 8- 19.</b>	<b>Topic :Meal planning</b>  a. Explain the term meal.  b. List four reasons for planning meal.  c. List and explain four factors to consider when planning meals.  d. Identify three special groups in the family.  e. Explain the special considerations which must be in place when planning meals for these special groups.	  Practical   Test
<b>3</b>	<b>January. 22-26</b>	<b>Meal planning practical planning session</b>	

		Students will work in groups to discuss and plan the preparation of a main course suitable for an adolescent.	
<b>4</b>	<b>January 29-February 2.</b>	<p><b>Meal planning practical</b></p> <p>Students will work in groups to prepare a main course.</p> <p><b>MENU</b></p> <p>Sweet &amp; Sour Chicken</p> <p>Vegetable Fried Rice.</p>	
<b>5</b>	<b>February 5-9</b>	<p><b>Menu planning</b></p> <ol style="list-style-type: none"> <li>Explain the term menu</li> <li>Differentiate between types of menus(a la carte, Table d’hote)</li> <li>List and explain four qualities of a well written menu.</li> <li>Explain the terms breakfast, brunch, dinner, high tea, snack.</li> <li>Explain the parts of a menu (appetizer, fish course, entrée, main course.</li> <li>Writing menus <ul style="list-style-type: none"> <li>Main course</li> <li>Two course</li> <li>Three course</li> <li>Four course.</li> </ul> </li> </ol>	<p>Test</p> <p>Practical</p> <p>Home work</p>

<b>6</b>	<b>February 19 -23.</b>	<b>Sixth week test # 3</b>	
<b>7</b>	<b>February 26-march 1</b>	<b>Menu planning practical</b> Students will prepare a dessert suitable for an adolescent.	
<b>8</b>	<b>March 4-8</b>	<b>Preservation</b> <ul style="list-style-type: none"> <li>a. Explain the term preservation</li> <li>b. List and explain four reasons for preserving food.</li> <li>c. List and explain the main causes of food spoilage.</li> <li>d. List and explain four main methods of preservation</li> <li>e. Successfully prepare and serve an item preserved by sugar...</li> </ul> <p>Coconut drops, peanut cake, grater cake..</p>	
<b>9</b>	<b>March 11-15.</b>	<b>Preservation continued.</b>	
<b>10</b>	<b>March 18-22</b>	Test ( Menu Planning)	Test Menu Planning
		<b>Return of test papers and review.</b>	

<b>11</b>	<b>March</b> <i>25-27</i>		
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