

FIRST TERM

SUBJECT: FOOD AND NUTRITION

CLASS: SSS 1

SCHEME OF WORK

WEEK

TOPIC

1	Introduction to food and nutrition –definition—importance of human nutrition- factors affecting human nutrition
2	Careers in food and nutrition
3	Relationship between food and nutrition to other subject
4	Basic food nutrient --carbohydrate --functions of carbohydrate -food sources -symptoms of dietary deficiency
5	Basic food nutrient: -protein -functions -food sources
6	Symptoms of dietary deficiency -Fats and oils -functions -food sources -symptoms of dietary deficiency
7	Vitamins-water and fat soluble vitamins -chemical names -functions of each vitamins -food sources -symptoms of food deficiencies

8	Mineral salts and water: -Functions -food sources -symptoms of deficiencies
9	Symptoms of dietary deficiencies -Symptoms, signs, causes and cure e.g. kwashiorkor, marasmus etc.
10	The Digestive System: Meaning of Digestion, Absorption, Assimilation and Metabolism Digestion of food in the mouth, stomach and small intestines
11	Enzymes involved in Digestion Absorption of nutrients, the role of water in digestion and absorption
12	Revision
13	Examination.

WEEK 1

INTRODUCTION TO FOOD AND NUTRITION

The search for food has been the occupation of mankind from the onset. Food is very important to our day to day life.

Food can be defined as what nourishes the body. It is any substance which after consumption, digestion and absorption produces energy, promotes growth, repair body tissues and regulate all body processes.

Food is able to perform all these functions because of the chemicals present in it which is known as nutrients.

The study of these various nutrients in relation to the effect it has on human body is nutrition.

Nutrition is therefore is the science of food in relation to health.

Importance of human nutrition .

1. Food is important to man
2. There is strong correlation between good food and intellectual development.
3. It helps in maintenance of good health.
4. To know the principles...