

FIRST TERM E-NOTES FOR S.S.S. TWO FOODS AND NUTRITION

WEEK ONE TO WEEK TWELVE

SCHEME OF WORK

WEEKS	TOPICS
1	Meat cookery; types of meat from different animals, nutritive value of meat, methods of cooking meat, types and cuts of meat, meaning of offals
2	Poultry cookery; types of poultry, nutritive value of poultry, factors to consider when choosing poultry and its preparation for cooking, methods of cooking poultry
3	Practical on meat and poultry
4	Eggs; identification of different types of eggs, nutritive value of eggs, factors to consider when choosing eggs and test for freshness, uses of eggs in cookery
5	milk and milk products; definition and types of milk, types of milk product, uses of milk
6	Practical on eggs and milk
7	Sea foods; types of fish in local and sea water, nutritive value of fish, classes of sea foods, methods of cooking
8	Practical on sea foods
9	Condiments and seasoning; types of herbs and spices, local herbs, local spices, foreign spices, uses of herbs and spices in cookery
10	Foods flavourings and colouring; types, uses in food cookery
11	Revision
12	Examination.

WEEK: 1

TOPIC: MEAT COOKERY

Meat is the muscle derived from animals after slaughtering them. Meat is made of bundles of muscles fibres. Each separate fibre contains water, protein, numerous salts and extractives. The fibres are joined together and connected by to the bones of the animals by connective tissues and are connected to bones by tendons.

White meat has a lower texture, with a less amount of fat and connective tissues e.g. veal, rabbit, chicken e.t.c.

Red meat is the meat that contains more fat and connective tissues, it is found in pork, beef, lamb e.t.c. and has more flavour. Lean meat is the part of the meat that contains little fat but having no superfluous fat

NUTRITIVE VALUE OF MEAT

1. **Proteins:** The major nutrient found in meat is protein. The protein found in meat is of high quality because it is rich in all the essential amino acids in the proportions required and can readily be absorbed and used by the body.
2. **Vitamins:** Meat is also a valuable source of...