

FOOD AND NUTRITION

SSS 3

SCHEME OF WORK FOR FIRST TERM

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1. Revision/ art of entertainment
 - Being a good host/ hostess
 - Being a good guest
 - Table setting: formal and informal table setting
2. Types of party: house warming, naming, birthday etc.
 - Food for special occasions e.g. cocktail, buffet, luncheon etc.
3. Food service e.g. table service, family service, foreign service, buffet service etc.
4. Practicals on food for special occasion and food services.
5. Cultural food habit.
 - Meaning of food habits and taboos
6. Traditional dishes from different localities e.g. Yoruba, Hausa, and Igbo etc.
7. Practicals on traditional dishes.
8. Foreign dishes e.g. Indian, European etc.
9. Practicals on foreign dishes.
10. Rechauffe (left over foods)- meaning, uses
 - Reheating of left over foods.
 - Identify storage facilities for left over foods
11. Revision
12. Examination.

WEEK 1

TOPIC: THE ART OF ENTERTAINMENT

Contents;

Food plays an important role in our day to day life. This implies that the service of food has always been associated with intimate human relationship. For a celebration, there must be a host/ hostess and guests. The guests are the people who come to share joy or

happiness on a particular occasion while the host/ hostess are the people who are around to receive the guests; thus the success of any occasion depends on the joint efforts of the host and the guest.

In organizing a celebration, planning is very essential. Planning involves;

- a. Types of foods to be served.
- b. The number of guests to be invited.
- c. The type of party.
- d. Nature of reception/ venue.
- e. The age of the invitees.
- f. The security measure available.
- g. The nature of the invitation.
- h. Facilities available.

The invitation card is then sent out to the guest while the host stays around to welcome and receive the guests. It is important to give a positive or negative response to the invitation so as to enhance proper planning.

Points to consider when sending an invitation

1. The invitation should be in keeping to the nature of events.
2. The invitation should reach the invitees 2 weeks before the ceremony.
3. The invitation should be designed to attract one`s attraction.
4. Dress code should be indicated (optional)

Qualities of a good guest

1. He/ she should be prompt.
2. Should respond positively or negatively to the occasion.
3. Should apologize to the host for being late.
4. Should not distract other guests.
5. Should observe the directive of the waiter/ waitress.
6. Should exhibit good table manners.
7. The sitting arrangement and other outlays of the occasion should be respected.

Table setting

Table setting is a simple layout of the table for eating, in such a manner that all the eating materials are provided in their correct places.

Points to consider in table setting

1. Cleanliness of the cutlery, crockery, glassware and the surrounding.
2. The number of courses or dishes to be served.

3. The number of individuals taking...