

2ND TERM

FOOD AND NUTRITION

SSS 3

SCHEME OF WORK

WEEKS	TOPICS
1.	Revision/ beverages – definitions of beverages. (b) Identify types of beverages; alcoholic and non– alcoholic. (c) Nutritive value of beverages.
2.	(A) nourishing drinks. (b) Stimulating drinks.
3.	Practical on beverages.
4.	Special diet. – Definition of the term. – Types of vegetarians. – Invalids and convalescent diets. – Overweight and underweight. – Diets for fever and infections.
5.	Experimental cookery – (a) Collection of information on recipes. (b) Creation of new recipes.
6.	Test interpretation and cooking assignment.

THIRD TERM

REVISION/EXAMINATION.

WEEK 1

TOPIC: Beverages

CONTENTS:

Beverages are fluids apart from water consumed both as stimulants and also because they are palatable. They are drinks which have strong flavor and act as taste quenchers. Beverages are classified according to the nutritive values or the presence or absence of alcohol in them.

Alcoholic beverages: they have the following characteristics:

- They contain fermented sugar.
- They act as sedatives when consumed excessively.
- They have strong flavors.
- weaken the body if...