

SECOND TERM E-NOTES FOR S.S.S. TWO FOODS & NUTRITION

WEEK ONE TO WEEK TWELVE

SCHEME OF WORK

WEEKS	TOPICS
1	Revision of last term's work
2	Kitchen equipment and utensils: identification and types of Kitchen equipment and utensils, uses, care and storage of equipment
3	Labour saving devices: uses and factors to consider when choosing labour saving devices, care and maintenance
4 & 5	Time and energy management in food preparation: definition of Time and energy management, tasks that required Time and energy management e.g. cake baking, bread, yam pounding e.t.c. guidelines on Time and energy management, identification of Time and energy management devices
6	Flour mixtures: types of flour in cookery e.g. whole wheat, all purpose, instanding flour e.t.c., properties and composition of flour, examples of foods produced from these flour types.
7	Raising agents: air, baking powder, yeast, palm wine, steam e.t.c. properties and composition
8	Practical on flour mixtures – cake baking, pastry, dough e.t.c.
9	Flours from local food stuffs in cookery e.g. cassava flour, soybean flour, corn flour e.t.c.
10	Practical work on local flour mixtures (composite flour)
11	Special nutritional needs: infants and children, adolescents, adults and the aged, pregnant and lactating mothers.
12 & 13	Revision and examination.

WEEK: **ONE**

TOPIC: **REVISION OF LAST TERM'S WORK**

WEEK: **TWO**
TOPIC: **KITCHEN EQUIPMENT AND UTENSILS:**
SUB-TOPIC: **IDENTIFICATION, USES, CARE AND STORAGE OF EQUIPMENT**

Kitchen can be described as the laboratory in the room where family meals are prepared. Kitchen equipment is the material used in the kitchen in carrying out food preparation effectively. There are small and large items needed to perform various tasks in the kitchen. They can be grouped under the following headings according to their functions in the kitchen; *these include*

- a. Large equipment
- b. Mechanical equipment
- c. Tools and utensils or small equipment
- d. Measuring tools

Large equipment; they are fitted permanently in the kitchen once they are installed. They are usually not removed frequently

Types

1. Cooker
2. Sinks
3. Dish washer
4. Working surfaces and shelves
5. Grill and salamanders

Mechanical equipment

1. Refrigerator
2. Food mixers
3. Food slicers and choppers
4. Masher

Tools and utensils; they are those materials that are often move about in the kitchen almost on a daily basis.

Types

1. Cooking pots and pans
2. Kitchen cutlery
3. Tin wares
4. Graters
5. Wooden articles such as wooden spoons, mortars and pestles, chopping board, rolling pin e.t.c.
6. Earthen wares
7. Plastic wares

Measuring tools (tools for weighing)

1. Scales (*balance scales and spring scales*)
2. Measuring cups
3. Measuring spoons

USES AND CARE OF COOKERS

1. Cookers are used for cooking food
2. Some gas cookers are used for baking
3. Some are also used for grilling

Care

The cooker should be cleaned each time it is used. The wire gauze should be removed and washed with warm soapy water and rinsed properly. The enamel part should be washed with warm soapy water using a duster so as not to scratch the surface.

USES OF SINKS

1. Dirty plates and cutlery are stored in the sink pending the times they will be washed
2. Cooking utensils are...