

THIRD TERM E – NOTE FOR SS1 FOODS AND NUTRITION

Scheme of work

- | Weeks | topics |
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| 1. | Revision/ food hygiene <ul style="list-style-type: none">-food borne diseases, food sanitation law, food laws regulatory bodies e.g. NAFDAC, SON etc. |
| 2. | Cooking of food – definitions, reasons for cooking foods <ul style="list-style-type: none">- Methods of heat transfer- Methods of cooking- moist heat method, definitions, advantages and disadvantages etc. |
| 3. | Dry heat method- definitions, advantages and disadvantages etc.

(b) Frying- types of frying, general rules for frying, advantages and disadvantages. |
| 4. | Food study: cereals/ grains – nutritive values of cereals and grains. <ul style="list-style-type: none">- processing-high and low extraction rate flour, cooking methods etc. |
| 5. | Legumes/ pulses <ul style="list-style-type: none">- Importance \, nutritive value, cooking methods and dishes made from legumes |
| 6. | Practicals on cooking methods, cereals and legumes. |

7. Vegetables- types, nutritive values, factors affecting choice of vegetables, preparatory and serving of vegetables.
8. Fruits – types of fruits, nutritive value of fruits, factors affecting choice of fruits.
9. Practicals on fruits and vegetables
10. Meat cookery- types of meat from different animals, nutritive value of meats, methods of cooking meat.
11. Revision.
12. Examination.

WEEK 1:

FOOD HYGIENE

Food hygiene is the observance of sanitary rules by food handlers to prevent contamination, food poisoning and food borne diseases.

Apart from kitchen and personal hygiene, it is important that all foods should be kept clean. The food rich in nutrients is also a good environment for micro- organisms to thrive. The spoilage of food can be caused by the following ways:

- a. Micro organisms
- b. Food enzymes
- c. Chemical reactions on food.

Microorganisms spoils food by making use of nutrients thereby causing their decay e.g. bacteria, mould and yeast. Food enzymes could bring about spoilage by promoting reaction that could lead to the decomposition of the food components.

The presence of chemicals in the food can also lead to spoilage of food or enhance the activities of microorganisms and food enzymes; be sure that food stuffs purchased are wholesome and free from traces of contamination.

RULES FOR FOOD HYGIENE

1. Buy food stuffs from a clean environment or market.
2. Store perishable and non-perishable foods correctly.
3. Cover food with a good lid.
4. Use clean water for cooking.
5. Cover food during preparation to prevent flies from landing on it.
6. Preserve left over food well.
7. Avoid buying dented or swollen canned food stuffs.

FOOD BORNE DISEASES

The consequence of consumption of any contaminated foods are the development of diseases called food borne diseases. These diseases can be classified into two:

- a. Food poisoning.
- b. Food infection.

FOOD POISONING: refers to an illness caused by...