

THIRD TERM E-NOTES FOR S.S.S. TWO FOODS &

NUTRITION

WEEK ONE TO WEEK TWELVE

SCHEME OF WORK

WEEKS	TOPICS
1	Convenience foods: meaning of Convenience foods, types and uses, advantages and disadvantages, factors to consider when choosing convenience foods
2	Preservation of foods: meaning/reasons for preserving foods, causes of food spoilage, classification of foods according to moisture content i.e. perishable, semi-perishable and non-perishable.
3	Methods of preserving foods: drying, low temperature/high temperature, uses of chemicals, canning and bottling, fermentation, smoking e.t.c.
4	Storage of foods: meaning, types, post harvest storage, storage of prepared foods at home, methods of post harvest storage
5	Storage of roots and tubers: methods e.g. barns, pit storage, modern methods of storing yams and tubers, storage of legumes, fruits and vegetables, home storage of food stuffs.
6	Practical on storage and preservation of foods: drying, smoking, salting
7	Practical on bottling of fruits and vegetables e.g. onions, pineapple, mango (jam making)
8 & 9	Consumer education: principles of Consumer education, consumer agents, how to gather information about Consumer education, government agencies, their regulations and functions, community programmes, consumer practices e.g. adulteration, misbrandment, falsification.
10	Budgeting: important terms, e.g. income, needs and expenditure, factors that affects budgeting, bulk purchasing, importance of buying foods in bulk, meaning of shopping list, factors to consider when budgeting for food
11 & 12	Revision and Examination

WEEK: ONE

TOPIC: CONVENIENCE FOODS

SUB-TOPIC: FACTORS TO CONSIDER WHEN CHOOSING CONVENIENCE FOODS

CONTENT

CONVENIENCE FOODS

Convenience foods are prepared food that have been preserved or processed to reduce or eliminate the time of preparation and cooking that may be required. They are answer for the busy home maker who wishes to prepare a meal quickly. Some of these foods are pre cooked and need only to be heated before serving; they are usually sold in packets tin and bottles. Fruits vegetable, meat, fish and cereals are available in convenience form. The term convenience is therefore applied to the form in which the food is obtained. Flour, a bottle of pickles are more easily carried home and more easily carried home and more convenient to store than the ingredients in their fresh form.

TYPES OF CONVENIENCE FOODS

- **QUICK- FROZEN FOODS:** These are food already cleaned, trimmed and then kept in a frozen condition e. g. meat, pies, poultry fish, cutlets, fillets, fish cakes and fish fingers.
- **CANNED FOODS:** These are foods that have been subjected to some processing and then hermitically sealed in cans e. g. sardines, corn beef, tomato purees, milk etc.
- **DEHYDRATED FOODS:** These are foods in which the moisture content has been drastically reduced e. g. potato flakes, soups, sauces (sweet and savory) instant tea, coffee and chocolate.
- **PACKED FOODS:** These are foods in which the moisture content has been drastically usually at the final stage of consumption and need no further cooking e. g. sand-wishes, ready cooked cereals, Cakes and biscuits etc.

USES OF CONVENIENCE FOODS

- Some of them are used as a main dish.
- They are used as flavouring.

- They are used to improve the nutritive quality of the food.

FACTORS TO CONSIDER WHEN SELECTING CONVENIENCE FOOD

- It should suit the occasion intended for.
- Consider the storage facilities available.
- Avoid buying fake products.
- The cost must be considered.
- Check expiry date.

ADVANTAGES OF CONVENIENCE FOODS

- It saves time and energy.
- It is easy to carry about.
- It is a good choice for...