

THIRD TERM SSS 2 E-LEARNING NOTES

SUBJECT: CATERING CRAFT PRACTICE

SCHEME OF WORK

WEEK 1: Revision of last terms work.

WEEK 2: Special menu for vegetarians

WEEK 3: Meal plan for vulnerable group e.g pregnant women, lactating mothers, the aged and infants.

WEEK 4: **practical on meal for vegetarians and vulnerable people.**

WEEK 5: Meal plan for manual, sedentary workers.

WEEK 6: **Practical on Meal plan for manual, sedentary workers,**

WEEK SEVEN: MID TERM

WEEK 8: Accompaniments. (A) Meaning of food and table accompaniment. (B) Types of accompaniment, uses and advantages of food accompaniment

WEEK 9: **Practical on accompaniments (food and table accompaniment**

WEEK 10: Costing and control in catering:

TOPIC

DATE-----

Revision of last terms work.

WEEK 2:

DATE-----

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TOPIC: Special menu for vegetarians

Sub Topic: Meaning of vegetarian types/reasons and factors to consider when preparing a vegetarians food

MEANING OF VEGETARIANS:

Vegetarians are people who obtain their protein from vegetables, fruits, or animal products. OR

Vegetarians: These are people who do not eat animal flesh or fish. They do not eat meat, fish, poultry, shell fish. They may also abstain from by-products of animals such as milk, milk produced and eggs. They depend mainly on fruits, vegetables, cereals, grains, nuts and eat eggs but do not take dairy products.

TYPES OF VEGETARIANS.

Lacto-vegetarians: They include dairy products in their diets but do not eat eggs.

Lacto-ovo-vegetarians: They include both eggs and dairy products in their diet.

Vegans or strict vegetarians: These exclude all animal products such as eggs, dairy products and honey from their diet.

REASONS FOR VEGETARIAN.

Cultural reasons

Religious reasons.

Moral reasons.

Physiological reasons.

Factors to consider when preparing and serving food for vegetarians

1. Season food with garlic, onions, curry, thyme, etc. to make food appetizing.
2. Make sure that food is balance and every food group represented.
3. Garnish with sliced tomatoes, onions, cucumber and egg where necessary.
4. Make sure you include nuts, seeds, and pulses

Vegetarian diets: It is easy to plan diets for ovo and lacto-ovo vegetarians because of inclusion of eggs, milks and milk products. It is not easy to plan a balanced diet for a vegan or strict

vegetarian because they depend mainly on plant food. Their diet may lack some of the essential amino acids and vitamin. However, through careful planning and judicious combination of different plant foods, a fairly balanced diet can be prepared. Example a combination of cereals, legumes and leafy vegetables will produce a balanced diet. Vegetarians should also consume adequate fresh fruits.

For lacto-ovo vegetarian diets, protein can be supplied by

Pulses: e.g. peas, beans, soya beans, etc

Cereals: e.g. rice, maize, millet, etc

Nuts: e.g. groundnuts, walnuts, chestnuts

Fats can be supplied by legumes or pulses, fresh fruits and vegetables .e.g. cabbage spinach, waterleaf, okra.

Carbohydrate can be supplied by

Tuber: e.g. yams, cocoyam, potatoes etc

Cereal: e.g. rice, maize, sorghum, millet

Suggested menu for different types of vegetarians

Rice and Egg stew Green beans,

Fruit salad and custard sauce

For Lacto-ovo vegetarians

Boiled yam or plantain, Vegetable stew, bread fruit,

Strict vegetarians

Fried plantain, Beans, Vegetable stew, moi-moi,.

EVALUATION

1. Mention different types of vegetarians.
2. State the meaning of special diet.

GENERAL EVALUATION OBJECTIVE

1. Mal-nutrition in pregnant women can lead to premature baby due to
 - a. Lack of exercise during pregnancy
 - b. Lack of sufficient nutrition to support life
 - c. Due to lack of treatment.
 - d. Lack of rest.
2. The foetus needs calcium
 - a. For development of strong bones and teeth

- b. For protection against infection
 - c. For digestion of protein and fat
 - d. For growth.
3. One of these is not among the factors that influence nutritional needs of the family
- a. Income level of the family
 - b. Culture and religion of the family
 - c. Drugs consumed by the family members
 - d. Table manner

THEORY TEST

1. Discuss the nutritional need of overweight person

WEEKEND ASSIGNMENT

Read Food and Nutrition for Senior Secondary Schools, Book 3 by F.A. Bakare et al, pages 52-57

PRE-READING ASSIGNMENT

Read special diets for invalid, person suffering from fever and infection, HIV, page 54-57

ACTIVITY

Write out a suitable diet for someone suffering from fever.

WEEK 3 (THREE)

DATE _____

TOPIC: Meal plan for vulnerable group e.g pregnant women, lactating mothers, the aged and infants.

MEAL PLANNING: it is the act of...

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