**IMMACULATE CONCEPTION HIGH SCHOOL**

**FOOD NUTRITION & HEALTH**

**TERM PLAN**

**GRADE 11**

**SEPTEMBER---DECEMBER 2023**

|  |  |  |  |
| --- | --- | --- | --- |
| WEEK | DATE | LESSON | ASSESSMENT TYPE |
| 1 | Sept—11- 14 | Discussion and planning for SBA 2Scheduled for December 2023.  | Practical assessment |
| 2 | Sept--- 18-22 | **RAISING AGENTS**1. Definition
2. Types
3. Mechanical
4. Chemical
5. biological
6. Composition
7. How raising agents work
8. Precautions when using raising agents.
 | TestPractical (chemicalPractical (mechanical)Quiz |
| 34 | Sept---25-29Oct. 2--6 | PracticalRaising agentsChemical and biological**ADDITIVES**1. Definition
2. Categories
3. Reasons for using
4. Requirements for additives
5. Types
6. Requirements for using
7. Disadvantages of using additives.
 | TestQuiz |
| 5 | 9--13 |   First Aid |  |
|  |  | 1. First Aid Treatment
2. Definition of Fist Aid
3. Applying First Aid
4. Treating common Injuries
5. Burns,
6. Scalds
7. Cuts
8. Falls
9. Electrocution
10. Poisoning

 Kitchen Safety Causes of accidents in the home Prevention of accidents in the home.  | Test |
| 6 | Oct 16--20 | **MID TERM BREAK** |  |
| 789 | OCT 23--27Oct 30—Nov 3Nov 6-10 | SIXTH WEEK TEST # 1 **Kitchen Equipment** **(Presentation)****KITCHEN PLANNING**Factors to consider:Space and appropriate layoutWork TriangleStorage unitsCounter topsWork centresLighting and ventilation Walls, floors. |  |
| 10 | Nov 13--17 | **KITCHEN PLANNING** Kitchen LayoutsAdvantages and disadvantagesOne wallCorridorL-shapedU-shaped |  |
| 11 | November 20--24 | **CONSUMERISM**Who is a consumerWho is a green consumerTerms related to consumerismRights of a consumerResponsibilities of a consumer.Budget planningShopping in large supermarketsShopping in small groceries | Quiz  |
| 12 | Nov 27-Dec1 | Preparation for external SBA practical |  |
|  |  |  |  |
| 13 | Dec 4--8 | SBA Practical Examinations |  |