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| S/N | TOPIC | CONTENT | BEHAVIOURAL OBJECTIVES | PRACTICE QUESTIONS |
| 1 | Cultural food habits. | 1. Food habits- fads and fallacies, taboos.  2.Traditional dishes- dishes from different localities  3.Foreign dishes and other African dishes.  4.Use of local foodstuffs in foreign dishes. | 1. To state the factors that food habits  2. To explain food taboos, fads and fallacies 4. To describe how local foodstuffs can be used in foreign dishes | 1. What are the factors that affect food habits?  2. Explain the following: (i) food fad (ii) food fallacy (iii) food taboo  3. Give a recipe for a local dish from your area.  4.Mention some local food stuff that can be used in foreign dishes |
| 2. | Foods for special occasions | 1. Planning of parties- birthdays, wedding, cocktails etc. | To state the dishes that can be used for different occasions | 1. List at least FOUR types of dishes each that can be served on any FIVE celebration parties. 2.List the factors to be considered when planning a party. |
| 3. | Beverages | 1. Non-alcoholic beverages- tea, coffee and cocoa drinks, milk and egg drinks, fruit juices and drinks, other drinks. | 1.To explain beverages  2. To classify beverages  3. To describe the different methods of preparing different beverages. | 1. What are beverages?  2a. Distinguish between alcoholic and non-alcoholic drink.  b. Describe the various ways of preparing coffee.  3. Name and describe the method of preparing any SIX egg and milk drinks.  4. How would you prepare lemonade? |
| 4. | Rechauffe (left-over cookery) | 1. Reheating or warming of left-over foods. Use of left-over foods in making new dishes | 1. To explain ‘rechauffe’ and give reasons for reheating foods  2. To State the rules for reheating foods  3. To describe how different foods can be reheated | 1. Give reasons for re-heating foods  2. State the rules for re-heating foods.  3. Why should re-heated foods be served with fresh accompaniments?  4. Describe the various ways by which left-over yams can be re-heated. |

NAME OF SUBJECT: Foods and Nutrition. CLASS: SS3

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