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|  | SS 1 First term | FOODS AND NUTRITION. |  |  |
| WK | TOPIC | CONTENT | BEHAVIOURAL OBJECTIVES | PRACTICE QUESTIONS |
| 1 | Introduction to Foods and Nutrition Careers | Areas of study in Foods and Nutrition: teaching, dietetics, food science etc. | 1. To introduce students to Foods and Nutrition.  2.To state the careers open to the students of Foods and Nutrition.  3. To explain the interdisciplinary nature of Foods and Nutrition. | 1. Explain the following terms in foods and nutrition:  (i) foods (ii) nutrition (ii) nutrients  2. State the reasons for studying foods and nutrition.  3. Mention any SIX careers in foods and nutrition.  4. Explain the interdisciplinary nature of foods and nutrition. |
| 2-7 | Basic food nutrients | Food nutrients- functions, sources, digestion and metabolism, deficiencies. | 1. To the elements that make up each nutrient.  2. To state the functions of each nutrient.  4. To state the food sources of each nutrient.  5. To explain the deficiency disease of each nutrient. | WK 2 QUESTIONS:  1. List the elements that make up the carbohydrates.  2. State the THREE classes of carbohydrates with TWO examples each.  3. Mention FOUR functions of carbohydrates.  4. List FOUR main food sources of carbohydrates.  5. Explain the deficiency problems of carbohydrates.  WK 3 QUESTIONS:  1. List the elements that make up the proteins  .2. Classify proteins  3. Classify amino-acids.  4. List all the essential amino-acids.  5. Explain the complimentary supplementary values of protein. 6. State the functions and the food sources of protein.  WK 4 QUESTIONS:  1. Explain the importance of saturated and unsaturated fatty acids in the body.  2. What are the functions of fats and oil in the body?  3. State the food sources of fats and oil. |

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