WEST AFRICAN SENIOR SCHOOL
CERTIFICATE EXAMINATION

FOODS AND NUTRITION

1. PREAMBLE

Food is one of the basic needs of man. Without good food, an individual would not be able to function properly in all spheres of life. Good food promotes health and therefore it is important that students are exposed to ways of selecting, preparing and cooking wholesome food for themselves and others.

Foods and Nutrition as a vocational subject prepares students for the world of work. It also encourages the creative use of local foods and associated food service to meet the nutritional needs and other demands of consumers.

2. AIMS AND OBJECTIVES

The general aims and objectives of the syllabus are for candidates to

a) acquire basic knowledge about foods and nutrition;

(b) understand the relationship between nutrition and health;

c) identify career opportunities in foods and nutrition and acquire skills for further studies;

(d) apply the general principles underlying meal planning, selection, preparation and serving of food to feed family and other consumers for different occasions;

(e) understand the need for planning an efficient and safe kitchen;
(f) choose, use, care and store kitchen equipment and tools effectively;

(g) appreciate the importance of sanitation in the kitchen food preparation and service;

(h) apply basic principles underlying food processing, storage and preservation;

(i) acquire basic knowledge in consumer education;

(j) acquire research skills and use the information to experiment, develop and improve local dishes;

(k) set up a business in the food industry using all the basic skills acquired.

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3. SCHEME OF EXAMINATION

There will be three papers, Papers 1, 2 and 3 all of which must be taken. Papers 1 and 2 will be a composite paper and will be taken at one sitting.

**PAPER 1:** This will comprise sixty multiple choice questions, all of which are to be answered within 1 hour for 60 marks.

**PAPER 2:** This will comprise six essay questions out of which candidates will be
required to answer four. The paper will carry 40 marks and will last 1 hour 15 minutes.

**PAPER 3:** This will be a practical test of 3 hour duration. It will carry 100 marks and will be conducted by a visiting examiner.

**DETAILED SYLLABUS**

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<td>(a) The nutrients and their nutritive values</td>
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S/N TOPIC NOTES

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<td>(4) Meal Management</td>
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<td>(a) Meal Planning</td>
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<td>(b) Special Nutritional Needs</td>
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<td>(e)</td>
<td>Metabolism, (digestion and absorption of foods e.g. carbohydrate, protein, fat).</td>
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<td>(f)</td>
<td>Knowledge and use of food composition table</td>
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<td>(g)</td>
<td>Food tests: simple physical and chemical tests of foodstuffs to detect presence of nutrients in foods e.g. proteins, fats and carbohydrates.</td>
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<td>(i)</td>
<td>Meal planning terms</td>
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<td>(ii)</td>
<td>Reasons for planning meals</td>
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<td>(iii)</td>
<td>Factors in planning meals</td>
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<td>(iv)</td>
<td>General principles of meal planning</td>
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</table>
(v) Meal patterns

(i) Nutritional needs for different groups e.g. pregnant, lactating mothers, infants and children, adolescents, adults and the aged, vegetarians.

(ii) Planning meals for people in health condition e.g. HIV & AIDS, invalids, convalescents, overweight, underweight, hypertension, diabetes etc.

(a) Types of kitchen e.g. traditional, modern, institutional.

(b) Planning different types of kitchen.
III. (2) Kitchen equipment and tools

(3) Safety in the kitchen

(4) Sanitation in the kitchen

FOOD COMMODITIES

(1) Animal and animal products - milk and milk products
- e.g. Cheese, yoghurt
- eggs,
- meat,
- poultry,
- fish etc.

(2) Cereals/grains

(c) Factors to consider when planning.

(d) Cleaning agents and abrasives (commercial and local).

(a) Classes and types of equipment

(b) Selection, use, care and storage of large and small equipment, fixtures and appliances.

(a) Types of kitchen accidents

(b) Causes and prevention of accidents

(c) Content and use of first aid box

(d) Simple first aid treatment

(a) Personal Hygiene

(b) Kitchen Hygiene e.g. general cleaning, waste disposal, pests and pest control.

(c) Food hygiene e.g. handling of foods, food borne diseases, food sanitation laws.

Kinds/types and structure
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| IV. | (3) Fruits and vegetables | - versatility |
|     |                           | - thickening |
|     | (4) Legumes and oily seeds | - cheap source of energy/good source of roughage |
|     | (5) Fats and oils          |
|     | (6) Starchy roots and plantain | (a) Classification of fruits/Classification of vegetables |
|     |                            | (b) Structure, nutritive value and storage |
|     | (1) Food spoilage          | (c) Important of fruits and vegetables in the diet, etc |
|     |                             | (a) Classification of legumes, oily seeds |
|     |                             | (b) Importance of legumes and oily seeds in the diet, etc |
|     |                             | (a) Kinds and |
classification

- vegetable fats and oils
- animal fats and oils

(b) Uses in diet

(c) Uses in the body

(d) Health implications of fats and oils

(a) Types of starchy roots

(b) Types of plantain

(c) Types of dishes

(a) Meaning of food spoilage

(b) Causes and agents of food spoilage
FOOD PREPARATION

(1) Principles underlying cooking

(2) Methods of cooking

(3) Transfer of heat

(a) Meaning and importance of preservation

(b) General principles underlying food preservation

(c) Methods of food preservation

(a) Meaning and importance of food storage

(b) Storage of perishable and non perishable foods

(c) Storage space and equipment e.g. refrigeration, deep freezer, cupboards, shelves, granaries, barns etc.

(a) Explanation of the concept of cooking

(b) Reasons for cooking food

(a) Moist heat methods e.g. boiling, stewing, steaming etc.

(b) Dry heat methods e.g. baking, roasting, grilling, frying etc.

(c) Effects of heat on different food commodities e.g. animal products,
cereals and grains, fats and oil etc.

Methods of heat transfer and meaning
- Convection
- liquid, gases
- Radiation
- space
- conduction
- solid metal
(4) Cooking terms
Explanation of cooking terms

(5) Food additives
(a) Definitions

(6) Flour Cookery and Confectionery
(b) Types of food additives

(a) Types of flour
(c) Functions of additives

(b) Basic ingredients in flour cookery
(d) Selection and use of additives

(c) Raising agents
(e) Food adulteration

(d) Batters and doughs
(i) Types of flour

- Batters
(ii) Ingredients in flour

- Doughs
(iii) Uses of flour

- Flour, fat, sugar, eggs

(i) Types of raising agents, i.e., steam, carbon dioxide and air

(ii) Sources: boiling liquid steam, baking powder - carbon dioxide whisking - air

(i) Types of batters

(ii) Uses of batters

(iii) Dishes using batter

- biscuits

- classification

- rubbed in
- creamed
- whisked
- melted
- sponge mixtures

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<td>VI</td>
<td>(c) Cakes</td>
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<tr>
<td></td>
<td>- rubbed in</td>
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<td>(d) Pastries</td>
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<td>- creamed</td>
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<td>(g) Yeast Mixtures</td>
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<td>- whisked</td>
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<td>(h) Cake Decoration</td>
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<td>- melted</td>
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<td>Icing</td>
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<td>- sponge mixtures</td>
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<td>(i) Types of Pastries e.g. Shortcrust, suet, flaky, etc.</td>
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**BEVERAGES**

(1) Classification of beverages

(ii) Principles underlying pastry making

(iii) Pastry dishes e.g. turn over; jam tartlets, cornish pasties, etc.

(i) Definition

(ii) Ways of preparing yeast mixture

(iii) Important points
in preparing yeast mixture

(iv) Yeast dishes bread loaves, bread rolls, doughnut

(i) Types of icing e.g. butter icing, royal icing

(ii) Uses of icing

(iii) Preparation of icing

(iv) Using royal icing and butter icing

(a) Non-alcoholic beverages

- coffee and tea

- cocoa drink

- milk and egg drinks

- fruit juices and fruit drinks

- beef tea and lemon grass
(2) Importance of beverages
(b) Alcoholic
- beer

(3) Principles underlining preparation of beverage
- wine
- Nutritive values etc.

CONVENIENCE FOODS
- Tea, coffee, cocoa etc.

REAUFFÉ (LEFTOVER) FOODS
(a) Types of convenience foods
(b) Selection and uses of convenience foods
(c) Advantages and disadvantages of using convenience foods

FESTIVE DISHES/SPECIAL OCCASION DISHES
(d) Preparation of dishes using convenience foods.

ART OF ENTERTAINING
(a) Explanation
(b) Importance of using left over foods
(c) Rules/guidelines for using leftover foods
(d) Rechauffé dishes
(a) Explanation
(b) Occasions for festive dishes
(c) Types of festive dishes/special occasion dishes
(d) Preparation of
festive dishes/ special occasion dishes

(a) Explanation

(b) Types of parties

(c) Occasions for parties

(d) Points to consider when selecting types of parties

(e) Factors that contribute to the success of parties

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<td>(3) Meal Service Style</td>
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<td>EXPERIMENTAL COOKERY</td>
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<td>(1) Research into Local dishes and Drinks</td>
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<td>(2) Experiments</td>
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(a) Explanation e.g. table setting, cover, etc
(b) Setting tables and tray for different meal and occasion
(c) Table appointments
(d) Table manners/etiquette

(a) Types of meal service
- Informal meal service
- formal meal service

(b) Factors
determining choice
of service styles and
types of party

(c) Foods for special
occasions

e. g. birthday,
naming ceremonies,
weddings etc.

(e) Factors that
contribute to the
success of parties

(a) Importance of
research in Foods
and Nutrition

(b) Collection of
information (data)

(c) Research into
local dishes

(d) Development of
new recipes

(e) Improving
existing recipes
based on methods of
preparation,
Nutritive value, time
and energy use and
service/presentation

(a) Using fruits e.g.
passion fruit, samia,
royal palm fruit

(b) Other types of
flour e.g. root, cereal
and legumes, etc.
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S/N TOPIC NOTES

XII CONSUMER EDUCATION

XIII
(1) Consumer Education

(2) Food Budgeting

(3) Food Purchasing

(a) Meaning and principles

SELFF EMPLOYMENT

(1) Setting up and managing a catering enterprise

(a) Explanation

(b) Factors to consider when budgeting

(2) Work ethics

(a) Guidelines for shopping for food

(b) Guidelines for bulk purchasing

(3) Packaging

(c) Reasons for buying in bulk

(d) Advantages and disadvantages of bulk purchasing

(a) Explanation of terms
- entrepreneur
- entrepreneurship
- enterprise

(b) Characteristics of an entrepreneur

(c) Advantages and disadvantages of an entrepreneur

(d) Setting up a catering entrepreneur

(e) Some catering enterprises

(f) Factors contributing to the success of an enterprise

(a) Explanation of work ethics

(b) Good work ethics

(a) Explanation of Food Packaging

(b) Reasons why food is packaged

(c) Qualities of packaging materials

(d) Types of packaging materials