

**LESSON NOTES WEEK 1**

Subject: Home Economics

Year/Level: 10

<b>Strand</b>	Food and Nutrition
<b>Sub Strand</b>	Nutrition
<b>Content Learning Outcome</b>	<ol style="list-style-type: none"> <li>1. Define convenience food.</li> <li>2. State the types of convenience foods available.</li> <li>3. Discuss ways of using convenience foods in meals</li> <li>4. Design nutritious meals/ food products using convenience foods.</li> </ol>

FOOD STUDY

- ✓ Convenience foods are processed foods that require little or no preparation.
- ✓ It can be either partly or fully prepared by the food manufacturer.

Types of Convenience Foods

1. **Bottled and canned foods**- canning and bottling food is a method of preserving food in either brine or syrup where the food contents are processed and sealed in air tight container. Vitamin B and C may be destroyed during processing. Eg. Sunbell tuna, Mackerel tin fish.
2. **Frozen foods** – food is kept in the freezer below the freezing point of 0°C. They do not require any added preservatives because microorganisms do not grow when the temperature of the food is below -9.5°C. Some frozen food can be eaten straight away e.g ice cream
3. **Dehydrated foods**- have water removed from it through evaporation (air drying, sun drying, smoking or wind drying) Removal of water prevents growth of microorganisms and extends shelf life. Eg. Dried tomatoes
4. **Ready to eat**- foods that can be eaten without any additional preparation. Eg. Yogurt, breakfast crackers.
5. **Ready to cook**- food is commercially prepared and requires some cooking before consumption. Eg. Maggie noodles, Betty Crocker cake mix.

Advantages and Disadvantages of Convenience foods

Advantages	Disadvantages
<ol style="list-style-type: none"> <li>1. Little or no wastage</li> <li>2. Saves time in preparation and cooking.</li> <li>3. Useful in time of emergency</li> <li>4. Saves energy</li> </ol>	<ol style="list-style-type: none"> <li>1. Cans and bottles are heavy to carry</li> <li>2. More expensive than fresh food</li> <li>3. Nutrients may be lost during processing</li> <li>4. Disposal of packaging becomes a problem</li> </ol>

Nutritive value of Convenience foods

- It is as high as that of fresh ingredients.
- Some vitamins are lost due to the heat treatment during food processing.



### Uses of Convenience food

- Convenience food is best use with fresh food to make a dish or meal more nutritious.
- Make an omelette using diced luncheon meat, long beans, carrots, onion and chillies.
- Tuna sandwich can be made using canned tuna, tomatoes, cucumber, onion, carrot, chillies and dhaniya.

### Food additives in Convenience food

- To preserve the taste
- To improve taste
- To make food look attractive
- To enhance its nutrient content

### Storage of Convenience food

1. Canned foods- should be stored in a cool, dry and dark place. Moisture will cause cans to rust.
2. Bottled foods- should be kept in cool, dark place as light may affect the food.
3. Dehydrated foods- should be stored in clean, dry, air tight containers.
4. Frozen foods- should be stored at  $-18^{\circ}\text{C}$ . Do not refreeze frozen food once it has been thawed. There is no danger to health if you keep frozen foods longer than the recommended time, but you may notice slight changes in flavour, colour or texture.
5. Packet mixes and ready-to-eat cooked foods- best to be kept in the refrigerator and used as quickly as possible.

### Buying Convenience food

- Always check the packaging and expiry date.
- Read the nutritional information on the packet.
- Do not buy packets of frozen food with large ice crystals in it.
- Do not buy in bulk as you may not get around to using it before expiry date.

### Activity

1. Define convenience food.
2. Identify the types of convenience foods below.

i.



ii.



iii.



3. How would you store the following:

- i. Fresh fish
- ii. An open packet of potato chips
- iii. Tin fish

4. Why should you consume fresh foods together with convenience foods?
5. Explain the term 'thawing'.