

LESSON NOTES WEEK 1

Subject: Home Economics

Year/Level: 9

Strand	Food and Nutrition
Sub Strand	Food Planning and Product Development
Content Learning Outcome	1. Define meal planning terms and identify the basic meal patterns 2. Identify the basic meal patterns.

Chapter 7: Food Processing

Lesson 2: Food Planning and Product Development

- ✓ When planning and cooking meals at home, decide on the ingredients and cooking methods.
- ✓ This will help in the preparation of healthy and balanced meals.
- ✓ When eating out, it is important to make informed decisions on the food one is going to eat.

Meal planning terms:

Meal – the portion of food taken at one time to satisfy appetite. It is an act or the time of eating a meal.

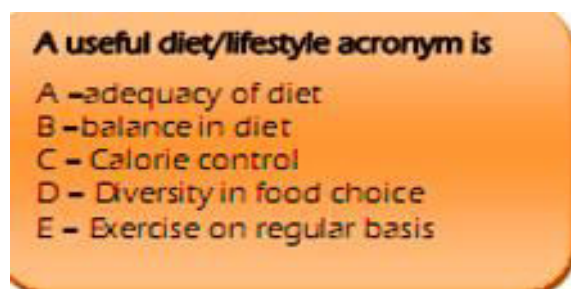
Balanced meal – one way to balance your diet as you consume a variety of foods is to select foods from the three food groups every day.

Diet – is the kind and amount of food prescribed for a person for a special reason. It is also referred to as the food and drink regularly provided or consumed.

Balanced diet – is defined as right kind of foods in the right amounts and proportions, to meet the nutrient needs of the person. A balanced diet is important for maintaining body weight and for preventing diet-related illnesses.

Recipe – instructions on how to prepare dish.

Menu – is a list dishes to be served at a meal.



Basic Meal Pattern

Meal	Basic plan	Suitable foods
1. Breakfast	<ul style="list-style-type: none">✓ Fruit or fruit juice✓ Cereal with milk✓ Main dish of protein✓ Bread with spread✓ Beverage	<ul style="list-style-type: none">✓ Banana✓ Porridge with milk✓ Egg on toast✓ Beverage (OR)✓ Pawpaw✓ Roti with sajan✓ Tea with milk
2. Lunch	<ul style="list-style-type: none">✓ Bread/root crops/grains✓ Main dish✓ Vegetables✓ Fruit✓ Beverage	<ul style="list-style-type: none">✓ Boiled egg sandwich with lettuce and tomatoes.✓ Apple✓ Lemon juice (OR)✓ Cassava✓ Boiled fish with bele✓ Kavika
3. Dinner	<ul style="list-style-type: none">✓ Bread/ root crops/ grains✓ Protein dish✓ Vegetables✓ Beverage	<ul style="list-style-type: none">✓ Dalo with steamed fish✓ Grilled egg plant✓ Fresh orange juice (OR)✓ Cassava✓ Grilled /Boiled fishy/seafood✓ Steamed leafy vegetables and tomatoes

Activity

1. Define the following terms:

- a) Meal
- b) Diet
- c) Menu
- d) Recipe

2. Differentiate between balance meal and balance diet

3. Write a menu for the following:

- a) Breakfast
- b) Lunch
- c) Dinner

2.