

**PENANG SANGAM HIGH SCHOOL**  
**P.O.BOX 44, RAKIRAKI**  
**LESSON NOTES BATCH 6 – WEEK 18**

Subject: Home Economics

Year/Level: 10

<b>Strand</b>	Food and Nutrition
<b>Sub Strand</b>	Food Planning and Product Development
<b>Content Learning Outcome</b>	1. Identify the nutritional needs of special groups of people (adolescents, invalids and convalescents) 2. Select foods suitable for different needs.

PREPARATION OF FOOD FOR SPECIAL NEEDS

HEALTHY COOKING METHODS

- Food is cooked for several reasons for which, breaking down the cell walls of food and making it more digestible, improving its flavour and appearance, and making it safe to eat.
- Cooking requires one to have skills in order to save time, money and to prepare nutritious meals for the family especially members with special needs.
- Healthy cooking methods are appropriate for those with special needs as they ensure the most of food value is available for proper nourishment.
- The healthy cooking methods are poaching, steaming, grilling (covered in Year 9 textbook) and stir frying.

**1. POACHING:**

- Cooking food either partially or completely covered by a liquid which is brought to, and maintained at a temperature just below boiling point.
- Poaching is an effective way of cooking foods for either hot or cold service, not only does it produce healthy food but it enhances flavour.
- It can however require considerable skill and judgment particularly with complex shallow poached fish dishes.
- Some dishes described as poached are strictly speaking a mixture of boiling & poaching, for example, a whole poached salmon.

Purpose of Poaching

Main reasons for which foods are poached include

- it is a fast method of cooking tender food
- food is moved as little as possible and does not break up or fall apart
- poaching liquid can contribute to taste and make good bases for sauces
- keeps flavor of food well and does not add fats/oils

## Methods of Poaching

1. Deep Poaching: involves covering the food with cooking liquor, and is usually carried out on top of the stove.
2. Shallow Poaching - food is partially covered with cooking liquid. The process is usually started on top of the stove and continued in the oven. The liquid usually comes two thirds of the way up the food.

Cooking Method	Advantages	Disadvantages
Poaching	Food is easily digested when poached.	Skill is required when poaching food. For many foods, it is not a suitable method.

## **2. STIR FRYING**

- Stir frying is a technique that cooks foods quickly, using only a small amount of fat.
- Food is continuously stirred /tossed to cook it.

Cooking Method	Advantages	Disadvantages
Stir frying	Food is cooked at high temperature enabling food to be cooked very quickly.	Food can stick to pan and may scorch.
	Quick cooking of meat and vegetables with nothing sticking	Has considerable amount of sodium in the meal if seasoning such as soy sauce and oyster sauce are used.

## Advanced Cooking Method

### Roasting

- Roasting is high-heat baking with very little moisture.
- Roasted foods get drier and browned on the outside by initially exposing it to a high temperature.
- This keeps most of the moisture from being lost.
- Temperature is then lowered to cook the meat through.
- Basting during roasting ensures meat remains moist and prevents drying or burning.
- The flavors of both meats and vegetables are retained and enhanced by roasting.