

**ST. VINCENT GIRLS' HIGH SCHOOL
CARIBBEAN SECONDARY EXAM CERTIFICATE (CSEC)**

DELIVERY AND ASSESSMENT PLAN TVET

Qualification: *Food, Nutrition and Health*
Form 3

Ser	Section	Unit Title (Topic)	Content	Delivery Plan/ Schedule Duration (Formative Assessment)		Assessment Plan/ Schedule (Summative Assessment)	
				Start	End	Proposed Date	Actual Date
1.	2&1	<i>Nutrition and Health</i>	Introduction of subject Section 2: Nutrition and Health 1. <i>discuss the basic principles of nutrition;</i> 2. describe various nutrition related problems; -Meal Planning	September 1 st 2025	5 th September, 2025		
2.	2&7	<i>Nutrition and Health</i>	Section 7: Food Management , Preparation and Service Objective 1: Guidelines for good hygiene 1) Personal hygiene - Accurate hand washing - Protective clothing - General grooming 2) Preparation and service	8th Sept 2025	12th Sept,2025		

			<ul style="list-style-type: none"> - Surfaces - Utensils - Waste disposal <p>Objective 2 : Reasons for cooking food</p> <ol style="list-style-type: none"> a) Micro-organisms b) Digestibility c) Food d) Variety e) Processing food <p>Objective 3: Methods of cooking Principles underlying :</p> <ol style="list-style-type: none"> I. Moist heat (boiling, poaching, steaming, stewing, advantages and disadvantages, suitable foods II. Dry heat (baking ,roasting, grilling) III. Frying (dry, saute', shallow, stir-frying, deep fat frying) IV. Conservation V. Microwave; VI. Pressure cooking <p>Measuring utensils for dry and liquid ingredients</p>				
3.		<i>Breakfast</i>	<p>Breakfast:</p> <ul style="list-style-type: none"> -Types of breakfast - Quick breads 	15th Sept, 2025	20th Sept, 2025		

			<ul style="list-style-type: none"> -Protein items -Fruit -Cereal -Plan breakfast practical <p>Written test on Nutrients and meal planning.</p>				
4.		<i>Breakfast</i>	<p>Practical assessment:</p> <ul style="list-style-type: none"> -Breakfast 	22 nd Sept, 2025	26 th Sept, 2025		
5.		<i>Sandwiches</i>	<p>Sandwiches</p> <ul style="list-style-type: none"> -Types of sandwiches -Preparation of sandwiches -Plan sandwich assessment 	29 th September, 2025	3 rd Oct, 2025		
6.	2&5	<i>Sandwiches</i>	<p>Practical Assessment:</p> <p>Sandwiches</p>	6 th Oct, 2025	10 th Oct, 2025		
7.	2	<i>Cakes and Quick Breads</i>	<p>Cakes and quick breads</p> <ul style="list-style-type: none"> -Methods of preparing cakes and quick breads -Ingredients used in cake making -Faults in baked cakes -Plan practical for cakes and quick breads 	13 th Oct, 2025	17 th Oct, 2025		
8.		<i>Cakes and Quick Breads</i>	<p>Practical Assessment</p> <p>Cakes and quick breads</p>	20 th Oct, 2025	24 th Oct, 2025		
9.		<i>Batters and Cooked Salads</i>	<p>Batters and cooked salads:</p> <ul style="list-style-type: none"> -Types of batters -Methods for making batters -Plan practical for batters and 	27 th Oct, 2025	31 st Nov, 2025		

			cooked salads				
10.		<i>Batters and cooked salads</i>	Practical Assessment Batters and cooked salads	3 rd Nov, 2025	7 th Nov, 2025		
		<i>Cookies</i>	Practical Assessment Cookies	10 th Nov, 2025	14 th November 2025		
			EXAM	17 th Nov,2025	21 st Nov,2025		

Instructor Name : _____

Instructor Signature : _____

Date : _____

Principal: _____

Principal Signature : _____

Date : _____