

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

**FORM 4 DELIVERY AND ASSESSMENT PLAN TVET**

**Qualification:** *Food, Nutrition and Health*  
Form 4

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>	<p>Introduction of subject</p> <p><b>Section 2: Nutrition and Health</b></p> <ol style="list-style-type: none"> <li>1. <i>discuss the basic principles of nutrition;</i></li> <li>2. describe various nutrition related problems;</li> </ol> <p><b>Section 1: Diet and Health</b></p> <ol style="list-style-type: none"> <li>a) Define <ul style="list-style-type: none"> <li>- Diet ( types- balanced, special)</li> <li>- Health (according to World Health Organisation)</li> <li>- Nutritional status (definition and methods of assessment)</li> </ul> </li> </ol>	September 1 <sup>st</sup> 2025	5 <sup>th</sup> September, 2025		

2.	2&7	<i>Nutrition and Health</i>	<p><b>Section 2 Nutrition and Health</b>  <b>Objective:</b>  3.classify nutrients according to dietary requirements;  4.discuss the classification, sources and functions of carbohydrate;</p> <p><b>Section 7: Food Management , Preparation and Service</b>  Objective 1: Guidelines for good hygiene  1) Personal hygiene  - Accurate hand washing  - Protective clothing  - General grooming</p> <p>2) Preparation and service  - Surfaces  - Utensils  - Waste disposal</p> <p>2b. Food handling  - Receiving goods (raw foods)  - Cooked foods  - Cross contamination  - Storing cooked, ready-frozen and canned foods</p>	8th Sept 2025	12th Sept,2025		
3.	2&5	<i>Nutrition and Health</i>	<p><b>Section 2: Nutrition and Health</b>  4. discuss the classification, sources and functions of protein in the diet;  (i) Chemical composition: the importance of nitrogen protein molecule and its constituents, amino acids essential and non-essential. Low and high biological value protein. Complementary protein.  Dietary fibre: soluble and insoluble,</p>	15th Sept, 2025	20th Sept, 2025		

			<p>functions of carbohydrates, sources of carbohydrates.</p> <p><b>Section 5: Kitchen Design and Equipment Management</b></p> <p><b>Objective 3: Small non-electrical food preparation equipment</b></p> <ol style="list-style-type: none"> <li>I. Scales</li> <li>II. Pots</li> <li>III. Pans</li> <li>IV. Glassware</li> <li>V. Ovenware</li> <li>VI. Flatware</li> <li>VII. Cutting tools</li> </ol> <ul style="list-style-type: none"> <li>- Special features</li> <li>- Construction materials</li> <li>- Rules and guidelines for use, maintenance and storage</li> </ul> <p>Written test.</p>				
4.	2&5	<i>Nutrition and Health</i>	<p><b>Section 2: Nutrition and Health</b></p> <p>4. <i>discuss the classification, Fats: Structure and chemical composition of fats. Difference between fats and oils, cholesterol, fatty acids, saturation, saturated fatty acids, essential fatty acids, trans fatty acids</i></p> <p><i>Sources and functions of fats in the diet – plant and animal, visible and invisible fats</i></p> <p><i>Time Plan work</i></p> <p><b>Section 5: Kitchen Design and Equipment</b></p>	22 <sup>nd</sup> Sept, 2025	26th Sept, 2025		

			<p><b>Management</b></p> <p>Objective 7: Work efficiently in the kitchen (Food Laboratory)</p> <p>Objective 8: ( C) Preparation of time plans; time/motion conservation</p> <ol style="list-style-type: none"> <li>1) appropriate ingredients and equipment for the job;</li> <li>2) Order of work;</li> <li>3) Prepare and use time plans</li> </ol> <p>-</p>				
5.	2	<i>Nutrition and Health</i>	<p><b>Section2 Nutrition and Health</b></p> <p>5.describe various health conditions associated with the intake of carbohydrates, fats and protein;</p> <p>Health conditions associated with the improper intake of macro nutrients (a)</p> <p>Daily intake of Carbohydrates, protein and fat. Health conditions associated with the improper intake of carbohydrates: obesity, low energy, constipation, diverticulitis, diabetes, heart disease.</p> <p>Fats: heart disease, high cholesterol, hypertension, stroke</p> <p>Protein: PEM – Kwashiorkor, marasmus, weight gain,</p> <p>Portfolio building</p>	29 <sup>th</sup> September,2025	3 <sup>rd</sup> Oct, 2025		
6.	2&5	<i>Nutrition and Health</i>	<p>Written test</p> <p>6. Vitamins and Minerals: micro nutrients (a) classification of vitamins and minerals. Vitamins, chemical names, sources. Functions of each vitamin. Health condition associated with an improper intake of each vitamin.</p>	6 <sup>th</sup> Oct, 2025	10 <sup>th</sup> Oct,2025		

			<p>Micro nutrients (a) classification, chemical names, sources. Functions, signs and symptoms of each disorder.</p> <p><b>Section 5: Kitchen Design and Equipment Management</b></p> <p><i>Objectives 10&amp;11: Accidents in the kitchen( Food Laboratory)</i></p> <p style="padding-left: 40px;">a. Applying First Aid</p> <p style="padding-left: 80px;">- Definition of First Aid</p> <p style="padding-left: 40px;">b. Treating common injuries</p> <p>Types:</p> <p>-burns, Scalds, cuts, falls, electrocution, poisoning</p> <p>c. Causes of accidents in the home</p> <p>d. prevention of accidents in the home</p> <p>Portfolio Work</p>				
7.	2	<i>Nutrition and Health</i>	Minerals: classification, sources, heme and non heme sources, functions of minerals. Health conditions associated with an improper intake of minerals.	13 <sup>th</sup> Oct, 2025	17 <sup>th</sup> Oct, 2025		

			Signs and symptoms of each disorder. The importance of iron and calcium to special groups. Conservation of Vitamins, absorption of iron				
8.			Water: sources, functions, dehydration, constipation, signs and symptoms of each Factors that affect the nutritive value of food. Home Assignment: Research the health conditions associated with an improper intake of vitamins and minerals  Portfolio Work	20 <sup>th</sup> Oct, 2025	24 <sup>th</sup> Oct,2025		
9.	2&7	<i>Nutrition and Health</i>	<b>Section 7 : Food Management , Preparation and Service</b>  Objective 2 : Reasons for cooking food a) Micro-organisms b) Digestibility c) Food d) Variety e) Processing food  Objective 3: Methods of cooking Principles underlying :  I. Moist heat (boiling, poaching, steaming, stewing, advantages and disadvantages, suitable foods	27th Oct, 2025	31st Nov,2025		
10.	7,2,5	Food Management, Preparation and service	<b>Section 7: Food Management, Preparation and service</b> Objective 3: Methods of cooking	3 <sup>rd</sup> Nov, 2025	7 <sup>th</sup> Nov, 2025		

		Principles underlying II. Dry heat (baking ,roasting, grilling) III. Frying (dry, saute', shallow, stir-frying, deep fat frying) IV. Conservation V. Microwave; VI. Pressure cooking VII. <b>Section2: Nutrition and Health</b> <b>Objective 9:</b> foods that impact the absorption of calcium and iron. Goods that inhibit the absorption of Calcium and iron. Foods that promote the absorption of calcium and iron.  Time Plan				
		Revision Portfolio Building	10 <sup>th</sup> Nov, 2025	14 <sup>th</sup> November 2025		
		EXAM	17 <sup>th</sup> Nov,2025	21 <sup>st</sup> Nov,2025		

Instructor Name :
Instructor Signature :

Principal:
Principal Signature :

Date

Date

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