

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

**DELIVERY AND ASSESSMENT PLAN TVET**

**Qualification:** *Food, Nutrition and Health Form4 TERM 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.	3	<i>Meal Planning Preparation and Dining</i>	<ol style="list-style-type: none"> <li>1. explain terms associated with meal planning;</li> <li>2. outline the factors to be considered in the planning of meals;</li> <li>3. explain the importance of food groups in meal planning;</li> <li>4. plan meals using the multi-mix principle;</li> </ol>	April 13 <sup>th</sup> 2026	April 17 <sup>th</sup> 2026		
2.	2&7	<i>Nutrition and Health</i>	<b>Section 3: Meal Planning Preparation and Dining Objective</b> plan menus and prepare meals for different occasions;	April 20 <sup>th</sup> 2026	April 24 <sup>th</sup> 2026		

			<p>5.plan and prepare meals for different groups;</p> <p>6.describe the various types of vegetarians and their nutritional requirements;</p> <p>7.plan and prepare meals for the various types of vegetarians;</p> <p>8.plan and prepare meals to prevent various nutritional disorders</p>				
3.	3	<i>Meal Planning Preparation and Dining</i>	<p>9. plan and prepare meals to prevent various nutritional disorders;</p> <p>10. plan and prepare nutritious low-budget meals;</p> <p>11. plan and prepare packed meals for different groups;</p> <p>12. set the table attractively for different meals and occasions. (practical)</p> <p><b>Test on Meal Planning</b></p> <p><b>Section 5: Kitchen Design and Equipment Management</b></p> <p><b>Objective 3: Small non-electrical food preparation equipment</b></p> <p>I. Scales</p> <p>II. Pots</p> <p>III. Pans</p> <p>IV. Glassware</p> <p>V. Ovenware</p>	April 27 <sup>th</sup> 2024	May 1 <sup>st</sup> 2026		

			VI. Flatware VII. Cutting tools  - Special features - Construction materials - Rules and guidelines for use, maintenance and storage				
4.	2&5	<i>Food Management Preparation and Service</i>	<b>Section 7 : Food Management , Preparation and Service</b> <i>(b) Preparing and serving cakes:</i> <i>methods: rubbing-in, creaming, whisking, all-in-one;</i>  <i>functions of ingredients used in each method;</i>  <i>terms used in cake making: sieve; cream; whisk; fold; curdle.</i>  <i>steps and precautions for each method;</i>  <i>faults and remedies in cake making; standards for the finished products and their service.</i>	May 4 <sup>th</sup> 2024	May 8 <sup>th</sup> 2024		
5.	7	<i>Food Management, Preparation and Service</i>	<b>Section 7 : Food Management , Preparation and Service</b>  Bake cakes using the five methods	May 11 <sup>th</sup> 2026	May 15 <sup>th</sup> 2026		

			Decorating Cakes: <i>types of cake decorations and their uses; choosing suitable decoration for each method of cake making; recipes and standards for the finished products and their service.</i>				
6.	2&5	<i>Nutrition and Health</i>	<p><b>Section 4: Food Science and Technology</b></p> <ol style="list-style-type: none"> <li>1. <i>discuss the factors that contribute to food spoilage and contamination;</i></li> <li>2. <i>distinguish between perishable and non-perishable foods;</i></li> <li>3. <i>explain how microorganisms contaminate food;</i></li> <li>4. <i>explain the development and prevention of food borne illnesses;</i></li> <li>5. <i>outline methods of preventing food contamination;</i></li> </ol>	May 18 <sup>th</sup> 2026	May 22 <sup>nd</sup> 2026		

7.	4	<i>Food Science and Technology</i>	<b>Section 4: Food Science and Technology</b> 1. <i>discuss the importance of food preservation;</i>  2. <i>explain the methods of preserving foods;</i>  6. <i>outline the importance of food additives in discuss the use of raising agents in flour mixtures;</i>  3. <i>explain the precautions to be observed when using these raising agents manufactured foods;</i>	May 25th 2026	May 29 <sup>th</sup> 2026		
8.			Revision\ Portfolio Work	June 1 <sup>st</sup> 2026	June 5 <sup>th</sup> 2026		
9.			Examination	June 8 <sup>th</sup> 2026	June 12 <sup>th</sup> 2026		
10.			Examination	June 15 <sup>th</sup> 2026	June 19 <sup>th</sup> 2026		
11							
12							

Instructor Name :

Instructor Signature : \_\_\_\_\_

Date : April 2026

Principal:

Principal Signature : \_\_\_\_\_

Date : \_\_\_\_\_