

◆ SYLLABUS FOR EXAMINATIONS IN FOOD AND NUTRITION

The syllabus for Food and Nutrition is intended to provide opportunities for the development of skills in the planning, preparation and presentation of foods. This is a basic requirement for health and well being. In addition, the course provides an understanding of the nature of food and the principles of nutrition.

GENERAL OBJECTIVES

Students should be able to:

1. understand the scientific principles on which food preparation and nutrition are based;
2. understand the principles underlying the planning, preparation and service of a variety of food items and meals;
3. demonstrate skills in the preparation of food with due regard to the preservation of nutritive values;
4. apply management skills in planning, preparation and service of meals;
5. appreciate the aesthetic aspects of food preparation and service;
6. understand aspects of consumerism as they pertain to the selection of food and food preparation equipment and utensils for the home and for institutions;
7. demonstrate skill in the use and care of a variety of kitchen equipment and utensils;
8. demonstrate knowledge of the nutritional content of foods commonly used in meal planning;
9. understand the principles underlying the planning of meals to meet the nutritional needs of individuals and families at all stages of the life cycle;
10. understand the relationship between diet and good health particularly in relation to the nutritional problems in the Caribbean;
11. demonstrate knowledge of the various factors which influence nutritional status;
12. evaluate information of food and nutrition information for accuracy.

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RS Peters



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