**YEAR 10 HOME ECONOMICS**

**WEEK 9 LESSON NOTES**

**LESSON 50**

**STRAND : HEC 10.2 FOOD AND NUTRITION**

**Sub Strands: HEC10. 2.6 Food Planning and product development**

**CLO: HEC 10.2.6.1 Recognise and demonstrate planning and cooking skills for special needs**.

**PLANNING FOR SPECIAL NEEDS**

1. **An Adolescent Diet**

* Adolescence is a critical period of growth and development, so good nutrition is essential. During adolescence, the need for most nutrients including energy, protein, vitamins and minerals increases.

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| **Nutrients essential in the daily diet of an adolescent** | **Reason** |
| Iron | Particularly important for girls to prevent anemia due to menstruation. |
| Calcium | To form adult sized skeleton and reduce the risk of osteoporosis at a later age. |
| Vitamin D & Phosphorous | To build bones |
| Protein | Growth and maintenance of muscle |
| Zinc | For growth and sex maturation |
| Vitamin | A Good development of eyes and immune system |

**EATING TIPS TO IMPROVE AN ADOLESCENT’S DIET**

Small changes can make a big impact. Try to:

* Cut back on sugary drinks like soft drinks and energy drinks. Water is the healthiest drink – try adding a slice of lemon, lime or orange for flavour
* Eat breakfast every day so you are less likely to snack on junk food at morning tea.
* Do not skip lunch or dinner either

Many of the popular fast food chains now have healthier food choices on the menu.

**LESSON 51**

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**POTENTIAL NUTRITION-RELATED PROBLEMS FOR ADOLESCENTS**

**Obesity:** An increase in the amount of fast food and “junk food” available to adolescents. Staying active and avoiding sugary drinks and fatty snacks foods will promote a healthy weight for adolescents.

**Eating Disorders**

* Adolescents tend to be very conscious of appearances and may feel pressured to be thin or to look a certain way (that is self-image)
* Fear of becoming obese may lead to overly restrictive eating habits. Some adolescents even go to the extent of resorting to self-induced vomiting in an attempt to control their weight.

**High Risk Adolescent Group**

**1.PREGNANT ADOLESCENTS**

* When a teenager becomes pregnant, she needs more nutrients than her non-pregnant colleague to support both her baby and her own continued growth and physical development.
* If nutritional needs are not met, her baby may be born with impaired foetal growth and the subsequent low birth weight or other health problems.
* Pregnant adolescents need to seek prenatal care and nutrition advice early in their pregnancy.

**2.Atheletes**

* Young athletes may be tempted to adopt unhealthy behaviours such as crash dieting, taking supplements to improve performance, or eating unhealthy foods to fulfill their hearty appetites.
* A balanced nutritional outlook is important for good health and athletic performance.

**3.Vegetarians**

* Adolescents who follow a vegetarian diet, whether for religious or personal reasons, need to carefully plan their intake to get the protein and minerals they need.
* Strict vegetarians (those who do not eat eggs or dairy products), also known as vegans, may need nutritional supplements to meet their needs for calcium, vitamin B12, and iron.

4.**Convalescents**

* A convalescent is a person who is recovering from an illness, injury or surgery. For instance, Shelly recently had her appendix taken out. She has been allowed to go home to recuperate. Shelly is now considered a convalescent.

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| **Nutrients essential in the daily**  **diet of a Convalescent** | **Reason** |
| Proteins | To repair and rebuild damaged body tissues |
| Vitamin A | To help build healthy membrane linings |
| Vitamin B group | To release energy from foods. |
| Vitamin C | To heal wounds and help prevent sores from developing |
| Calcium and Phosphorus | To help repair fractured or broken bones |
| Iron | To replace iron lost during bleeding |

**\*Dietary fibre,** constipation is common amongst convalescents.

More fruits and vegetables to be eaten if convalescent becomes constipated.

**Tips to remember**

1. Follow the doctor’s orders if any have been given.

2. Observe strict hygiene in preparing and cooking the food.

3. Consider the convalescent’s likes and dislikes.

4. Avoid oily and strongly flavoured foods such as fried foods and hot curries as these are not easily digested

5. Serve the food neatly and attractively on the tray to help stimulate the convalescent’s poor appetite.

6. Serve small portions of food at regular intervals.

**LESSON 52**

**STRAND : HEC 10.2 FOOD AND NUTRITION**

**Sub Strands: HEC10. 2.6 Food Planning and product development**

**CLO : HEC 10.2.6.1 Recognise and demonstrate planning and cooking skills for special needs.**

1. **Invalids**

* An invalid is a person who is disabled as a result of illness or injury. As such, food for invalids should provide the maximum amount of nourishment with the minimum amount of bulk.

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| **Nutrients essential in the**  **daily diet of a Invalid** | **Reason** |
| Proteins | To repair diseased and wasted tissue. |
| Vitamin A | To assists to prevent infection and create healthy mucous membrane. |
| Vitamin B | For nervous tissue, vitality and energy release. |
| Vitamin C | To help in healing tissues and wounds and prevent bed sores. |
| Fibre | To prevent constipation – a common complaint in bed – ridden patients. |
| Iron | To prevent anaemia, this is common in illness. |

**Energy Foods:** Should be restricted and used to round off the appetite after the essential foods have been eaten e.g. desserts or sweets.

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| Note: During illness, digestion is impaired. Food such as pastries, oily fish, fatty meat, fried foods, cheese and highly seasoned foods should be avoided. |

**PREPARATION OF FOOD FOR SPECIAL NEEDS**

Reasons for cooking food

1. Breaking down the cell walls of food and making it more digestible
2. Improving its flavour and appearance
3. Making it safe to eat.

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| **Methods** | **Definition** | **Advantage** | **Disadvantage** |
| Poaching | Cooking food either partially or completely covered by a liquid which is brought to,and maintained at a temperature just below boiling point | -Food is easily digested when poached.  -keeps flavor of food well and does not add fats/oils | -Skill is required when poaching food.  -For many foods, it is not a suitable method. |
| Deep poaching | Involves covering the food with cooking liquor, and is usually carried out on top of the stove. |
| Shallow poaching | Food is partially covered with cooking liquid. |
| Stir Frying | Stir frying is a technique that cooks foods quickly, using only a small amount of fat. | -Food is cooked at high temperature enabling food to be cooked very quickly.  -Quick cooking of meat and vegetables with nothing sticking | Food can stick to pan and may  Scorch |
| Roasting | Roasting is high-heat baking with very little moisture. Basting during roasting ensures meat remains moist and prevents drying or burning | -It is very tasty.  -It is economical.  -Tenderizes suitable joints of meat, develop flavor. | -It contains lot of fat.  - Proteins are lost.  -Consumes a lot of time. |

**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
* keeps flavour of food well and does not add fats/oils

**WORKSHEET**

1. Define the terms below:
   * Adolescents
   * Eating disorders
   * Obesity
   * Vegetarians
   * Convalescents

2. Identify three essential nutrients for adolescents and state a reason for each.

3. Explain a reason dietary fibre needs to be included in a convalescence diet.

4. Define the terms below:

* Invalids
* Energy foods
* Poaching
* stir frying
* Roasting

5. State one advantage and disadvantages of Poaching

6. Explain two reasons for poaching food.

7. State a reason why basting is applied during roasting.