

WEST AFRICAN SENIOR SCHOOL CERTIFICATE EXAMINATION  
FOODS AND NUTRITION

The general objectives of the Foods and Nutrition syllabus are to test candidates' understanding and application of

- (a) the principles of nutrition.
- (b) the relationship between nutrition and health.
- (c) the methods of planning, preparing and serving balanced meals for different occasions and to meet family needs.
- (d) the methods of choosing, caring for and storing kitchen equipment as well as the commercial kitchen.
- (e) the importance of sanitation in food preparation and service.
- (f) the appropriate manipulative skills in food preparation which could be marketable in future.
- (g) the methods of planning wisely around the food budget, using the principles of consumerism, food storage and preservation.
- (h) the principles of different methods of cooking.
- (i) the skills in recipe development and the utilization of local foods available.
- (j) the simple research and use of information to experiment, develop and improve on local dishes.
- (k) the effective arrangement and utilization of space to reduce fatigue.
- (l) career opportunities in foods and nutrition.

There will be two papers both of which must be answered.

PAPER 1: This will be a practical test of 3 hours, which will be conducted by a visiting examiner. This paper will carry 100 marks.

PAPER 2: This will be a written paper of 2½ hours consisting of two sections, A and B.

SECTION A: This will comprise 60 multiple-choice questions to be answered in 1 hour. This section carries 60 marks.

SECTION B: This will comprise 6 essay questions out of which candidates will answer four. This section will carry 40 marks and will last for 1 hour 30 minutes.

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**DETAILED SYLLABUS**

TOPIC	NOTES
<b>I. NUTRITION AND HEALTH</b>	
(1) Introduction to Foods and Nutrition	<ul style="list-style-type: none"> <li>(a) Definitions.</li> <li>(b) Basic knowledge of Nutrition.</li> <li>(c) Careers associated with Foods and Nutrition.</li> <li>(d) Inter-relationship of Foods and Nutrition to other subjects.</li> </ul>
(2) Basic Food Nutrients	<ul style="list-style-type: none"> <li>(a) The nutrients and their nutritive values.</li> <li>(b) Sources of the different nutrients.</li> <li>(c) Digestion and absorption of foods (carbohydrate, protein, fat).</li> <li>(d) Functions of the different nutrients.</li> <li>(e) Dietary deficiencies.</li> <li>(f) Knowledge and use of food composition table.</li> <li>(e) Food tests: simple physical and chemical tests of food stuffs to detect presence of nutrients in foods e.g. proteins, fats and carbohydrates.</li> </ul>
(3) Special Nutritional needs	<ul style="list-style-type: none"> <li>(a) General principles of meal planning.</li> <li>(b) Nutritional needs of different age groups e.g. infant and children, adolescent, adult and the aged.</li> <li>(c) Planning meals for people in health and in sickness e.g. invalids, convalescents, the pregnant or lactating mothers, vegetarians and the underweight.</li> </ul>
<b>II. KITCHEN MANAGEMENT</b>	
(1) Kitchen Equipment and Tools	<ul style="list-style-type: none"> <li>(a) Use of scale, weight and handy measures e.g. cups, bottles, tins, etc.</li> </ul>

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	<p>(b) Knowledge of the different types of kitchen equipment and tools e.g. materials of importance such as aluminium, clay, copper, iron, tin, glass, plastic, rubber and polythene; effects of heat on the materials; reaction of these materials with the food.</p> <p>(c) Selection, use, care and storage of large and small equipment, fixtures and appliances.</p> <p>(d) Cleaning agents and abrasives (commercial and local).</p> <p>(2) Safety in the kitchen</p> <p>(a) Safety habits and devices in the kitchen.</p> <p>(b) Content and use of first aid box.</p> <p>(c) Simple first aid treatment.</p> <p>(3) Hygiene</p> <p>(a) Personal hygiene</p> <p>(b) Kitchen hygiene (e.g. general cleaning, waste disposal, pests and pest control).</p> <p>(c) Food hygiene (e.g. handling of foods, food borne diseases, food sanitation laws).</p> <p>(4) Kitchen planning</p> <p>(a) Different types of kitchen.</p> <p>(b) Planning different types of kitchen (e.g. family kitchen, institutional kitchen).</p> <p>(c) Factors to consider when planning - Time and Motion study.</p>
<p><b>III. FOOD PREPARATION</b></p> <p>(1) Different cooking methods</p> <p>(2) Food commodities</p>	<p>E.g. Boiling, Baking, Frying, Stewing, Roasting, etc.</p> <p>Knowledge of the nutritive values, choice, preparation and serving of different food stuffs e.g. meat, poultry, milk and milk products, fish and shellfish.</p> <p>Other main foods e.g. legumes and vegetables, Cereals and grains, fruits, etc.</p>

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(3) Food Additives	(a) Herbs and spices – local and foreign. (b) Identification and use of herbs and spices. (c) Food colouring, flavouring and condiments. (d) Preservatives.
(4) Flour Mixtures and Confectionery	(a) Knowledge of different flours used in cookery: use of wheat and local flours e.g. cassava, corn, sorghum, yam, plantain, cocoyam, etc. (b) The uses of different raising agents e.g. air, baking powder, yeast, etc. (c) Preparation and serving of flour mixtures - cakes, buns, sweet pastries and breads.
<b>IV. STORAGE AND PRESERVATION OF FOODS</b>	(a) Principles underlying the preservation of food. (b) Selection and preparation of foods for preservation. (c) Methods of food preservation. (d) Storage of foods. (e) Types, selection, uses and nutritive values of convenience foods. (f) Advantages and disadvantages of convenience foods.
<b>V. BEVERAGES</b>	
(1) Nutritive values	Selection, preparation and serving of beverages.
(2) Non-alcoholic beverages	(a) Coffee and tea (b) Cocoa drinks (c) Milk and egg drinks (d) Fruit juices and drinks (e) Beef tea and lemon grass

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(3) Alcoholic drinks	(a) Beer (b) Wine
<b>VI. RECHAUFFÉ (LEFTOVER FOODS)</b>	(a) The importance of leftover foods and how to preserve them. (b) Preparation and use of leftover foods in making new dishes e.g. meat, fish, vegetables and other foods.
<b>VII. CONSUMER EDUCATION</b>	
(1) Consumer education	(a) Principles of consumer education. (b) Consumer agents. (c) Government agencies and regulations e.g. World Food Agencies, Federal Agencies, functions and regulations, Community Programmes, Cooperatives, Mass Media.
(2) Food Budgeting	(a) Bulk purchasing. (b) Storage of foods e.g. perishable and non-perishable foods. (c) Storage equipment e.g. refrigerators, deep freezers, cupboards, shelves, granaries, barns, etc.
<b>VIII. THE ART OF ENTERTAINING</b>	(a) Being a good host/hostess e.g. planning ahead, issuing of invitations and receiving guests. Being a good guest e.g. response to invitations, table manners, etc. (b) Table setting e.g. formal and informal. (c) Food service e.g. table service, family service, foreign service. (d) Foods for special occasions e.g. birthday, naming ceremonies, weddings, cocktails, buffet.

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<b>IX. EXPERIMENTAL COOKERY</b>	<p>(e) Cultural food habits:</p> <p>(i) Fads, fallacies and taboos.</p> <p>(ii) Dishes from different localities e.g. traditional dishes and foreign dishes.</p> <p>(a) Research into local dishes and drinks</p> <p>(i) Collection of information on recipes and traditional preparation practices</p> <p>(ii) Practice of recipes and improvement on methods, time, energy and appearance.</p> <p>(b) Creation of new recipes.</p>

**LIST OF BOOKS ON FOODS AND NUTRITION**

1. Foods and Nutrition for Senior Secondary Schools by Ministry of Education.  
Publishers - Evans Brothers Ltd., Ibadan.
2. O'Level Cookery by P.M. Abbey and G.M. MacDonald.  
Publishers - Redwood Burn Ltd., Great Britain.
3. Foods and Nutrition in Practice by Justina N. Anazonwu Bello.  
Publishers - Macmillan Publibers.
4. Home Economics for Schools Books 1, 2, 3 by Ghana Home Science Association.  
Publishers - Afram Publications, Ghana.
5. Cooking Explained by Barbara Hammond.  
Publishers - Longman Group Ltd.
6. Students Cookery Book by O'reilly Wright.  
Publishers - Oxford University Press.
7. Cookery for Schools by Melita Neil.
8. Foods and Nutrition for Senior Secondary Schools by Nigerian Education and Research Council.