FOOD AND NUTRITION

SSS 3

SCHEME OF WORK FOR ALPHA TERM

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1. Revision/ art of entertainment

* Being a good host/ hostess
* Being a good guest
* Table setting: formal and informal table setting

1. Types of party: house warming, naming, birthday etc.

* Food for special occasions e.g. cocktail, buffet, luncheon etc.

1. Food service e.g. table service, family service, foreign service, buffet service etc.
2. Practicals on food for special occasion and food services.
3. Cultural food habit.

* Meaning of food habits and taboos

1. Traditional dishes from different localities e.g. Yoruba, Hausa, and Igbo etc.
2. Practicals on traditional dishes.
3. Foreign dishes e.g. Indian, European etc.
4. Practicals on foreign dishes.
5. Rechauffe (left over foods)- meaning, uses

* Reheating of left over foods.
* Identify storage facilities for left over foods

1. Revision
2. Examination.

**WEEK 1**

**TOPIC: THE ART OF ENTERTAINMENT**

**Contents;**

Food plays an important role in our day to day life. This implies that the service of food has always been associated with intimate human relationship. For a celebration, there must be a host/ hostess and guests. The guests are the people who come to share joy or happiness on a particular occasion while the host/ hostess are the people who are around to receive the guests; thus the success of any occasion depends on the joint efforts of the host and the guest.

In organizing a celebration, planning is very essential. Planning involves;

1. Types of foods to be served.
2. The number of guests to be invited.
3. The type of party.
4. Nature of reception/ venue.
5. The age of the invitees.
6. The security measure available.
7. The nature of the invitation.
8. Facilities available.

The invitation card is then sent out to the guest while the host stays around to welcome and receive the guests. It is important to give a positive or negative response to the invitation so as to enhance proper planning.

**Points to consider when sending an invitation**

1. The invitation should be in keeping to the nature of events.
2. The invitation should reach the invitees 2 weeks before the ceremony.
3. The invitation should be designed to attract one`s attraction.
4. Dress code should be indicated (optional)

**Qualities of a good guest**

1. He/ she should be prompt.
2. Should respond positively or negatively to the occasion.
3. Should apologize to the host for being late.
4. Should not distract other guests.
5. Should observe the directive of the waiter/ waitress.
6. Should exhibit good table manners.
7. The sitting arrangement and other outlays of the occasion should be respected.

**Table setting**

Table setting is a simple layout of the table for eating, in such a manner that all the eating materials are provided in their correct places.

**Points to consider in table setting**

1. Cleanliness of the cutlery, crockery, glassware and the surrounding.
2. The number of courses or dishes to be served.
3. The number of individuals taking the meal.
4. The type of party.

**Requirements for table setting**

1. Table cover (for beatification of the table).
2. Table mat (acts as an insulator for protection of heat from the table).
3. Cutlery set.
4. Tumbler/ drinking glasses.
5. Serviette/ napkin (for wiping the mouth).
6. Flower vase (for decoration).
7. Cruet set (for salt and pepper).

**Types of table setting**

There are 2 types of table setting: formal and informal table setting.

Formal table setting is a continental style of serving food. It is used during formal dinner and luncheon. It is also mainly used by hotels and restaurants. In this style, all the foods are served from the kitchen and require the services of waiter/ waitress.

Informal table setting is observed in most homes and offices, no protocol is observed before eating.

**EVALUATION: -** highlight the plans that must be in place when organizing a celebration.

* State 5 qualities of a good guest.

**ASSIGNMENT:** in a tabular form, make a write up of the different foods that are served for different occasions in your localities.

**WEEK 2**

**TOPIC: TYPES OF PARTY**

**CONTENTS;**

Types of party include; house warming, naming, birthday, wedding etc. also there are special foods peculiar to special occasions such as cocktails, buffet, luncheon etc.

1. Wedding ceremony: careful planning is needed to avoid wastage of time energy and food. The dishes served should be different foods like jollof rice, fried rice, chicken stew, beef stew, moin moin, salad, cake, roasted chicken, Cole’s law etc.
2. Awojoh (burial ceremony): it is usually observed in the remembrance of the dead. The most important food items are: black- eyed peas, meat, chicken, palm oil, beans soup, moin moin, akara, plantain and potatoes (fried in palm oil) chicken stew, fufu and bitter leaf, palaver sauce, agidi, rice, fruits etc.

Careful planning is required in order to make the party successful, the dishes served takes a longer time to prepare than most of other party dishes and a larger number of people are usually catered for.

1. Luncheon and dinner party: it may be formal or informal. They may take the form of a situation either to sit down or to stand. They are usually held to commemorate specific events. E.g. the visit of a president from one country to the order or achievement of a special goal etc. when such a special party is held in the evening it is called dinner while it is referred to as luncheon if it is held in the afternoon. Menu may consist of some or all of the following on the form of the party.

Appetizer: fruit cup, juice, grape fruit, shrimps, sardine, and salted nuts.

Soup: thin soup, vegetable soup, pepper soup etc.

Fish: fried fish, steamed fish, fish stew, poultry etc.

Cereal: rice, corn, millet, etc.

Pulses: beans, lentil, peas, vegetables etc.

1. Cock tail parties: usually finger foods are served on such occasions. They include pastries of different types, cookies, fried meat, stick meat, snails, roasted or fried chicken and assorted non– alcoholic and alcoholic drink.

**EVALUATION:** distinguish between formal and informal service.

**ASSIGNMENT:** write out 10 acceptable table manners.

**WEEK 3**

**TOPIC: FOOD SERVICES**

**CONTENTS;**

This is the way and manner by which food is dished out and served so that it looks appetizing for the guest to enjoy usually, two or three course meals are served.

**Importance of food services**

1. It prevents food wastage.
2. It makes food attractive and appetizing.
3. It makes food enjoyable.
4. It promotes family and social interaction.
5. It helps in the digestion of food as courses are served in the order the body requires them.

**Types of food services include:**

1. Family style service: this is when the whole meal is placed on the table at a time and served by the person at the table. This style is very popular in most home because it saves time and energy
2. Plate service: the food is served on individuals plate in the kitchen then served to the guests. This service is common for wedding, naming, house warming, funeral etc. food wastage is always incurred because some guests may not finish their portion of food.
3. Compromise service: here the main dish is served on the table by the host while other smaller portions are served from the kitchen. A waiter/ waitress may be used in serving.
4. English serving; in this style, all the food is served at table by the host/ hostess and other members of the family. It is a pleasing and hospitable form of service
5. Buffet: in this case, guests serve themselves. It is often called the “do- it – yourself” service. The food and eating utensils are arranged in such a way that is convenient for the guests to move round and serve themselves. This method is very convenient for entertainment when guests cannot be conveniently seated.

**Functions of waiters/ waitresses**

1. They serve food and clear the table after eating.
2. They see that the dining room is comfortable.
3. They see that food is at proper temperature and is well arranged on the table.
4. They see that the service of meals is orderly, prompt, inconspicuous and delightful
5. They should meet any emergency that arises coolly, quickly and quietly.

**Qualities of a waiter/ waitress**

1. Should be cheerful and polite always.
2. Should be neat always.
3. Smart and skillful in movement.

**EVALUATION;** - mention and explain types of informal services

**ASSIGNMENT: -**prepare a typical invitation for a party.

**WEEK 4**

**PRACTICALS ON FOODS FOR SPECIAL OCCASIONS AND FOOD SERVICES**