

GIRLS' HIGH SCHOOL Form 4
CARIBBEAN SECONDARY EXAM CERTIFICATE (CSEC)

DELIVERY AND ASSESSMENT PLAN TVET TERM 2

Qualification: *Food, Nutrition and Health*

Ser	Section	Unit Title (Topic)	Content	Delivery Plan/ Schedule Duration (Formative Assessment)		Assessment Plan/ Schedule (Summative Assessment)	
				Start	End	Proposed Date	Actual Date
1.	2	<i>Nutrition and Health</i>	Portfolio Building	5 th Jan, 2026	9 th Jan, 2026		
2.	2	<i>Nutrition and Health</i>	Minerals: classification, sources, heme and non heme sources, functions of minerals. Health conditions associated with an improper intake of minerals. Signs and symptoms of each disorder. The importance of iron and calcium to special groups. Conservation of Vitamins, absorption of iron Water: sources, functions, dehydration, constipation, signs and symptoms of each Factors that affect the nutritive value of food.	12 th Jan, 2026	16 th Jan, 2026		
3.	7	Food Management, Preparation and Service	Class Exercise 1. observe stated guidelines for practicing good hygiene in food management; 1. outline the reasons for cooking	19 th Jan, 2026	23 rd Jan, 2026		

			<p>food;</p> <p>2. explain the principles underlying the different methods of cooking food;</p> <p>Moist methods - Definition of poaching, steaming, stewing, advantages and disadvantages, suitable foods</p>				
4.	7	Food Management, Preparation and Service	<p>Class Exercise</p> <p>12. <i>discuss the factors that affect the nutritive value of food;</i></p> <p>13. <i>describe the physical and chemical changes that take place during the digestion of food;</i></p> <p>14. assess the credibility of nutrition information from different sources.</p> <p>Dry Methods – baking, roasting, grilling Conservative method, microwave and pressure cooking advantages and disadvantages, suitable foods</p>	26 th Jan, 2026	30 th Jan, 2026		
5.	7	Food Management, Preparation and Service	<p>Class Exercise</p> <p>5. appropriately enhance the appearance of and serve prepared dishes;</p>	2 nd Feb, 2028	6 th Feb 2026		
6.	7 1	Food Management, Preparation and Service Diet and Health	<p>6. Food preparation skills – weighing and measuring.</p> <p>1. <i>explain the term “diet” in relation to health;</i></p> <p>2. <i>evaluate different types of diets which contribute to good health and well-</i></p>	9 th Feb, 2026	13 th Feb, 2026		

			<p><i>being;</i></p> <p>3. <i>explain various types of diet-related health problems and their impact on the Caribbean;</i></p>				
7.	1	Diet and Health	<p>Class Exercise</p> <p>4. <i>discuss the basic dietary guidelines for the Caribbean;</i></p> <p>5. <i>discuss the factors that influence eating patterns and dietary choices in the Caribbean;</i></p> <p>6. <i>discuss factors which contribute to changes in dietary needs;</i></p>	15 th Feb, 2026	20 th Feb, 2026		
8.	1	Diet and Health	<p>Class Exercise</p> <p>7. <i>prepare a basic activity plan to maintain optimum health throughout the life cycle;</i></p> <p>8. <i>explain the importance of community nutrition;</i></p> <p>9. <i>explain the term “vulnerable groups” and the nutritional problems associated with each one;</i></p> <p>10. <i>discuss the factors that threaten the food security of these vulnerable groups within a community;</i></p> <p>11. <i>discuss the roles of various organisations involved in community nutrition;</i></p>	23 rd Feb, 2026	27 th Feb, 2026		

9.	7	Food Management, Preparation and service	6. Knife skills – appropriately hold knife, observe positioning of finders, slicing, julienne, chopping, cubing, dicing Methods of caking making	2 nd March 2026	6 th March 2026		
10.	7	Food Management, Preparation and service	Class exercise	9 th March 2026	13 th March 2026		
11.			Portfolio building	15 th March 2026	20 th March 2026		

Instructor Name : Ms. Jeanelle R. L. Lewis

Instructor Signature : _____

Date : _____

Principal: Mrs. C. LaToya DeRoché- John

Principal Signature : _____

Date : _____