

**GIRLS' HIGH SCHOOL Form 5**  
**CARIBBEAN SECONDARY EXAM CERTIFICATE (CSEC)**

**DELIVERY AND ASSESSMENT PLAN TVET TERM 2**

**Qualification:** *Food, Nutrition and Health 5*

Ser	Section	Unit Title (Topic)	Content	Delivery Plan/ Schedule Duration (Formative Assessment)		Assessment Plan/ Schedule (Summative Assessment)	
				Start	End	Proposed Date	Actual Date
1.	7	<i>Food Management, Preparation and Service</i>	Portfolio building  <b>Section 7: Food Management, Preparation and Service</b>  <b>Food Preparation skills</b>  <i>(a) Demonstrating basic food preparation skills: (i) knife skills:</i>  <i>appropriately hold knife;</i>  <i>observe positioning of fingers;</i>  <i>slicing, julienne, chopping, cubing, dicing.</i>	January 5 <sup>th</sup> ,2026	January 9 <sup>th</sup> , 2026		
	7	<i>Food Management, Preparation and Service</i>	<i>(ii) paring;</i>  <i>(iii) grating;</i>				

			<p><i>Objective I: Preparing and serving soups (broths, thickened soups and purees):</i></p> <p><i>Definitions, uses, classification of soups, ingredients: bouquet garni and mire pox</i></p> <p><i>general guidelines and standards for the finished products and their service.</i></p>				
2.	5	<i>Kitchen Design and Equipment Management</i>	<p><b>Section5 Kitchen Design and Equipment Management</b></p> <p><b>Small electrical equipment</b></p> <p>Types: blenders, food mixers and juicers, toasters, kettles, <i>coffee (grinders and makers), food slicers and choppers, food processors, food steamers, slow cookers.</i></p> <ul style="list-style-type: none"> <li>- <i>Desirable features</i></li> <li>- <i>Construction materials.</i></li> <li>- <i>Rules and guidelines for use, maintenance and storage</i></li> <li>- <i>Advantages/disadvantages of using these equipment.</i></li> </ul> <p><b>Special features on small electrical equipment</b></p> <p><i>auto shut off/timers, attachments,</i></p>	12 <sup>th</sup> January, 2026	16 <sup>th</sup> January, 2026		

			<p><i>speed(s), motor/power, materials, digital operation.</i></p> <p>Time Plan</p>				
3.	5	<b>Kitchen Design and Equipment Management</b>	<p><b>Section 5: Kitchen Design and Equipment Management</b></p> <p><b>Large kitchen equipment</b></p> <p>Types: cookers, refrigerators ,freezers, microwave ovens.</p> <p>Factors to consider when choosing kitchen equipment.</p> <p>Special features: Construction materials, Guidelines for use and maintenance.</p> <p>Materials suitable for use in the microwave oven.</p> <p>Time Plan Written test.</p>	19 <sup>th</sup> January, 2026	23 <sup>rd</sup> January, 2026		
4.	4	<i>Food Science and Technology</i>	<p><b>Section 4: Food Science and Technology</b></p> <p><b>12. Raising agents in food preparation</b></p>	26 <sup>th</sup> January, 2026	30 <sup>th</sup> January 2026		

			<p><i>Function(s) of raising agents in flour mixtures.</i></p> <p><i>Classification of raising agents: mechanical, chemical, biological.</i></p> <p><i>-Description of how each raising agent works: baking powder, baking soda, yeast, air/steam.</i></p> <p><b>-Precautions to observe when using these raising agents</b></p> <p><i>Precautions when using baking powder, baking soda, yeast during: measuring, mixing, cooking.</i></p> <p>Written Test</p>				
5.	6	<i>Consumerism and the Purchasing of Food</i>	<p><b>Section 6:</b> Consumerism and the Purchasing of Food</p> <p><b>Types and forms of meat, poultry, seafood and dairy available for purchase</b></p> <p><i>-Meat-beef, pork, goat: various cuts, meat products</i></p> <p><i>- Poultry-chicken, turkey, duck: Whole, jointed, poultry products.</i></p> <p><i>-Seafood – fish, shellfish (shrimp, crab):</i></p>	2 <sup>nd</sup> February, 2026	6 <sup>th</sup> February, 2026		

			<p><i>Steaks, cutlets, cured, fish products.</i></p> <p><i>-Dairy products:</i></p> <p><i>milk- dried, sweetened, evaporated, reconstituted; milk products-cream, yogurt, butter, cheese;</i></p> <p><i>eggs-whole, dried, liquid.</i></p> <p><b>Food Budget</b></p> <ul style="list-style-type: none"> <li>- <i>Guidelines for preparing a food budget.</i></li> <li>- <i>Preparation of a food budget.</i></li> </ul> <p>Written test Time Plan/SBA 3</p>			
6.	7	Food Management Preparation and Service	<p>Section 7: Food Management, Preparation and Service</p> <p><i>Preparation and service of various flour mixtures:</i></p> <p><i>define gluten; formation of gluten, description of the development of gluten strands in different flour mixtures;</i></p> <p><i>types of flour used in different flour products.</i></p>	9 <sup>th</sup> February, 2026	13 <sup>th</sup> February, 2026	

			<p><i>-Preparing and serving pastry (savory and sweet items);</i></p> <p><i>-types of pastry - short crust and rough-puff pastries;</i></p> <p><i>proportions of fat to flour; variations of short-crust pastry;</i></p> <p><i>terms in pastry making: bake blind ,rubbing in, roll and fold.</i></p> <p><i>-steps and precautions for each method;</i></p> <p><i>-functions of ingredients used in each method;</i></p> <p><i>-appropriate filling;</i></p> <p><i>-faults and remedies in pastry making;</i></p> <p><i>-recipes and standards for the finished products and their service.</i></p>				
7.	7	<i>Food, Preparation, Management and Service</i>	<p>Section 7: Food Preparation, Management and Service</p> <p><i>-Preparing and serving quick breads:</i></p> <p><i>definition of quick breads;</i></p>	15 <sup>th</sup> February, 2026	20 <sup>th</sup> February, 2026		

			<p><i>classification: batters – muffins, loaves;</i></p> <p><i>doughs – scones, soda, fried dumplings/bakes, roti;</i></p> <p><i>-recipes and standards for finished products and service;</i></p> <p><i>-(appropriate serving dishes and utensils).</i></p> <p><i>Written Test/Practical exercise</i></p>				
8.	7	Food Preparation, Management and Service	<p>Section 7: Food Preparation, Management and Service</p> <p><i>-Preparing and serving yeast products:</i></p> <p><i>sweet yeast products – buns, tea rings;</i></p> <p><i>savoury yeast products – loaves and rolls, various shapes, use of herbs, vegetables, cheese, meat;</i></p> <p><i>-steps and precautions;</i></p> <p><i>-functions of ingredients used in each method;</i></p> <p><i>- terms used in bread making: scald, knead, knock down, proofing, fermentation.</i></p> <p><i>-faults and remedies in yeast products;</i></p>	23 <sup>rd</sup> February, 2026	27 <sup>th</sup> February, 2026		

			<i>recipes and standards for the finished products and service.</i>				
9.	1,2,3,4,5,6,7	1,2,3,4,5,6,7	Revision	2 <sup>nd</sup> March, 2026	6 <sup>th</sup> March, 2026		
10.		1,2,3,4,5,6,7	Revision	9 <sup>th</sup> March, 2026	13 <sup>th</sup> March, 2026		
11.			<b>Pre-examination</b>	15 <sup>th</sup> March, 2026	20 <sup>th</sup> March, 2026		
			EXAM				

Instructor Name : Ms. Jeanelle RL Lewis

Instructor Signature : \_\_\_\_\_

Date : \_\_\_\_\_

Principal: Mrs. C. LaToya DeRoché- John

Principal Signature : \_\_\_\_\_

Date : \_\_\_\_\_