

HOME ECONOMICS

FOR

Junior Secondary School



3

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JSS 3

HOME ECONOMICS

FIRST TERM

TABLE OF CONTENT

Week 1:	Topic: SCIENTIFIC STUDY OF FOODS
Week 2:	Topic: MEAL PLANNING I
Week 3:	Topic: MEAL PLANNING II
Week 4:	Topic: BUYING OF FOODS
Week 5:	Topic: FOOD PRESERVATION AND STORAGE
Week 6:	Topic: KITCHEN EQUIPMENT AND UTENSILS

Home Economics JSS3

Week 1

Topic: SCIENTIFIC STUDY OF FOODS

Contents:

Characteristics of Food Storage

Characteristics of Protein

Characteristics of Carbohydrates

Characteristics of Fats and Oil

1. SCIENTIFIC STUDY OF FOODS

Food is any edible material, usually of plant or animal origin, that contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals, and is ingested and assimilated by an organism to produce energy, stimulate growth, and maintain life or life processes.

CHARACTERISTICS OF FOOD STORAGE

The various food nutrients differ from each other in their: –

1. **Physical properties:** These include their structural appearances and it may change when it is treated in certain ways.
2. **Chemical properties:** These include the chemical compositions of the nutrients. A **chemical property** is any of a material's **properties** that becomes evident during a **chemical** reaction; that is, any quality that can be established only by changing a substance's **chemical** identity. Or the behaviour of a substance when it undergoes chemical change or reaction.

2. CHARACTERISTICS OF PROTEIN

1. Proteins are made up of carbon, hydrogen and nitrogen
2. The elements arrange themselves in different combinations to form amino acids.
3. Proteins are digested by enzymes called protease
4. Most proteins are insoluble in water
5. Many proteins are coagulated by heat
6. Proteins are not easily destroyed by heat

EFFECT OF HEAT ON PROTEIN

The effect of most heat on protein is known as coagulation. The effect of dry heat on protein causes it to shrink, harden the outer part of the meat and seals in the juices.

TEST FOR PROTEINS

1. Million's test: Place 2-3g of egg white in a test tube, add about 4ml of water and shake, then add 2.5mls of million's reagent, observe a white precipitate that forms. Place the test tube in a beaker that is half filled with water, heat the water slowly, the precipitate turns **red**, indicating the presence of protein.
2. Biuret test: Place a small quantity of egg white in a test tube and mix with a few drops of water. Add about 1cm³ of dilute caustic soda (NaOH), mixed well. Drop by drop add 1% copper (II) sulphate solution, shake well after each drop. A **purple** or **violet** colour indicates the presence of protein.

3. CHARACTERISTICS OF CARBOHYDRATES

1. The elements that make up carbohydrate are carbon, hydrogen and oxygen
2. These elements combine in different ways to form (a) simple sugars e.g glucose (b) complex sugars e.g lactose (c) starches e.g yam (d) cellulose found in vegetables
3. All sugars are sweet
4. Sugars are soluble in water
5. Starches are often stored as starch grains in plant cells.
6. The last products of carbohydrate digestion is glucose

EFFECTS OF HEAT ON CARBOHYDRATE

- The effect of dry heat on sugar:- A brown honey like substance is formed. This is called **Caramel**. This process of production of caramel is known as **Caramelization**.
- The effect of moist heat on sugar forms a syrup.
- The effect of dry heat on starch- A light brown color will be observed. The product is called **Dextrin**. The process is known as **Dexterinization**.
- The effect of moist heat on starch – The starch will swell and a jelly substance is formed. The process is called **Gelatinization**

TEST FOR SIMPLE SUGAR

1. Fehling's test:- Place 6ml of 6% sugar solution in a test tube. Add 6mls of Fehling's solution into the sugar solution, place the tube into a beaker half filled with water, heat the beaker gently to boil. An **orange** or **brick red** precipitate is formed, this shows the presence of a simple sugar.
2. Benedict's test: Place about 6ml of 6% sugar solution in a test tube, add equal quantities of benedict's solution, boil as it is done with the Fehling's test, allow to stand. A **red, orange** or **yellow** precipitate is formed.

TEST FOR STARCH

Cut a thin slice of yam or potato, drop 1-2 drops of dilute iodine solution on the cut slice of yam. The yam turns **blue-black** in color. This shows the presence of starch.

4. CHARACTERISTICS OF FATS AND OIL

1. They contain high proportion of carbon and hydrogen but very little oxygen
2. They are bad conductors of heat
3. Fats and oils are insoluble in water but soluble in ether
4. They are broken down into fatty acids and glycerol
5. Fats are solids at room temperature, oils are liquid at room temperature
6. When fats and oils are exposed to air for prolonged period they become rancid

TEST FOR FATS AND OIL

1. The grease spot test:- Rub a little palm oil on a blotting paper, hold up the paper. A translucent patch is formed by the oil mark and shining patch is observed in the place stained by the oil.
2. Sudan III test:- Place a small quantity of groundnut paste in a test tube, add a few drops of sudan III solution. A distinct **red** coloration is produced.

Assessment

- List four characteristics each of Fats and oil, Carbohydrates and Protein

Home Economics JSS3
Week 2
Topic: MEAL PLANNING I

Contents:

Factors that Influence Meal Planning

Guidelines for Meal Planning

1. MEAL PLANNING

Meal planning can be defined as taking the time to plan nutritious meals for a specified time. It is the process of planning the type of food the family wants. To plan healthy family meals, the groups and classes of foods must be put into consideration.

Meal planning is also the implementation of the principle of nutrition in one's daily diet in an appetizing manner. Once a meal plan is drawn up, corresponding ingredients can be purchased for the specified meals on the plan.

To enable a meal planner prepare meals that will supply the nutritional needs of every member of the family, it is necessary to eat balanced meals. A balanced meal is one that contains all food nutrient in correct quantities for a given person. Meal planning involves choosing a menu or a list of foods that will be included in a meal.

Balanced Meal: A balanced diet includes three meals that together account for the recommended daily servings from each group every day. By ensuring that half the foods consumed in a day are fruits and vegetables and the other half are made up of grains and protein with a small amount of low-fat dairy, individuals can ensure a diet that is balanced and healthy. This kind of meals contain all six classes of foods.

Factors that influence meal planning

1. **Age of Family Members:** The age of each family member influences his/her nutritional needs. These include children, adolescents, adults and the aged.
2. **Occupations or Activities of family members:** The work a person does influences his food needs, for instance a manual worker will require more energy foods than sedentary worker

3. **Health conditions of family members:** Certain foods are not suitable for certain health conditions.
4. **Size of the family:** The size of the family will determine the quantity of meal to plan for.
5. **Seasons of the year:** Most food stuffs are seasonal. Foods in seasons are cheaper, fresher and tastier than when they are out of season. Different foods are available for different seasons.
6. **Money Availability:** The quantity or type of food to plan for, depends on the income of a family.
7. **Time Availability:** The planner should consider the time available for her to prepare and serve the meal.

Guidelines for meal planning

1. The meal must contain all necessary food nutrients.
2. Provide for nutritional needs of all family members in the meal plan.
3. Avoid monotony by varying foods.
4. Make use of foods in season.
5. Buy good quality foods.
6. Plan meals several days ahead of time so as to save money and time.

Assessment

- Define the term Meal Planning and a Balanced meal
- State five factors that affect meal planning

Home Economics JSS3
Week 3
Topic: MEAL PLANNING II

Contents:

Guidelines for providing Children's Meals

Guidelines for Providing Meals for Invalids

Vegetarians

NUTRITIONAL NEEDS OF DIFFERENT PEOPLE IN THE FAMILY

- Young children (in fact 0-1 year and toddlers 1-2 year(s) young children are growing rapidly. They are also very active; they require food for growth and their activities.

GUIDELINES FOR PROVIDING CHILDREN'S MEALS

1. The food must be rich in protein, energy foods, minerals and vitamins.
2. Their food should be rich in milk, meat, fish, eggs, legumes,
3. Meal times should be regular.
4. Young children's meals must be cooked by the most easily digested methods.
5. An excessive consumption of sweets and candies that may lead to tooth decay should be avoided
6. Meal time for children should be a pleasurable time.
7. **Adolescents:** It is a period of rapid growth and development. They require adequate diet to enable them to cope with the development changes, they undergo. Adolescent boys need larger quantity of food while the girls require increased intake of food rich in iron as this will help to replace what they lose monthly during menstruation.
8. **The adult:** Members of this group have reached maturity and stopped growing. They therefore require foods for energy and maintenance rather than for growth. An adult's diet should be balanced. It should be suitable for his work, health and age.

SPECIAL GROUPS OF ADULTS

- **Manual workers/laborers:** They burn a lot of energy and so their diet should be high in energy giving foods, for example, farming, bricklayers
- **Sedentary workers:** They do not require much energy giving foods in their diet. Their job usually requires sitting down e.g receptionist
- **Pregnant woman:** These must provide for the nutritional needs of the foetus. They therefore require extra nutrient in addition to the balanced diet. She needs to increase her intake of protein, mineral, vitamin and water. Excess carbohydrate and fatty foods should be avoided to prevent overweight
- **Lactating mother:** This is a woman who is breast feeding a baby. She requires extra nutrient and an adequate diet to produce enough breast milk.
- **The elderly/aged:** this group no longer spends much energy as a result of reduction in physical activities. They require less energy-giving foods in their body building and protective foods should be maintained. Their food should be soft textured for easy chewing and digestion
- **Invalids and convalescents:** An invalid is a person who is sick but is in the process of gradual recovery after the illness.

GUIDELINES FOR PROVIDING MEALS FOR INVALIDS AND CONVALESCENTS

1. Follow the doctor's orders strictly
2. Serve foods that are easily digested
3. Serve adequate meals especially more of proteins, fruits and vegetables for body building and protection.
4. Serve meals at regular time daily
5. Serve attractive and appetizing meals
6. Give plenty of fluids
7. Do not use strong spice in preparing meals

VEGETARIANS

These are people who do not eat animal flesh. They get their proteins from plant sources. **Vegetarianism** is the practice of abstaining from the consumption of meat (red meat,

poultry, seafood and the flesh of any other animal), and may also include abstention from by-products of animal slaughter.

THREE TYPES OF VEGETARIANS

1. Strict vegetarians: These people are also known as vegans. They do not eat flesh of animals nor any animal products. They eat only vegetables or plant proteins.
2. Lacto vegetarians: These are people who do not eat the flesh of animals or eggs but they take milk and dairy products together with vegetable.
3. Lacto-ovo vegetarians: These are people who do not eat the flesh of animals but take milk and milk products and eggs with vegetables.

Assessment

- Name three types of Vegetarians
- Name the special groups of Adults

Home Economics JSS3
Week 4
Topic: BUYING OF FOODS

Contents:

Importance of Buying Good Quality Foodstuffs

Guidelines for Purchasing Good Quality Foodstuffs

Methods of Purchasing Food

A. BUYING OF FOODS

Food is very important for good health. It is necessary that family food purchase be carefully planned, carried out and properly stored to prevent wastage and ensure that food is safe and hygienic.

IMPORTANCE OF BUYING GOOD QUALITY FOODSTUFFS

1. Good quality foodstuffs are fresh and wholesome
2. Their nutrient contents are still intact
3. They keep well in storage
4. They are not yet attacked by food spoilage organisms
5. They are appetizing and taste good
6. They are economical because there is little or no wastage
7. They have good appearance

B. GUIDELINES FOR PURCHASING GOOD QUALITY FOODSTUFFS

1. Consider the nutritional needs of each family member
2. Plan meals for several days at a time
3. Prepare a good shopping list of foodstuffs to be purchased
4. Ensure that there are adequate storage facilities for the foodstuffs to be purchased
5. Buy good quality food stuffs
6. Buy foods that are in season
7. Avoid impulse buying

8. Compare values and prices in different stores.

C. METHODS OF PURCHASING FOOD

There are two methods of purchasing food.

1. Bulk buying
2. Piece meal

BULK BUYING

This involves buying a large quantity of different foodstuffs at a time.

Advantages of Bulk Buying

1. Foods are cheaper when in season
2. It saves money, time and energy if there is effective storage
3. It helps her to manage her family resources well
4. It helps the house maker to plan her budget and avoid the habit of buying what she never bargained for
5. Food is always available for family members

Disadvantages of Bulk Buying

1. It may result in poor management and careless usage of foodstuffs
2. It encourages wastefulness
3. Deterioration of foodstuffs is likely to occur when there is no proper storage facility

BUYING PIECE FOOD

This involves buying small quantities of foodstuffs at a time.

Advantages of buying Piece Food

1. One does not need a large sum of money to buy foodstuffs
2. You do not have to go round from place to place comparing prices

3. It is better for the house maker who lacks storage facilities
4. It does not encourage wastefulness

Disadvantages of buying Piece Food

1. It wastes time, money and energy
2. It does not help much in the family budget
3. Food is not always available and this may cause embarrassment in an emergency
4. It makes the management of family resources inadequate

Assessment

- State the importance of buying good quality foodstuffs
- State 5 advantages and disadvantages of buying piece food

Home Economics JSS3

Week 5

Topic: FOOD PRESERVATION AND STORAGE

Contents:

Food Preservation

Food Preservation Methods

Food Storage

A. FOOD PRESERVATION

Food preservation is the caring or treating food in a way that it will keep in good condition for a long period of time or for future use. **Food preservation** usually involves preventing the growth of bacteria, fungi (such as yeasts), or other micro-organisms into food. *Food preservation* is the process of treating and handling *food* to stop or slow down *food* spoilage, loss of quality, edibility, or nutritional value and thus allow for longer *food* storage.

REASONS FOR PRESERVING FOOD

1. Some foods are seasonal that is they are plenty at a time and not available at other periods
2. In some farming communities, food is produced in abundance and need to be preserved for sales in cities or during scarcity
3. Preservation is also necessary to prevent food spoilage.
4. Save money by buying in bulk and seasonally.
5. Convenience – Ready to serve in minutes.

B. FOOD PRESERVATION METHODS

1. Solar or sun dry: This is a very effective way of preserving some vegetables e.g maize, beans, yam e.t.c
2. Smoking: Foods such as fish, meat and some root crops can be preserved by smoking
3. Freezing: This is a method of preserving food in which it is put in refrigerator so that it becomes frozen very quickly e.g meat, fish, tomatoes e.t.c

4. Canning: This is preservation by sealing food inside an air tight can and applying heat e.g. fruits and vegetables
5. Other forms of preservation are Bottling, Pasteurization, Salting, Heating e.t.c

TYPES OF FOOD WE STORE:

1. Non-perishable foods or dry foods
2. Perishable foods or fresh foods

Non- perishable foods or dry foods: Are those foods that do not spoil easily. These can be kept for a long time if stored properly e.g flours, rice, sugar, cereals e.t.c

Perishable foods or fresh foods: Are those foods that can spoil easily e.g fresh meat, fish, vegetables, fresh tomatoes e.t.c

C. FOOD STORAGE

Food storage involves keeping preserved or purchased food in safe condition and suitable facility for use.

Storing of food has several main purposes:

- Storage of harvested and processed plant and animal food products for distribution to consumers
- Enabling a better balanced diet throughout the year
- Reducing kitchen waste by preserving unused or uneaten food for later use
- Preserving pantry food, such as spices or dry ingredients like rice and flour, for eventual use in cooking
- Preparedness for catastrophes, emergencies and periods of food scarcity or famine

FOOD STORAGE FACILITIES

Proper food storage requires the use of good storage facilities. Storage facilities include plastic containers, food cupboards, larders, shelves, rack, refrigerators and deep freezer.

REFRIGERATOR

A refrigerator is any appliance which removes heat from things (e.g foods) and keeps them cold. Refrigerator is the process of keeping food cold, often in a refrigerator

TEMPERATURES IN THE REFRIGERATOR APARTMENTS

1. The Freezer compartment: This is ice-cold. It is for storing very perishable foods
2. The Top-most shelf: This is nearest to the freezer. It is suitable for cooked food
3. Middle shelf: This is next to the vegetable crisper. It is suitable for drinks, raw foods, bread e.t.c
4. Vegetable crisper: This is the lower apartment. It is suitable for raw-fruits and vegetables.
5. Door of the refrigerator: Storage spaces for such items such as eggs butter, cheese e.t.c

Assessment

- State 4 reasons for preserving food
- List preservative methods that you know
- What are the purposes of storing food

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Week 6

Topic: KITCHEN EQUIPMENT AND UTENSILS

Contents:

Factors affecting the choice and use of cooking utensils and equipment

General care for Kitchen equipment and Utensils

KITCHEN EQUIPMENT AND UTENSILS

Kitchen tools are those materials used in day to day activities in the kitchen while equipment are those ones that are bigger in size than cooking tools. A good knowledge of equipment and utensils used in food preparation is necessary to assist us in choosing appropriate methods of cooking a particular type of food with a suitable equipment/ utensils. Much energy, time and labor can be saved if appropriate utensils are involved in food preparation. Those equipment and utensils which are powered by electricity or gas are kitchen appliances. A kitchen utensil is a hand-held, typically small tool that is designed for food-related functions.

FACTORS AFFECTING THE CHOICE AND USE OF COOKING UTENSILS AND EQUIPMENT

1. Choose the right type of utensils or equipment for a specific job.
2. The equipment should be suitable and convenient for the user
3. It should be durable, efficient and should be able to save time, labor and money
4. It should be simple to use and clean
5. If it has a lid, it should fit closely
6. The sauce pans and pots should have heat resistant and insulating handles.
7. The size of the family should be considered as well as the money available for the purchase of such utensils
8. The materials from which the utensils are made should not rust easily.

The cooking utensils and equipment can be classified into:

Large equipment: e.g Gas and electric cookers, Steamers, fish fryers, Sinks, table e.t.c

Mechanical equipment: e.g. Mixers, refrigerator, dish washers, blenders e.t.c

Utensils and small equipment: e.g. pots, pans, whisks, bowls, spoons, knife, forks e.t.c.

GENERAL CARE FOR KITCHEN EQUIPMENT AND UTENSILS

1. Each piece of kitchen equipment and the utensils has to be used correctly to obtain the best results
2. Follow the manufacturer's manual for the use and care of each equipment
3. Preserve the manual as long as the equipment in use
4. Repair appliances and utensils promptly
5. Store kitchen equipment and utensils properly

Examples of Some Kitchen Utensils and Equipment

Rolling pin: A tool used to flatten dough for rolls, pizza, cookies, chin-chin e.t.c



Rolling Pins

Strainer or Sieve: A wired mesh container that is used to strain liquids away from solid ingredients or to separate and aerate dry ingredients like flour and powdered sugar, cassava flour (garri) e.t.c. There are two types, one made of metal and the other plastic.



Sieve



Plastic Sieve

Grater: A cutting tool used to shred or grate foods like potatoes, cabbage, carrot, cheese or if the surface is fine, to zest lemons or ginger.



Electric Grater



Grater

Blender: Used to cut *food* and ice into very small pieces and to make soft foods (such as fruits) into a liquid.



Blender

Assessment

- Mention some of the factors affecting the choice and use of cooking utensils and equipment
- Give four general care for kitchen equipment and utensils

JSS 3

HOME ECONOMICS

SECOND TERM

TABLE OF CONTENT

WEEK 1:	TOPIC: REVISION OF LAST TERM'S WORK
WEEK 2:	TOPIC: FOOD HYGIENE AND SAFETY
WEEK 3:	TOPIC: SOURCES OF FOOD CONTAMINATION AND POISONING.
WEEK 4:	TOPIC: RESPONSIBLE FOOD MANAGEMENT
WEEK 5 – 6:	TOPIC: PREPARATION, PACKAGING AND MARKETING OF FOOD ITEMS
WEEK 7 & 8:	TOPIC: SCIENTIFIC STUDY OF FOODS
WEEK 9 & 10:	TOPIC: FEEDING THE FAMILY

Home Economics JSS3 Second Term

Week 1

Topic: Revision of Last Term's Work

Economics JSS3 Second Term

Week 2

Topic: Food Hygiene and Safety

Food hygiene is the prevention of harmful bacteria from growing in the food by keeping the kitchen clean as well as washing, cooking and storing food properly. Food hygiene are the conditions and measures necessary to ensure the safety of food from production to consumption. Food can become contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation. Food hygiene is important because harmful bacteria can grow in food and spread food-borne disease such as typhoid and botulism.

REASONS FOR HEALTHY FOOD HANDLING

Handling food safely is important to avoid food poisoning. The risks include cross contamination between raw and cooked foods, germs from hands and under-cooking that fails to kill disease-causing bacteria, viruses or parasites. This can lead to sickness.

WAYS OF HANDLING FOOD FOR SAFETY

1. Clean and wash hands and surfaces often.
2. Separate food items and don't cross-contaminate.
3. Cook food to the right temperature.
4. Refrigerate food promptly.

GUIDELINES FOR FOOD HYGIENE

1. Wash cooking utensils and surfaces with hot soapy water every time you prepare food
2. Wash fresh fruits and vegetables thoroughly with a little salt water
3. Wash the tops of can foods such as sardine and evaporated milk before opening them
4. Use clean plate for cooked food
5. Keep pests such as dogs and cats out of the kitchen
6. Wash your hands after using the toilet and before you handle food
7. Cover your hair when in the kitchen so as to keep hair out of food

8. Store perishable food (meat, fresh fish) in the freezer
9. Once food is cooked, keep it hot until it is eaten
10. Store leftover food in the refrigerator

GUIDELINES FOR SUCCESSFUL COOKING AND SERVING OF MEALS

As you get ready to cook, there are certain procedures you have to follow these are:

1. Plan how to cook balanced meals
2. List all the ingredients required and use food in season
3. Clean all the utensils
4. Make yourself clean and ready for work by:
 - Your hair must be covered with a clean scarf
 - Wear a clean apron
 - Wash your hands thoroughly
 - Avoid sneezing into the food
 - Tidy up the kitchen after cooking

Cook food by the best method in order to have maximum retention of nutrients cooking includes:

1. boiling: i.e. cooking food in boiling water e.g yam
2. steaming: i.e. cooking food in the steam not boiling water
3. frying: cooking food in hot oil e.g akara

Assessment

- What are the ways of handling food for safety
- List some guidelines in Food Hygiene

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Week 3

Topic: Sources of Food Contamination and Poisoning.

Food can become contaminated at any stage during its production, processing or cooking.

For example, it can become contaminated by:

1. Inability to cook food thoroughly (particularly meat).
2. Not correctly storing food that needs to be chilled at below 5C
3. keeping cooked food unrefrigerated for a long period
4. eating food that has been touched by someone who is ill or has been in contact with someone with diarrhea and vomiting
5. cross-contamination (where harmful bacteria are spread between food, surfaces and equipment)

Biological Contamination

Biological contamination is when bacteria or toxins contaminate food and is a common cause of food poisoning and food spoilage.

Food poisoning can happen when harmful bacteria, also called pathogens, spread to food, and are consumed. Bacteria are small microorganisms that split and multiply very quickly. In conditions ideal for bacterial growth, one single-cell bacteria can split so many times that in just seven hours, it has multiplied into two million.

Some bacteria such as salmonella, staphylococcus and listeria are extremely toxic by themselves. And, sometimes it's not the bacteria that's toxic to humans, but the process of the bacteria multiplying and producing waste. However, not all bacteria are harmful to humans; many are quite beneficial, such as those found in yoghurt.

As a food handler, it's your job to control the spread of harmful bacteria by maintaining food safety. Bacteria can be found everywhere and are impossible to see with the naked eye. Some of the most common places for bacteria to grow are:

- The human body
- Dust
- Raw meat
- Pets and pests
- The air
- Kitchen cloths

- Food handler's clothing

Chemical Contamination

Chemical contamination occurs when food comes into contact with chemicals and can lead to chemical food poisoning.

Some common sources of chemical contamination can include:

Kitchen cleaning agents: Proper storing of kitchen cleaning chemicals is essential. Never keep food stored in the same place as your cleaning chemicals, and always use cleaning products designed especially for kitchen use.

Unwashed fruits and vegetables: The pesticides and fungicides often used on fruits and vegetables to help them grow free from diseases are harmful if consumed. Which is why it's vital to properly wash all fruits and vegetables before eating them.

Food containers made from non-safe plastics: Single use items – such as plastic containers – are not designed to be reused again and again. Always store food in containers that are specially designed to safely be reused.

Pest control products: Items like fly spray and rat poison are extremely hazardous if consumed. Always store these products away from food items.

Chemicals used in equipment maintenance: Some kitchen machines and equipment with moving parts – such as slicers and mixers – can need regular oiling. Always use food-safe oil to help make sure this doesn't contaminate the food you use them to prepare.

Physical Contamination

Physical contamination happens when actual objects contaminate foods. Sometimes when a food is physically contaminated, it can also be biologically contaminated. This is because the physical contamination might harbour dangerous bacteria, for example a fingernail.

Common sources of physical contamination are:

Hair: Always wear hair neatly tied back and use a hair net if possible.

Glass or metal: This can occur when kitchen items are not maintained. Cracked or broken crockery and utensils should be thrown away, as well as any food that might have come into contact with it.

Pests: Pests – such as mice, rats and cockroaches – leave droppings that can contaminate food. Also, pests themselves – such as flies and insects – can also make their way into food.

Jewellery: Always keep jewellery to a minimum when preparing and handling food.

Dirt: Because dirt is so small, it's easy not to notice that it's contaminating your food. It usually gets into the food from unwashed food and vegetables.

Fingernails: Always keep nails short and clean to prevent contamination. Also, avoid wearing fake nails as these can fall off and may contaminate food.

Sensory Signs Of Spoilage And Causative Micro-Organisms.

Signs of food spoilage may include an appearance different from the food in its fresh form, such as a change in colour, a change in texture, an unpleasant odour, or an undesirable taste. The item may become softer than normal. If mold occurs, it is often visible externally on the item.

Examples of spoilage causing microorganisms are: Bacteria, Yeasts and Moulds.

Assessment

- State the sources of food contamination
- Briefly explain the following; Biological Contamination, Chemical Contamination and Physical Contamination

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Week 4

Topic: Responsible Food Management

Introduction

Food management is a broad process that involves the proper oversight of food selection, preparation, presentation, and preservation. The importance of a responsible food management is to supervise each aspect of the process to ensure the quality, taste, and safety of any food served or sold to the general public is healthy and in compliance with local standards.

RESPONSIBILITIES OF A FOOD SAFETY MANAGER

- Develop and provide training for food safety and quality requirements
- Maintenance of manuals, policies and procedures as relate to any food safety concerns
- Monitor and verify activities to ensure that all products coming in and out of the facility meet food safety standards in addition to quality standards
- Oversee proper maintenance and sanitation of all facility to comply with food safety requirements
- Ensure that all company food safety and quality assurance procedures are followed and documented correctly at all times

HYGIENIC FOOD MANAGEMENT STRATEGIES

Effective measures have to be put in place to ensure that food is properly handled and contamination free at all times and hygienic enough for consumption.

GUIDELINES FOR FOOD HYGIENE

1. Wash cooking utensils and surfaces with hot soapy water every time you prepare food
2. Wash fresh fruits and vegetables thoroughly with a little salt water
3. Wash the tops of can foods such as sardine and evaporated milk before opening them
4. Use clean plate for cooked food
5. Keep pests such as dogs and cats out of the kitchen
6. Wash your hands after using the toilet and before you handle food
7. Cover your hair when in the kitchen so as to keep hair out of food

8. Store perishable food (meat, fresh fish) in the freezer
9. Once food is cooked, keep it hot until it is eaten
10. Store leftover food in the refrigerator

EFFECT OF HYGIENIC AND UNHYGIENIC FOOD HANDLING TO THE CUSTOMERS.

Hygienic food handling is very important to the client's health because it is healthy and minimizes the risk of diseases and contamination unlike unhygienic food handling which can lead to food poisoning related illness in customers.

Assessment

- State the responsibilities of a Food Safety Manager
- Mention the guidelines for Food Hygiene

Home Economics JSS3 Second Term

Week 5 – 6

Topic: Preparation, Packaging and Marketing of Food Items

The food preparation methods have various packaging needs; food packaging provides protection, tampering resistance, and special physical, chemical, or biological needs.

Differences between Snacks and Main Meals

A main meal is a food that is prepared and eaten, usually at a specific time while a snack is a light meal or a food item eaten between meals.

Snacks and Drink Available in the Society

Examples of snacks available in the society are; meat pies, sausage rolls, egg rolls, buns e.t.c

Examples of drinks available in the society are; orange drinks, guava drinks, apple drinks e.t.c.

Duties of Food Seller/Providers to the Public

1. A food seller should ensure that the cooking environment is very clean.
2. A food provider and seller should always disinfect the cooking area.
3. A food provider/seller should ensure that he follows the appropriate hygiene guidelines.
4. A food seller should always be dressed in an apron and a hat that covers the hair.
5. He/She should always make sure the food is hot at all times.

Preparation of Snacks, Drinks and Meals.

- Preparation of Puff Puff

Ingredients

- 2 cups warm water
- 2 1/4 teaspoon active dry yeast (1 packet)
- 3 1/2 cups flour
- 1/2- 3/4 cup sugar
- 1/2 Tbsp salt

- Oil for deep frying

Instructions

1. Mix salt, sugar, water, and yeast . Set aside for 5 minutes.
2. Add flour and mix.
3. Let the mixture rise for approximately 1- 2 hours
4. In a large, sauce panpour vegetable oil into a pot, until it is at least 3 inches (or about 5 centimeters) high (too little will result in flatter balls), and place on low heat.
5. Test to make sure the oil is hot enough by putting a ‘drop’ of batter into the oil. If it is not hot enough, the batter will stay at the bottom of the pot rather than rising to the top.
6. Using your hands grab a little bit of mixture at time and drop in the oil.
7. When the oil is hot enough, use a spoon to dish up the batter, and another spoon or spatula to drop it in the oil, sort of in the shape of a ball.
8. Fry for a few minutes until the bottom side is golden brown.
9. Turn the ball over and fry for a few more minutes until the other side is golden brown.
10. Use a large spoon or something like that to take it out of the oil. I usually place them on napkins right away to soak up some of the excess oil.
11. If desired, you can roll the finished product in table sugar or powdered sugar to make it sweeter.

- How to prepare apple drink.

Ingredients

Apples

Cinnamon (optional)

Sugar (optional)

Steps

Start by washing and then coring the apple to remove seeds. Cut the apples into slices. There is no need to peel the apples.

Add the apples to the pot and add enough water to just cover them. Too much water and you'll have pretty diluted juice. This juice may come out a bit strong, but it's a lot easier to dilute the juice with extra water rather than trying to make the flavor stronger.

Slowly boil the apples for about 20–25 minutes or until the apples are quite soft. Place a coffee filter or piece of cheesecloth in your fine mesh strainer and place over a bowl.

Slowly ladle the hot juice/apple mixture into a fine mesh strainer and gently mash the apples. The juice will be filtered through the bottom into your bowl while the apple mush will be left behind. Place the mush in a separate bowl for later. Repeat this process until all of your juice is in the bowl.

Taste the juice after it's cooled for a bit. You can add additional sugar or cinnamon depending on your preferences. Again, if the flavor is too strong, you can add water a little bit at a time to weaken the flavor.

The apple mush you collected can easily be turned into applesauce by pureeing and adding a smidgen of sugar and cinnamon to taste.

Keep in mind your homemade apple juice doesn't have any preservatives so be sure to keep it refrigerated and to use it within a week.

Assessment

- State the major difference between a Snack and a Main Meal
- State the duties of food sellers to the public

Home Economics JSS3 Second Term

Week 7 & 8

Topic: Scientific Study of Foods

Tests and Experiments on Food Nutrients e.g Protein, Carbohydrates, fats and oil e.t.c.

Introduction

Food is any edible material, usually of plant or animal origin, that contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals, and is ingested and assimilated by an organism to produce energy, stimulate growth, and maintain life or life processes.

CHARACTERISTICS OF FOOD STORAGE

The various food nutrients differ from each other in their: –

1. **Physical properties:** These include their structural appearances and it may change when it is treated in certain ways.
2. **Chemical properties:** These include the chemical compositions of the nutrients. A **chemical property** is any of a material's **properties** that becomes evident during a **chemical** reaction; that is, any quality that can be established only by changing a substance's **chemical** identity. Or the behaviour of a substance when it undergoes chemical change or reaction.

CHARACTERISTICS OF PROTEIN

1. Proteins are made up of carbon, hydrogen and nitrogen
2. The elements arrange themselves in different combinations to form amino acids.
3. Proteins are digested by enzymes called protease
4. Most proteins are insoluble in water
5. Many proteins are coagulated by heat
6. Proteins are not easily destroyed by heat

EFFECT OF HEAT ON PROTEIN

The effect of most heat on protein is known as coagulation. The effect of dry heat on protein causes it to shrink, harden the outer part of the meat and seals in the juices.

TEST FOR PROTEINS

1. Million's test: Place 2-3g of egg white in a test tube, add about 4ml of water and shake, then add 2.5mls of million's reagent, observe a white precipitate that forms. Place the test tube in a beaker that is half filled with water, heat the water slowly, the precipitate turns **red**, indicating the presence of protein.
2. Biuret test: Place a small quantity of egg white in a test tube and mix with a few drops of water. Add about 1cm³ of dilute caustic soda (NaOH), mixed well. Drop by drop add 1% copper (II) sulphate solution, shake well after each drop. A **purple** or **violet** colour indicates the presence of protein.

CHARACTERISTICS OF CARBOHYDRATES

1. The elements that make up carbohydrate are carbon, hydrogen and oxygen
2. These elements combine in different ways to form (a) simple sugars e.g glucose (b) complex sugars e.g lactose (c) starches e.g yam (d) cellulose found in vegetables
3. All sugars are sweet
4. Sugars are soluble in water
5. Starches are often stored as starch grains in plant cells.
6. The last products of carbohydrate digestion is glucose

EFFECTS OF HEAT ON CARBOHYDRATE

- The effect of dry heat on sugar:- A brown honey like substance is formed. This is called **Caramel**. This process of production of caramel is known as **Caramelization**.
- The effect of moist heat on sugar forms a syrup.
- The effect of dry heat on starch- A light brown colour will be observed. The product is called **Dextrin**. The process is known as **Dexterinization**.
- The effect of moist heat on starch – The starch will swell and a jelly substance is formed. The process is called **Gelatinization**

TEST FOR SIMPLE SUGAR

1. Fehling's test:- Place 6ml of 6% sugar solution in a test tube. Add 6mls of Fehling's solution into the sugar solution, place the tube into a beaker half filled with water, heat the beaker gently to boil. An **orange** or **brick red** precipitate is formed, this shows the presence of a simple sugar.
2. Benedict's test: Place about 6ml of 6% sugar solution in a test tube, add equal quantities of benedict's solution, boil as it is done with the Fehling's test, allow to stand. A **red, orange** or **yellow** precipitate is formed.

TEST FOR STARCH

Cut a thin slice of yam or potato, drop 1-2 drops of dilute iodine solution on the cut slice of yam. The yam turns **blue-black** in color. This shows the presence of starch.

CHARACTERISTICS OF FATS AND OIL

1. They contain high proportion of carbon and hydrogen but very little oxygen
2. They are bad conductors of heat
3. Fats and oils are insoluble in water but soluble in ether
4. They are broken down into fatty acids and glycerol
5. Fats are solids at room temperature, oils are liquid at room temperature
6. When fats and oils are exposed to air for prolonged period they become rancid

TEST FOR FATS AND OIL

1. The grease spot test:- Rub a little palm oil on a blotting paper, hold up the paper. A translucent patch is formed by the oil mark and shining patch is observed in the place stained by the oil.
2. Sudan III test:- Place a small quantity of groundnut paste in a test tube, add a few drops of sudan III solution. A distinct **red** coloration is produced.

Assessment

- State the characteristics of Protein
- What are the effects of heat on carbohydrate

Home Economics JSS3 Third Term

Week 9 & 10

Topic: Feeding The Family

Healthy Feeding Habits/ Food Nutrients

The human body is like a machine that needs fuel to do its work. These needs fuel to do it work. These needs are met with the help of the food we eat.

What Is Food?

Food is any liquid or solid material which when eaten and digested can provide the body with energy. Food nutrients are chemical substances that are present in the food we eat. Food is any substance consumed to provide nutritional support for the body. It is usually of plant or animal origin, and contains essential nutrients.

There are six classes of food nutrients namely:

1. **Carbohydrates:** Carbohydrates are the main energy source for the brain. Without carbohydrates, the body cannot function properly. Sources include fruits, breads and grains, starch and sugars.
2. **Proteins:** Protein is the major structural component of cells and is responsible for the building and repair of body tissues. Protein is broken down into amino acids, which are building blocks of protein. Protein sources include low-fat meat, dairy, beans, fish, soy-milk, eggs.
3. **Vitamins:** Vitamin is vital to protect our body from diseases and also maintain the health of our body. There are two types, the fat soluble and the water soluble vitamin.
4. **Fat and oils:** Fat is an energy source that when consumed, increases the absorption of fat-soluble vitamins including vitamins A, D, E and K. Sources include: margarine, palm oil.
5. **Minerals:** Minerals assist in the regulation of many body functions, some of which involve regulating fluids and producing energy and health of our bones and blood. This nutrient also helps rid our body of harmful byproducts of metabolism. Some examples of well-known minerals are calcium, potassium, sodium and iron.
6. **Water:** Water aids digestions and also controls homeostasis.

Types of Food

1. **Comfort Food:** Comfort food is traditional food which often provides a nostalgic or sentimental feeling to the consumer and is often characterized by a high carbohydrate level and simple preparation. The nostalgic element most comfort food has may be specific to either the individual or a specific culture.
2. **Fast Food:** Fast food is the term given to food that is prepared and served very quickly, first popularized in the 1950s in the United States. While any meal with low preparation time can be considered fast food, typically the term refers to food sold in a restaurant or store with preheated or precooked ingredients, and served to the customer in a packaged form for take-out/take-away. e.g Burger, Hot Dog.
3. **Junk Food:** Junk food is a pejorative term for food containing high levels of calories from sugar or fat with little protein, vitamins or minerals. Use of the term implies that a particular food has little “nutritional value” and contains excessive fat, sugar, salt, and calories. Junk food can also refer to high protein food containing large amounts of meat prepared with, for example, too much unhealthy saturated fat; many hamburger outlets, fried chicken outlets and the likes supply food considered junk food.
4. **Organic Food:** Organic foods are foods produced by organic farming. While the standards differ worldwide, organic farming in general features cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity. Synthetic pesticides and chemical fertilizers are not allowed, although certain organically approved pesticides may be used under limited conditions. In general, organic foods are also not processed using irradiation, industrial solvents, or synthetic food additives.
5. **Whole Food:** Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed. Whole foods typically do not contain *added* salt, carbohydrates, or fat. Examples of whole foods include unpolished grains, beans, fruits, vegetables, and animal products, including meats and non-homogenized dairy products.
6. **Natural Food:** “Natural foods” are often assumed to be foods that are minimally processed or do not contain any food additives, or do not contain particular additives such as hormones, antibiotics, sweeteners, food colors, or flavorings that were not originally in the food.

Functions of Food

1. It helps the growth and development of tissues
2. It provides the body with heat and energy
3. It helps bowel movement
4. It protects the body from diseases
5. Food is necessary for good health and vitality e.t.c

Meal Planning/Food Groups

Meal planning is the process of organizing, arranging and preparing needs to be consumed by family members. Food nutrients can be divided into four major groups namely:

1. Body-building foods: These are foods with protein e.g egg, beans, milk, meat, fish e.t.c
2. Energy foods: These are carbohydrate and fat. They are both energy giving food though the energy supply from fat and oil is more than the nutrient of carbohydrate i.e palm oil ,groundnut oil, butter and starchy foods.
3. Protective foods: These help in the body building, regeneration and repairing of the body tissues. We have vitamin and minerals under protective foods . Examples are fruits and vegetables
4. Roughage: This is an important food item. It is the indigestible part of food such as cellulose

Feeding Habit

Feeding habit is your everyday pattern of eating. “Healthy feeding habit” results from choosing nutritious food in a conscious way while unhealthy feeding habits results from making poor food choice over a long period of time.

Importance of the Healthy Feeding Habits

1. It makes you look and feel better at all times.
2. It helps in healing of wounds than when we eat a poorly nourished one.
3. It provides the body with energy.
4. It protects our body from getting some diseases later in life i.e heart diseases etc

Guidelines for Healthy Feeding Habits

1. Eat a well balanced meal from all the food groups.
2. Choose nutritious meal in a conscious way.
3. Choose a diet that is low in saturated fat and cholesterol.
4. Choose a diet that is moderate in sugar.
5. Choose a diet with plenty grain products, fibres, vegetables and fruits.

Guidelines for Table Manners

1. Always wash your hands before and after a meal.
2. Do not hurry over meal or eat too quickly.
3. Chew your food properly.
4. Do not talk with food in your mouth.
5. Close the mouth when chewing the food.
6. Do not put too much food into the mouth at a time.

Assessment

- State the types of food you know
- List the importance of Healthy feeding

JSS 3

HOME ECONOMICS

THIRD TERM

TABLE OF CONTENT

WEEK 1:	TOPIC: REVISION OF LAST TERM'S WORK
WEEK 2:	TOPIC: FAMILY LIVING AND RESOURCE MANAGEMENT
WEEK 3:	TOPIC: CHILD DEVELOPMENT AND CARE
WEEK 4:	TOPIC: COMMON CHILDHOOD AILMENTS IMMUNIZATION FOR CHILDREN
WEEK 5 & 6:	TOPIC: CONSUMER CHALLENGES AND RIGHTS
WEEK 7 & 8:	TOPIC: FEEDING THE FAMILY

Home Economics JSS3 Third Term

Week 1

Topic: Revision of Last Term's Work

Teachers and Students are expected to do a review of the previous term's work

Home Economics JSS3 Third Term

Week 2

Topic: Family Living and Resource Management

The Family

The family is the smallest and closest unit in the society. The resources in the society such as food, clothing, money and shelter require adequate management. A family is a group of persons or people who live together and are united either by cords of marriage, blood, adoption, by birth and sharing of common residence. The family consists of father and mother/ mothers and children.

PREGNANCY: The period from conception to birth. After the egg is fertilized by a sperm and then implanted in the lining of the uterus, it develops into the placenta and embryo, and later into a fetus. Pregnancy usually lasts 40 weeks, beginning from the first day of the woman's last menstrual period, and is divided into three trimesters, each lasting three months.

Pregnancy is the result of the fertilization of the female ovum or egg by the male cell or sperm. Pregnancy is also the period from conception to birth. After the egg is fertilized by a sperm and then implanted in the lining of the uterus, it develops into the placenta and embryo, and later into a foetus. Pregnancy usually lasts 40 weeks, beginning from the first day of the woman's last menstrual period, and is divided into three trimesters, each lasting three months. Pregnancy is that state or condition when a female carries a foetus in her womb for about nine months.

A foetus is an unborn baby. The male sex cell is called **Sperm**. The female sex cell is called **Ovum** or **Egg**. It is produced in the ovary. The process of producing an ovum by the ovary is called **Ovulation**. If there is a sexual relationship or intercourse between a man and woman at the period the ovum is produced, the sperm will fertilize the ovum, this will result in pregnancy. If there is no sexual relationship during this period, the released ovum will die off in a day or two, then menstruation occurs.

SIGNS OF PREGNANCY

1. Menstruation stops
2. Breasts become fuller and tender. Nipple become dark
3. Nausea and vomiting may occur, especially in the morning (morning sickness)
4. There may be frequent urination

5. The abdomen enlarges from about 3 months
6. As the pregnancy advances, the mother may feel the baby's movement
7. Tender, swollen breast. Your breasts may provide one of the first symptoms of pregnancy.
8. Fatigue.
9. Slight bleeding or cramping.
10. Nausea with or without vomiting.
11. Food aversions or cravings.
12. Headaches.
13. Constipation.
14. Mood swings.
15. Missed menstrual period.

STAGES OF PREGNANCY DEVELOPMENT

Pregnancy goes through three stages. Each stage takes 3 months. These stages are referred to as **Trimesters**.

First Trimester: This is the first three months of pregnancy. This is a very delicate period because if anything happens to the foetus at this stage, it can lead to abortion or miscarriage. The placenta forms to provide the foetus through the umbilical cord.

Second Trimester: This is the pregnancy period between 3 and 6 months. This stage is more stable than the first trimester.

Third Trimester: This is the pregnancy period from 6 to 9 months. It requires adequate nourishment for growth. At the end of this trimester, the mother enters into labor and the child is born.

ANTENATAL: This is a medical examination a pregnant woman undergoes during the period of her pregnancy before delivery.

BABY LAYETTE: A **layette** is a collection of clothing and accessories for a newborn child basic layette items often include:

- a going-home-from-the-hospital or birth center outfit
- legless sleepwear (sleeping gowns / kimonos / sleeping bags / newborn sacques / blanket sleepers) or footed sleepers

- onesies (short-sleeved, legless bodysuits) / all-in-ones / rompers / coveralls
- undershirts / T-shirts
- receiving blankets
- swaddling blankets
- hooded towels
- baby washcloths
- cloth diapers for diapering
- socks / booties
- hats / beanies / sweaters / bunting (depending on the climate)
- burp cloths (cloth diapers are often recommended)
- Scratch mitts
- Vests
- Toy rattles / teethingers / pacifiers
- baby bottles

Assessment

- List ten signs of pregnancy

Home Economics JSS3 Third Term

Week 3

Topic: Child Development and Care

Introduction

Child Development refers to the process through which human beings typically grow and mature from infancy through adulthood. The different aspects of growth and development that are measured include physical growth, cognitive growth, and social growth. Child development focuses on the changes that take place in humans as they mature from birth to about age 17. A normal child grows rapidly in size, height and weight. If the child is making progress in what he does with his mind, and body, he is said to be developing.

Growth: Is an increase in the physical size of the whole body or any of its part.

Development: Is an increase in skills and complexity of function

Meaning and Stages of Child Development

1. **INFANCY:** The period of **infancy** begins at birth and ends at two years of age. It's the most rapid period of growth throughout the lifespan.
2. **EARLY CHILDHOOD:** This period of development lasts from two years of age through six years of age.
3. **MIDDLE CHILDHOOD:** This takes place from ages 6 through 12. Physical growth continues and spurts of rapid growth in height and weight may occur.

Principles of Child Development

1. Children have individual differences
2. Individual differences make children to develop differently
3. A child should develop steadily to form a definite pattern
4. Development starts from the head and then spread to other part of the body
5. Development is influenced by heredity and the environment

Areas of Development

1. **Physical Development:** This development involves the physical structure and their function in a child e.g the brain muscle and the bones.

2. Mental Development: This is the development of intellectual abilities. It involves the ability to think, understand, solve problems e.t.c
3. Social Development: This involves the development of behaviour that is acceptable roles and social attitudes.
4. Emotional Development: This involves feelings and how a person expresses such feelings. For instance: anger, happiness e.t.c
5. Moral Development: This development shows in behavioural patterns and in how children treat other people.

AGE

DEVELOPMENT

1ST month

1. Head needs support as it is not yet strong.
2. Hands are always tightly fistled.
3. Sleeps most of the time,wakes up, cries and feeds.
4. Responds to sound.

2nd month

1. Has distinct cries for food, and pain
2. Raises head and chest lying on his abdomen
3. Plays with his hands when lying on his back
4. May sleep all night or during the day

9th and 12th

1. Stands with some form of support
2. Most children may start walking
3. Cuts more teeth
4. Can speak one or two words
5. Birth weight triples in healthy babies

Conditions Necessary for Child Development

1. Love and care from family
2. Good nutrition
3. Clothing
4. Exercise

5. Rest
6. Medical care
7. A safe and conducive environment

Factors that Influence Child Development

Genetic

Certain hereditary factors influences on the body formation for example; tall parents have tall offspring.

Nutritional

Nutritional deficiency considerably retards physical growth. Malnourished mother produce babies with health problems.

Chronic diseases:

Chronic untreated diseases of heart, lungs, liver etc impair growth and development seriously. Growth Hormone Deficiency.

Emotional & Cultural

Trauma from unstable family, insecurity, sibling jealousy & loss of parents has effect on growth & development.

Growth potentials

The smaller the child at birth, the smaller he is likely to be in subsequent years. The larger the child at birth, the larger he is likely to be in later years

Assessment

- Briefly explain four factors that influence child development
- List five conditions necessary for child development

Home Economics JSS3 Third Term

Week 4

Topic: Common Childhood Ailments Immunization for Children

Diphtheria

Diphtheria mainly affects the throat and spreads when an infected person coughs or sneezes. Symptoms include a sore throat, a high temperature and breathing difficulties.

Hepatitis A

Hepatitis A is a viral disease of the liver. It spreads through contaminated food or water or through direct contact with an infected person.

Hepatitis B

Hepatitis B is a viral disease which causes irritation and inflammation of the liver. It is spread through contact with the body fluids of an infected person.

Haemophilus influenzae Type B (Hib)

This is a bacterial infection which spreads when an infected person sneezes or coughs. It affects the throat, chest and ear.

Measles

Measles used to be the most common childhood illness before the vaccine was introduced. It is highly infectious, and spreads when a person with measles sneezes or coughs. It starts as a bad cold with fever.

Mumps

Mumps is a viral illness which causes considerable swelling around the cheeks and neck. It can lead to meningitis, deafness, encephalitis, and inflammation of the testes in boys which can damage fertility.

Pertussis (whooping cough)

This is highly infectious. It is spread through coughing and sneezing. It starts as a cold, but in time the coughing spasms, with their characteristic "whoop", get more severe and can go on

for several weeks.

Polio

The polio virus attacks the brain and the spinal cord and can cause paralysis. It is spread by contact with the faeces, mucus or saliva of an infected person.

Rotavirus

Rotavirus is the leading cause of severe diarrhoea in children, particularly babies between three months and two years of age.

Tetanus

Sometimes called lockjaw, tetanus can cause painful spasms of muscle contraction. The disease can be fatal. It is caused by bacteria found in soil and animal manure.

Tuberculosis

Tuberculosis (TB) is a bacterial disease which commonly affects the lungs. It spreads when a person with the active disease coughs or sneezes.

Typhoid

Typhoid is a bacterial disease. It spreads when one consumes food or drink contaminated by the faeces or urine of an infected person.

NAMES OF DISEASES AND THEIR VACCINES.

- BCG – tuberculosis
- DTaP/DTwP – diphtheria, tetanus, pertussis (whooping cough)
- Hepatitis A vaccine – hepatitis A
- Hepatitis B vaccine – hepatitis B
- Hib vaccine – haemophilus influenzae type B
- MMR – measles, mumps, rubella
- OPV (oral polio) and IPV (injectable polio vaccine) – polio
- Rotavirus vaccine – rotavirus
- Typhoid vaccine – typhoid

Assessment

- List five common childhood diseases and their vaccines

Home Economics JSS 3 Third Term

Week 5 & 6

Topic: Consumer Challenges and Rights

Consumer Challenges And Rights

A consumer is one that buys goods and services and utilizes economic goods.

Meaning of Consumer Rights

Consumption (or right of the consumer) is the name given to the set of rules emanating from public authorities aimed at the protection of the consumer or user in the market of goods and services, giving and regulating certain rights and obligations. The right of use is not an autonomous branch of the law, but a cross-discipline, with items that fit within commercial law, Civil law and others within the administrative law and procedural law.

The consumption law covers several key aspects of relations between producers and consumers:

1. Contracts of adhesion: prohibits unfair terms that alter the contractual relationship in favour of the supplier of goods and services and tries to ensure that consumers know in advance all the General conditions of the contract which the employer intends to use.
2. Quality of the goods and services offered: minimum requirements.
3. Regulation of advertising and offers to the public.
4. Establishes special procedures for which consumers, associations and public bodies created so that they can defend themselves and prohibit certain abusive practices.
5. Lists a list of infractions by employers and the corresponding penalties imposed by the competent authorities of consumption.

Definition of the Consumer's Rights

It refers to the consumer's rights to the set of regulations and laws that have as main objective ensure the defence of any type of consumer situations in which does not respect his power or consumer status. The existence of this type of rights born from the extension of the mass consumption of goods and services and also the growing failure on the acquisition of those goods or services in time and manner, as they were hired.

All rights of the consumer part of the notion of that implied or explicitly, the consumer is such

when it engages in any type of commercial relationship with the seller. Thus, although it is not registered by misuse of business practices, consumer happens to possess rights of claim, complaint and compensation, replacement, repair, etc. with respect to the good or service consumed if it does not comply with the conditions laid down to perform trade union.

While many companies and even individuals provide services and goods that then do not conform to the conditions offered, the consumer's right will be filing claims, complaints or all kinds of protests. Common cases in this regard are offering promotions that are not met, prices that are not real, products that are not the displayed in brochures or advertisements, products that are defective or second line, null or shoddy repairs, etc.

All such situations are covered within what is known as the consumer's right and therefore it can exercise different tactics to ensure compliance with their rights (which are at the same time the obligations of which offer a good or service). These tactics or strategies can be very variable and can range from a simple oral or written complaint to more serious complaints that will always be necessary to submit documents and receipts evidencing the role of each of the parties involved, as well as also the failure or the reason for the dissatisfaction of the consumer. These complaints may occur before the entity in question, before the consumer defense entities or, when the case is more serious, directly to justice.

Eight (8) Universal Consumer's rights:

1. Right to Basic Needs—which guarantees survival, adequate food, clothing, shelter, healthcare, education and sanitation. With this right, consumers can look forward to the availability of basic and prime commodities at affordable prices and good.
2. Right to Safety—the consumer should be protected against the marketing of goods or the provision of that are hazardous to health and life.
3. Right to Information—the consumer should be protected against dishonest or misleading advertising or labeling and has the right to be given the facts and information needed to make an informed choice.
4. Right to Choose—the consumer has the right to choose from among various products at competitive prices with an assurance of satisfactory quality.
5. Right to Representation—the right to express consumer interests in the making and execution of government policies.
6. Right to Redress— the right to be compensated for misrepresentation, shoddy goods or unsatisfactory.

7. Right to Consumer Education, which is the right to acquire knowledge and skills necessary to be an informed customer.
8. Right to a Healthy Environment—the right to live and work in an environment which is neither threatening nor dangerous and which permits a life of dignity and well-being.

Challenges of The Consumer

1. Changing Consumer Demands: The consumer products companies need to be consumer focused and ensure that the product meets the consumer's needs.
2. Compliance and Regulatory Pressures: The global regulatory environment is dynamic. Companies are faced with the challenges of mitigating operational risk and managing non-conformances.
3. Data Granularity and Visibility: With compliance and regulations becoming stricter, traceability functionalities are more pertinent and requisite than in the past.

Home Economics JSS3 Third Term

Week 7 & 8

Topic: Feeding The Family

Healthy Feeding Habits/ Food Nutrients

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6. **Water:** Water aids digestions and also controls homeostasis.

Types of Food

1. **Comfort Food:** Comfort food is traditional food which often provides a nostalgic or sentimental feeling to the consumer and is often characterized by a high carbohydrate level and simple preparation. The nostalgic element most comfort food has may be specific to either the individual or a specific culture.
2. **Fast Food:** Fast food is the term given to food that is prepared and served very quickly, first popularized in the 1950s in the United States. While any meal with low preparation time can be considered fast food, typically the term refers to food sold in a restaurant or store with preheated or precooked ingredients, and served to the customer in a packaged form for take-out/take-away. e.g Burger, Hot Dog.
3. **Junk Food:** Junk food is a pejorative term for food containing high levels of calories from sugar or fat with little protein, vitamins or minerals. Use of the term implies that a particular food has little “nutritional value” and contains excessive fat, sugar, salt, and calories. Junk food can also refer to high protein food containing large amounts of meat prepared with, for example, too much unhealthy saturated fat; many hamburger outlets, fried chicken outlets and the likes supply food considered junk food.
4. **Organic Food:** Organic foods are foods produced by organic farming. While the standards differ worldwide, organic farming in general features cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity. Synthetic pesticides and chemical fertilizers are not allowed, although certain organically approved pesticides may be used under limited conditions. In general, organic foods are also not processed using irradiation, industrial solvents, or synthetic food additives.
5. **Whole Food:** Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed. Whole foods typically do not contain *added* salt, carbohydrates, or fat. Examples of whole foods include unpolished grains, beans, fruits, vegetables, and animal products, including meats and non-homogenized dairy products.
6. **Natural Food:** “Natural foods” are often assumed to be foods that are minimally processed or do not contain any food additives, or do not contain particular additives such as hormones, antibiotics, sweeteners, food colors, or flavorings that were not originally in the food.

Functions of Food

1. It helps the growth and development of tissues
2. It provides the body with heat and energy
3. It helps bowel movement
4. It protects the body from diseases
5. Food is necessary for good health and vitality e.t.c

Meal Planning/Food Groups

Meal planning is the process of organizing, arranging and preparing needs to be consumed by family members. Food nutrients can be divided into four major groups namely:

1. Body-building foods: These are foods with protein e.g egg, beans, milk, meat, fish e.t.c
2. Energy foods: These are carbohydrate and fat. They are both energy giving food though the energy supply from fat and oil is more than the nutrient of carbohydrate i.e palm oil ,groundnut oil, butter and starchy foods.
3. Protective foods: These help in the body building, regeneration and repairing of the body tissues. We have vitamin and minerals under protective foods . Examples are fruits and vegetables
4. Roughage: This is an important food item. It is the indigestible part of food such as cellulose

Feeding Habit

Feeding habit is your everyday pattern of eating. “Healthy feeding habit” results from choosing nutritious food in a conscious way while unhealthy feeding habits results from making poor food choice over a long period of time.

Importance of the Healthy Feeding Habits

1. It makes you look and feel better at all times.
2. It helps in healing of wounds than when we eat a poorly nourished one.
3. It provides the body with energy.
4. It protects our body from getting some diseases later in life i.e heart diseases etc

Guidelines for Healthy Feeding Habits

1. Eat a well balanced meal from all the food groups.
2. Choose nutritious meal in a conscious way.
3. Choose a diet that is low in saturated fat and cholesterol.
4. Choose a diet that is moderate in sugar.
5. Choose a diet with plenty grain products, fibres, vegetables and fruits.

Guidelines for Table Manners

1. Always wash your hands before and after a meal.
2. Do not hurry over meal or eat too quickly.
3. Chew your food properly.
4. Do not talk with food in your mouth.
5. Close the mouth when chewing the food.
6. Do not put too much food into the mouth at a time.

Assessment

- State the types of food you know
- List the importance of Healthy feeding