

SS 2 FOOD AND NUTRITION

TYPES OF FISH AND THEIR FUNCTIONS

Specific objective : - by the end of the lesson, students will be able to

1. State any three factors to considered when buying fresh fish
2. mention any three uses of fins in fish
3. List and explain any three types of vitamins and where they can be seen in fish
4. Enumerate any two nutritional values of fish

TYPES OF FISH AND THEIR FUNCTIONS

1. Fin fish
2. Shellfish

FIN FISH : - fin fish are usually the most distinctive anatomical features of a fish. They are composed of boney spines or rays protruding from the body with skin covering them and joining them together, either in a webbed fashion, as seen in most bony fish similar to a flipper as seen in shark.

EXAMPLES OF FIN FISH ARE

Salmon, or Cartilagenous fish such as shark

IMPORTANCE OF FIN FISH

1. Their principal function is to help the fish swim
2. fins are located in different purposes such as moving forward, turning, keeping an upright position or stooping
3. For swimming
4. Flying fish use pectoral fins for gliding
5. Frog fish use them for crawling

TYPES OF FIN FISH

1. White or lean fish

2. Oil or fat fish

WHITE OR LEAN FISH :- This group has fat deposited in the liver and not between the muscle fibers examples are halibut, tilapia, skate, dover sola. Pallock, tilapia, haddock etc (all these are examples of white fish)

Example of lean fish is cord.

b) OIL OR FAT FISH : - These have fat distributed all over their bodies especially among the muscle fibers. Examples are Herrings, mackerel , salmon , sardines, tuna , forget, king fish etc

2. SHELLFISH : - Shellfish have protective shells covering the flesh. It can be divided into two groups namely

i. Molluscs

ii. Crustaceans

i. MOLLUSCS : - These have soft bodies protected by a shell. Examples are Oysters, crockles, mussels , winicles , etc

ii. CRUSTACEANS : - These are soft bodies jointed sea animals which are covered by a hard protective crust or external skeleton. Examples are crabs, crayfish, lobsters, prawns, shrimps etc.

NUTRITIVE VALUE OF FISH

1. Fish is a good source of protein . Oil fish contains useful amount if vitamin A and D in their flesh and also vit B.

2. White fish contains bit A and D in their liver

3. Most calcium in fish are found in the bones.

4. Sodium, chlorine, potassium and phosphorus are found in all fish

5. Iodine and fluorine are found in sea water fish

6. Oysters are very rich in iron.

FACTORS TO CONSIDERED WHEN CHOOSING FISH

1. The fish must be clear with bright eyes.

2. The scales must be firmly attached , they should not be missing

3. The Gills should be very bright in red.

4. Really fresh fish feels slightly slippery and have moist skin

5. It must have shining skin with bright natural coloring (6) the tail should be stiff and the flesh feel firm.

SS 2 SCIENCE FOOD AND NUTRITION

TOPIC : - CONVENIENCE FOODS

SPECIFIC OBJECTIVES : - By the end of the lesson, students will be able to

1. Define convenience food

2. State any three types of convenience food

3. Mention any four uses of convenience food

4. List and explain any three guidelines for selection of convenience food

CONVENIENCE FOOD : - Convenience foods are food that has been preserved or processed to reduce the amount of preparations and cooking that may be required .Some of these foods have been dehydrated , pre-cooked, preserved, frozen or tinned in such a way that the nutrients are retained

b). Convenience foods is an answer to a busy home makers who wishes to prepare a meal quickly . It makes the work of house maker easier

TYPES OF CONVENIENCE FOODS

1. QUICKLY FROZEN FOODS : - These are foods already cleaned , trimmed , and kept in a frozen conditions . e.g Beef , sausage meat , fish, poultry , slice meat , pies etc

2. CANNED/BOTTLED FOODS : - These are foods that HSA been subjected to some processing and are sealed in ccans and bottles e.g canned beef , milk , tin tomatoes , baked beans, sardines , mushroom etc

b) BOTTLED ONES : - Jam, fruits juice, peas, mayonnaise, salad dressing

3. PACKED FOODS : - These are already cooked foods that are specially packed. Such foods are usually at the final stage of consumption and need no further cooking. Examples are Sandwich, cakes, biscuits, cornflakes, goldenmorn

4. DEHYDRATED FOODS : - These are foods in which the moisture content has been drastically reduced e.g potato flakes, instant tea , coffee, chocolate, bean flour, rice flour etc.

USES OF CONVENIENCE FOODS

1. Used as main dish e.g custard, cornflakes, ondomie Noddles, spaghetti etc

2. To improve the nutritive value of food eg yeast, horticks

3. As in between foods e.g biscuits, cakes

4. They can be used in emergency. Eg on arrival of an unexpected visitor, electricity failure, during illness or bad weather.

5. They can be used by the travelers

GUIDELINES FOR SELECTION OF CONVENIENCE FOODS

1. Suitability for the occasion

2. Availability of storage facilities

3. Avoids buying fake product

4. Give due consideration to the cost eh cleaned chicken

5. Check the expiring date
6. Ensure that the can is not rusted

ADVANTAGES OF CONVENIENCE FOOD

1. It saves time and energy
2. it is a good choice for an inexperienced cook
3. It is easy to carry about
4. It serves for emergency
5. It is available in and out of season
6. It makes cooking faster

DISADVANTAGES OF CONVENIENCE FOODS

1. Some of them are very expensive
2. Some of the nutrients might have been destroyed e.g processing method and long storage

FACTORS TO CONSIDERED WHEN PURCHASING CANNED FOOD

1. The canned food must not buldge
2. The seals must be intact
3. The cans should not be dented
4. Check for the expiring date as well as the date of manufacture

USES AND NUTRITIVE VALUE OF CONVENIENCE FOOD

1. Some of them are used as a main dish
2. They are used as flavorings
3. They are used to improve the nutritive value of food.

Summary : Convenient foods are foods that have been preserved, or processed to reduced the amount of preparations and cooking that may be required. It saves time. It makes work easier Tova home maker

Evaluation

1. Define convenient food
2. State any three types of convenience food
3. Mention any four uses of convenience foods
4. List and explain any three guidelines for selection of convenience foods.

TOPIC : - VEGETABLES

SPECIFIC OBJECTIVES : - by the end of the lesson the students will be able to

1. Explain what vegetables are
2. State and explain any three classifications of vegetables
3. Mention any three nutritive values of vegetables
4. Enumerate any three factors to consider when choosing vegetables

VEGETABLES : - Vegetables are plants cultivated for edible parts, roots, stems, leaves, or flowers, vegetables are among the high perishable foodstuff and are seasonal.

(b) They can be kept for a reasonable long period of time and are made available during off season due to the advancement in science and technology.

CLASSIFICATION OF VEGETABLES : - Vegetables are classified into the following groups

1. ROOT VEGETABLES : - eg carrots, parsnips, turnips
2. TUBERS : - e.g potatoes
3. GREEN LEAVES : - eh water leaf , cabbage, spinach, amaranthus, lettuce etc

4. SWOLLEN LEAVES : - bulbs e.g onions,

5. MISCELLANEOUS VEGETABLES e.g cucumber, pumpkin, pepper, garden eggs, okro.

NUTRITIVE VALUE OF VEGETABLES

1. Leafy vegetables rich in B - complex vitamins and fair amount of vitamin c.

2. They are also rich in carotene which helps to reduce vitamin A.

b) Leafy vegetables are good source of crude fibre which are the property of absorbing water and assists in easy defecation.

3. Vegetables are also good source of the mineral elements like iron, calcium, phosphorus, sodium and sulphur.

b) The presence of phatic acids and oxalates in vegetables often interfere with the proper utilization of iron and calcium found in these mineral elements

4. Vegetables are low in energy content d efficiency especially for being deficient in fat and carbohydrates.

5. They are not highly proteinous but should be complemented with other source of protein