

REPUBLIQUE DU CAMEROUN

Paix-Travail-Patrie

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MINISTERE DES ENSEIGNEMENTS SECONDAIRES

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INSPECTION GENERALE DES ENSEIGNEMENTS

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INSPECTION DE PEDAGOGIE CHARGEE DE L'ENSEIGNEMENT DES SCIENCES

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SECTION : SVTEEBB

REPUBLIC OF CAMEROON

Peace-Work-Fatherland

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MINISTRY OF SECONDARY EDUCATION

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INSPECTORATE GENERAL OF EDUCATION

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INSPECTORATE OF PEDAGOGY IN CHARGE OF THE TEACHING OF SCIENCES

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SECTION: LESEEBB

**HARMONISED ANNUAL PROGRESSION FOR HOME ECONOMICS.**

School: .....; School year: .....2023 – 2024 .....

Class: .....FORM 1.....; Subject: ..... Number of Chapters: ..... 04 .....; Weekly Workload: .....2H.....;

Teacher's Name: .....; Qualification: .....; Longevity: .....

Term	Week	Categories of Actions	Competence	Module / Topic	Topic	Pedagogic Sequence / Lesson	Duration
First Term	1 (from 09-13Sept).	Promotion of healthy eating habits	Learners should practice good eating habit, both in quantity and quality.	1. Nutrition Education	1. Notion of Health and Nutrition	Lesson1: Basic terms used in Nutrition: Malnutrition (under- nutrition, over-nutrition, hidden hunger), Factors associated with health (diet, exercise, recreation, Metabolism etc.).	2h
	2 (from 16-20Sept).					Lesson 2: Types of food and their nutrients. Food groups.	2h
	3 (from 23-27Sept).					Lesson 3: Functions of food. Dietary guidelines. Subjects related to food and nutrition, Lesson 4: Careers associated with Food and Nutrition	2h
	4-5 (from 30-11 Oct).					Revision/Integration activities Evaluation, Remediation.	4h
	6 (from 14-18Oct).	Appropriating knowledge on kitchen planning and kitchen utensils.	Identify, use and care of a traditional kitchen and its equipment.	2. Kitchen Education	2. Notion of a Traditional Kitchen	Lesson.5: Diagram of a traditional kitchen.	2h
	7-8 (from 21 Oct -01 Nov).					Lesson 6: Types of fire places used in a traditional kitchen.	1h
						Lesson.7: Diagram of the different types of fire places in a traditional kitchen.	2h
						Lesson 8: Advantages and disadvantages of a traditional kitchen.	1h
						Lesson 9: Care of a traditional kitchen.	1h
	9 (from 04-08Nov).	Appropriating knowledge on kitchen planning and kitchen utensils.	Identify, use and care of a modern kitchen and its equipment.		3. Notion of Modern Kitchen.	Lesson 10: Kitchen planning and management.	2h
	10 (from 11-15 Nov).					Lesson 11: Different shapes of modern kitchens.	2h
						Lesson 12: Identify kitchen elements/Kitchen units.	1h
						Lesson 13: Types of kitchen units. Lesson14: Points to consider when planning a modern kitchen	1h
	11 (from 18-22Nov)					Revision, integration activities and evaluation	2h
	12 (from 25-29Nov.)					Lesson 15: Advantages of time management in the kitchen.	1h
						Lesson 16: Care of a modern kitchen.	1h

Second Term	<b>13</b> (from 02-06 Dec.)	Appropriate use and care for kitchen equipment.	Identify, use and care of Labour-Saving Devices.		<b>4. Small Equipment in the Kitchen.</b>	Lesson.17: Types of small equipment.	<b>1h</b>
						Lesson 18: Diagram of small kitchen equipment in the kitchen.	<b>2h</b>
	<b>14</b> (from 09-13 Dec.)					Lesson 19 Uses.	<b>1h</b>
						Lesson.20: Points to consider in the choice of the equipment.	<b>1h</b>
						Lesson 21: Care of these equipment.	<b>1h</b>
	<b>15</b> (from 16-20 Dec)				<b>5. Notion of Large Equipment.</b>	Lesson 22: Types (freezers, Refrigerator, Dish washer. Lesson	<b>1h</b>
		<b>CHRISTMAS BREAK</b>					
	<b>16</b> (from 06-10 Jan2025)					Lesson 23: Points to consider when choosing the equipment. Lesson 24: Care of large kitchen equipment	<b>1h</b>
	<b>17</b> (from 13-17 Jan)					<b>Revision, integration activities and Evaluation, Remediation.</b>	<b>2h</b>
	<b>18</b> (from 20-24 Jan)			<b>3. Kitchen Education</b>	<b>6. Notion of Labour-Saving Equipment</b>	Lesson 25: Types of labour saving equipment (microwave oven, pressure cooker, blender, mixers, vacuum flask.	<b>2h</b>
	<b>19</b> (from 27-31 Jan)					Lesson.26: Principles and uses of labour saving equipment.	<b>1h</b>
						Lesson 27: Things to consider when choosing the equipment.	<b>1h</b>
	<b>20</b> (from 03-07 Feb)					Lesson 28: Care of labour saving equipment.	<b>1h</b>
	<b>21</b> (from 10-14 Feb)	Preventing kitchen accidents and application of relevant treatments.	Practice preventive measures against kitchen accidents and apply first aid measures in case of any.		<b>7. Notion of Kitchen Accident.</b>	Lesson 29: Types of kitchen accidents.	<b>1h</b>
						Lesson 30: Causes of kitchen accidents.	<b>1h</b>
	<b>22</b> (from 17-21Feb)				<b>8. Notion of First Aid in the Kitchen.</b>	Lesson 31: Preventive measures of kitchen accident.	<b>1h</b>
						Lesson 32: Types of First Aid given to victims.	<b>1h</b>
						Lesson 33: Items found in a First Aid kit and their uses.	<b>1h</b>
	<b>23</b> (from 24-28Feb)	Kitchen waste.	Sorting, reuse and recycle of kitchen waste.		<b>9. Notion of Kitchen Waste.</b>	Lesson 35: Generation and sorting kitchen waste. Lesson 35: Generation and sorting kitchen waste.	<b>2h</b>
	<b>24</b> (from 03-07Mar)					<b>Revision, Integration activities and evaluation. Remediation</b>	<b>2h</b>
Third Term Third Term	<b>25</b> (from .10-14Mar)	Improving on the knowledge of clothing and designs	Hand mending, laundry and ironing.	<b>4. Embroidery Education</b>	<b>10. Notion of Embroidery</b>	Lesson 37. Classification of embroidery: *Traditional. *Modern.	<b>2h</b>
	<b>26-27</b> (from 17-28Mar)					Lesson 38: Embroidery techniques: *Types of stitches (backstitch, straight stitch, zigzag stitch, satin stitch, running stitch, buttonhole...).	<b>4h</b>
	<b>28</b> (from 31Mar-04 April)					Lesson 39. Types of fabrics (cotton, silk, linen, wool, polyester...).	<b>2h</b>
	<b>04-18</b>	<b>EASTER BREAK</b>					

	<b>29-30</b> (from .21-02 may)					Lesson 40: Types of embroidery designs: *counted thread, *white work, *candle wicking, *shadow work.	<b>4h</b>
	<b>31</b> (from 05-09May)					Lesson 41: Etiquette of clothing (size, fabric type, trade mark, machine/hand wash, shade...	<b>2h</b>
						Lesson 42: Embroidery tools (equipment): *sewing needle, *embroidery thread, *scissors etc.	
	<b>32</b> (from .12-16May)					Lesson 43: Notion of Laundry and ironing.	<b>2h</b>
						Lesson 44: Types of Laundry: *commercial, *on-premises (in-house).	<b>1h</b>
	<b>33</b> (from .19-23May)					Lesson 45: types of ironings *Traditional, *Steam generator, *Automatic. Lesson 46: Techniques of ironing.	<b>1h</b> <b>1h</b>
	34-35 (from 26May-06June)					<b>Revision, integration activities and evaluation</b>	<b>2h</b>
<b>TOTAL</b>	<b>35</b>			<b>04</b>	<b>10</b>		<b>69h/Year</b>

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- 3) The learning period for integration is an indicative proposal; this lesson has to be placed after a group of lessons. That is at the end of each didactic sequence
- 4) The elaborated progression sheet has to be clipped to the cover page or first page of the subject in the record of work booklet (RWKKBK).
- 5) Digitalized lessons could be exploited from the DE platform (<https://minesec-distancellearning.cm/>), virtual laboratory or self-made.

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SECTION: LESEEHB

**HARMONISED ANNUAL PROGRESSION FOR HOME ECONOMICS.**

School: .....; School year: .....**2023 – 2024** .....

Class: .....**FORM 2**.....;Subject: ..... Number of Chapters: ..... **04** ..... ; Number of periods per week: .....**2H**.....; Annual teaching hours: .....**66 H**.....

Teacher's Name: .....; Qualification: .....; Longevity: .....

Term	Week	Categories of Actions	Competence	Module / Topic	Sub Topic	Pedagogic Sequence / Lesson	Duration
First Term	1 (from 09-13 Sept	Enhancing the understanding of food nutrients, sources and functions.	Selecting and eating a balance diet so as to prevent nutritional diseases.	1. <b>Nutrition Education</b>	1. <b>Notion of Nutrients.</b>	<b>Lesson1:</b> Types of food nutrients. Notion of macronutrients and types	2h
	2 (from .16-20 Sept					<b>Lesson 2:</b> Carbohydrates: Composition, sources, Functions. Deficiency, Effects of heat on carbohydrates. <b>Lesson 3:</b> Notion of proteins: Composition, sources, Functions, Deficiency, Effects of heat on proteins.	2h
	3 (from .23-27Sept					<b>Lesson 4:</b> Notion of fats: Composition, Sources, Functions. Deficiency, Effects of heat on fats. <b>Lesson 5:</b> Notion of energy. Types of energy. Uses of energy in the body. Calculation of energy values in macronutrients. <b>Lesson 6:</b> Notion, types and deficiencies of micronutrients (hidden hunger, anaemia...).	2h 1h 1h
	4 (from 30Sept-04 OCT				Notion of macronutrients and types	<b>Lesson 7:</b> Notion, types and sources of vitamins, Functions of vitamins.	2h
	5 (from 07-11Oct				Functions of water in the body	<b>Lesson 8:</b> Notion, types and sources of minerals, Functions of minerals. <b>Lesson 9:</b> Sources of water in food (orange), uses of water in food, Functions of water in the body	2h 2h
	6 (from 14-18 Oct					<b>Revision, integration, First Evaluation and Remedial work.</b>	2h
	7 (from 21-25oct)					<b>Lesson 10:</b> Notion and types of water borne diseases <b>Lesson 11:</b> Prevention of water borne diseases	2h 1h
	8 (from 28oct-					<b>Lesson 12 :</b> Notion and sources of non-starch polysaccharides (Fibres) <b>Lesson 13:</b> Functions of Non-starch polysaccharides (Fiber) in the diet.	1h 1h

	<b>01Nov</b>	Appropriating knowledge on kitchen planning and kitchen utensils.	Using and taking proper care of kitchen equipment to prevent kitchen accidents.	<b>2. Kitchen Education.</b>	<b>2. Notion of a Traditional Kitchen.</b>	<b>Lesson 14:</b> Items found in a traditional kitchen (local pots, firewood, sawdust pots, charcoal pots, grinding stone, mortar and pestle...).	<b>1h</b>
	<b>9</b> (from 04-08 Nov					<b>Lesson 15:</b> Types of fire places used in a traditional kitchen, diagram of the different types of fire places in a traditional kitchen.	<b>2h</b>
						<b>Lesson 16:</b> Advantages and disadvantages of a traditional kitchen, Care of a traditional kitchen.	

First Term	10 (from 11-15Nov				3. Notion of Modern Kitchen.	Lesson 17: Notion of modern kitchen, Kitchen planning and management, Different shapes of modern kitchens, Lesson 18: Identify kitchen elements/Kitchen units, types of kitchen units, Points to consider when planning a modern kitchen.	2h
	11 (from .18-22Nov	Appropriate use and care for kitchen equipment.			4. Small Equipment in the Kitchen.	Lesson 19: Advantages of time management in the kitchen. Steps in timing and cooking food, Care of a modern kitche	2h
	12 (from 25-29Nov				END OF	Revision, integration, Second Evaluation and Remedial work.  FIRST TERM/ SECOND TERM BEGINS	2h
Second Term	13 (from .02-06 Dec.)				5. Notion of Large Equipment	Lesson 20: Types of small equipment, Diagram of small kitchen equipment in the kitchen. Lesson 21: Uses, Points to consider in the choice of the small equipment, Care of these equipment	2h
	14 (from 09-13Dec.)			Lesson 22: Types (freezers, Refrigerator, Dish washer, Uses. Lesson 23: Diagram of large kitchen equipment. Points to consider when choosing the equipment, Care of large kitchen equipment.		2h	
	15 (from 16-20Dec.)			Lesson 24: Types of labour saving equipment. (microwave oven, pressure cooker, blender, mixers, vacuum flask. Lesson 25: Diagrams of labour saving equipment		2h	
	20 Dec -06 Jan	CHRISTMAS BREAK					
	16 (from .06-10 Jan)				6. Notion of Labour Saving Equipment.	Lesson 26: Principles and uses of labour saving equipment. Lesson 27: Things to consider when choosing the equipment. Care of labour saving equipment.	2h
	17 (from 13-17 Jan.)	Preventing kitchen accidents and application of relevant treatments.			7. Notion of Accident.	Lesson 28: Notion of kitchen accident, Types of kitchen accidents Lesson 29: Causes of kitchen accidents. Preventive measures of kitchen accidents.	2h
	18 (from 20-24m Jan)					Revision, integration, Third Evaluation and Remedial work.	2h

Second Term	19 (from 27-31Jan)		Transforming kitchen waste into manure		8. Notion of Kitchen Waste.	Lesson 30: Different types of kitchen waste, Generation and sorting of kitchen waste.	2h	
	20 (from 02-07 Feb)		Maximizing nutrient retention in food to prevent wastage while improving flavour and colour		9. Methods of Cooking Food.	Lesson 31: Reasons for cooking food. Lesson 32: Classification of foods according to their cooking methods. Lesson 33: Moist method, types of moist method, advantages and disadvantages of moist method. Lesson 33: Dry method, types of dry method. Advantages and disadvantages of dry method.	2h	
	21 (from 10-14 Feb.)				10. Heat Transfer.	Lesson 34: Notion of heat conduction and how occurs. Examples of heat conduction. Advantages and disadvantages. Lesson 35: Notion of convection and how it occurs.	2h	
	22 (from 17-21 Feb)					Lesson 36: Examples of convection, Advantages and disadvantages. Lesson 37: Notion of Radiation and how it occurs, Examples of radiation, advantages and disadvantages.	2h	
	23 (from 24-28 Feb)	Preventing/Eliminating nutrition related diseases.	Adopting healthy eating habits in order to eradicate nutritional diseases.	3. Health Education	11. Kwashiorkor and Marasmus  12. Night Blindness.	Lesson 38: Notion, Causes of these deficiencies. Signs and symptoms. Lesson 39: Children suffering from the deficiencies, Preventive measures.  Lesson 40: Causes of night blindness, Signs and symptoms, Preventive measures.	2h  1h 1h	
	24 (from 03-07Mar)					Integration activities and 4th Evaluation	2h	
	25 (from 10-14 Mar.)					13. Rickets and Osteomalacia.	Lesson 41: Causes of rickets and osteomalacia. Picture of a child suffering from rickets. Preventive measures.	2h
	Third Term				26 (from 17-21Mar)			14. Obesity 15. Scurvy and Anaemia.
		27 (from 24-28Mar.)	Improving on the knowledge of clothing and designs.	Producing embroidery items e.g. back race and apron.	4. Embroidery Education	16. Notion of Embroidery.	Lesson 44: Classification of embroidery. *Traditional. *Modern. Lesson 45: Embroidery techniques, types of stitches (backstitch, straight stitch, zigzag stitch, satin stitch, running stitch, buttonhole...)	2h
28-(from 31 mar-04 April)		Integration activities and fifth Evaluation					2h	
04-18April		EASTER BREAK						
29 (from 21-25April)					Lesson 46: Types of fabrics (cotton, silk, linen, wool, polyester...). Lesson 47: Types of embroidery designs. *counted thread. Lesson 48: White work. candle wicking, *shadow work	2h		

							1h
	30 (from 28-02May)					<b>Lesson 49:</b> Etiquette of clothing (size, fabric type, trade mark, machine/hand wash, <b>Lesson 50:</b> Embroidery tools (equipment). *sewing needle, *embroidery thread, *scissors etc.	1h 1h
	31 (from 05-09 May)					<b>Lesson 51:</b> Notion of Laundry and ironing. Types of Laundry: *commercial, *on-premises (in-house).	2h
	32 from (12-16 May)					<b>Lesson 52:</b> types of ironings: *Traditional, *Steam generator, *Automatic.	2h
	33 (from 19-23 May)					<b>Lesson 53:</b> Techniques of ironing. <b>Lesson 54:</b> Revision	1h 1h
	34-35 (from 26 - 06 June).					<b>Integration activities and sixth Evaluation</b>	2h
<b>TOTAL</b>	<b>35</b>			<b>04</b>	<b>16</b>		<b>76h/Year</b>

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**HARMONISED ANNUAL PROGRESSION FOR FOOD AND NUTRITION**

School: .....; School year: .....**2023 – 2024** .....

Class: .....**FORM 3**.....; Subject: .....**Food and Nutrition** ..... Number of Chapters: ..... **04** ..... ; Number of periods per week: .....**2H**....; Annual teaching hours: .....**66 H**.....

Teacher's Name: .....; Qualification: .....; Longevity: .....

TERM	WEEK	DATE	MODULE	LESSON TITLE	PRACTICAL DEMONSTRATIONS	DURATION	OBSERVATION
<b>FIRST TERM</b>	1	09/09 - 13/09	<b>MODULE ONE: HEALTH EDUCATION. Maintaining physical health and preventing / avoiding food poisoning.</b>	<b>TOPIC 1: DIGESTION and ABSORPTION</b> Lesson 1: Notion of digestion, absorption and the role of teeth.	<b>NOTE:</b> <i>Practical lessons are derived from the theoretical lessons</i>	2hr	08/09 International Literacy Day
	2	16/09 - 20/09		Lesson 2: Digestion at various stages of the digestive system.		2hr	
	3	23/09 - 27/09		Lesson 3: Absorption in the stomach and in the ileum Enzymes in digestion.		2hr	
	4	30/09 - 04/10		<b>TOPIC 2: HYGIENE FOR FOOD SAFETY</b> Lesson 4: Notion of personal hygiene, rules for personal hygiene.		2hr	-05/10 World Teachers Day
	5	07/10 - 11/10		<b>Integration activities</b>		2hr	- 11/10 National Day for the Promotion Didactic material produced from local/recycled material
	6	14/10 - 18/10		<b>First evaluation</b>		2hr	-15/10 Global Hand washing Day with water and soap
	7	21/10 - 25/10		<b>Lesson 5:</b> Notion of kitchen hygiene. <b>Kitchen</b> hygiene- reasons for kitchen hygiene	<i>Practical lessons are derived from the theoretical lessons</i>	2hr	18/10 National Guidance and Counselling Day
	8	28/10 - 01/11		<b>Lesson 6:</b> preventive measures geared towards food safety, safety measures in the purchase and preparation of food.		2hr	
	9	04/11 - 08/11		<b>Lesson 7:</b> Classification of kitchen waste, ways of disposal. products used in cleaning kitchen sinks		2hr	
	10	11/11 - 15/11		<b>Lesson 8:</b> Cleaning of kitchen floors. Products used in cleaning different kitchen floors.		2hr	
	11	18/11 - 22/11		<b>Integration activities</b>		2hr	21/11 World Philosophy Day !
	12	25/11 - 29/11		<b>Second evaluation</b>		2hr	



			END OF FIRST TERM /		BEGINNING OF SECOND TERM			
	13	02/12 - 06/12		TOPIC 3: KITCHEN SAFETY/ ACCIDENTS Lesson 9: Common kitchen accidents and their causes. Safety precautions against kitchen accidents		2hr		
	14	09/12 - 13/12		Lesson 10: First Aid for common kitchen accidents		2hr		
	15	16/12 - 20/12		TOPIC 4: RAISING AGENTS Lesson 11: Notion, rules underlying the working of raising agents.		2hr		
	20/12	23/12 to 03/01/2025		FIRST BREAK ( CHRISMAS BREAK)				
SECOND TERM	16	06/01 - 10/01	MODULE 2: LIVING WORLD. Transforming food products.	Lesson 12: Principles under which raising agents work. Identify mechanical raising agents.	Practical lessons are derived from the theoretical lessons	2hr		
	17	13/01 - 17/01		Integration activities		2hr		
	18	20/01 - 24/01		Third evaluation		2hr		
	19	27/01 - 31/01		Lesson 13: Notion of chemical and biological raising agents. State some foods on which biological/chemical raising agents act on. Recipes from different raising agents.		2hr	27/01 – 03/02/2025 National week of Bilingualism	
	20	03/02 - 07/02		TOPIC 5: CAKE MAKING Lesson 14: Basic ingredients, general rules in cake making.		2hr		
	21	10/02 - 14/02		Lesson 15: Rubbing –in method. Identify examples of cakes using the method. Steps involved, Recipes. Lesson 16: Creaming method: Identify examples of cakes using the method. Steps involved, Recipes. Integration activities		2hr	05 – 11 February, Youth week	
	22	17/02 - 21/02				2hr		
	23	24/02 - 28/02				Fourth evaluation	2hr	21/02/25 International Day of Mother Tongue
	24	03/03 - 07/03				Lesson 17: melting method: Identify examples of cakes using the method. Steps involved, Recipes	2hr	
	25	10/03 - 14/03				END OF SECOND TERM AND BEGINNING OF THIRD TERM		
THIRD TERM	26	17/03 - 21/03		Lesson 18: Whisking method: Identify examples of cakes using the method. Steps involved, Recipes.	Practical lessons are derived from the theoretical lessons	2hr	13-14/03 OPEN DOOR DAY 10/03, COMMONWEALTH DAY	
	27	24/03 - 28/03	Lesson 19: Faults in cake making` Different recipes in cake making. TOPIC 6: PASTRY MAKING Lesson 20: Definition and types of pastries: short crust, flaky. SECOND BREAK / EASTER BREAK Integration activities	2hr		20/03/25 Francophonie Day		
	28	31/03 - 04/04		2hr				
				2hr				
	29	21/04 - 25/04		2hr				
	30	28/04 - 02/05		Fifth evaluation		2hr		
	31	05/05 -	Lesson 21: Puff pastry, hot water crust, choux	2hr				

		09/05		<b>pastry. Rules and faults in pastry making</b>			
	32	12/05 - 16/05		<b>Lesson 23: Different pastry products, their recipe and realisation</b>	<i>Practical lessons are derived from the theoretical lessons</i>	2hr	
	33	19/05 - 23/05		<b>LESSON 24: Pastry products</b>		2hr	
	34	26/05 - 30/05		<b>Integration activities</b>		2hr	
	35	02/06 - 06/06		<b>Sixth evaluation</b>		2hr	
	<b>TOTAL</b>					<b>66HR</b>	

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SECTION: LESEEHB

**HARMONISED ANNUAL PROGRESSION FOR FOOD AND NUTRITION.**

School: .....; School year: .....**2023 – 2024** .....

Class: .....**FORM 4**.....; Subject: .....**Food and Nutrition** ..... Number of Chapters: ..... **04**; Number of periods per week: .....**2H**....; Annual teaching hours: .....**66 H**.....

Teacher's Name: .....; Qualification: .....; Longevity: .....

TERM	WEEK	DATE	MODULE	LESSON TITLE	PRACTICAL DEMONSTRATIONS	DURATION	OBSERVATION
<b>FIRST TERM</b>	1	09/09 - 13/09	<b>MODULE 1: LIVING WORLD STUDY OF FOOD</b>	<b>TOPIC 1: STUDY OF FOOD</b> <b>Lesson 1:</b> The historical background of food, notion of cultural, regional and international dishes.		2hr	08/09 International Literacy Day
	2	16/09 - 20/09		<b>FOOD COMPOSITION TABLE</b> <b>Lesson 2:</b> Definition, uses, limitations of the FCT, components of the food composition table, notion of composition of food.	Copy recipes of cultural dishes, popular regional and international dishes. Practicals on these recipes.	2hr	
	3	23/09 - 27/09		<b>TOPIC 2: DIETARY GOALS</b> <b>Lesson 3:</b> Notion of dietary goals, balance diet, state some foods that constitute a balance diet	Draw the structure of the food composition table.	2hr	
	4	30/09 - 04/10		<b>Lesson 4:</b> Notion of unbalanced diet, disadvantages. Differentiate between balance and unbalanced diet.	Draw the structure of some foods and state their nutrient content, Copy recipes of balanced diets and prepare these meals	2hr	-05/10 World Teachers Day
	5	07/10 - 11/10		<b>Integration activities</b>		2hr	-11/10 National Day for the Promotion of Didactic material produced from local/recycled material
	6	14/10 - 18/10	<b>MODULE 2: HEALTH EDUCATION. FOOD SCIENCE, MALNUTRITION, DIETARY GOALS.</b>	<b>First evaluation</b>		2hr	-15/10 Global Hand washing Day with water and soap
	7	21/10 - 25/10		<b>Lesson 5:</b> Describe the process of coagulation, thinking, gelatinization and tenderization of meat.	.	2hr	18/10 National Guidance and Counselling Day
	8	28/10 - 01/11		<b>Lesson 6:</b> physical and chemical changes on nutrients Oxidation, describe ways in which nutrients are destroyed, effects of heat on fats and oils.	Relate methods of cooking that conserve nutrients [steaming, poaching] and methods which destroys nutrients eg boiling, frying.	2hr	

SECOND TERM	9	04/11 - 08/11		<b>TOPIC 4: MALNUTRITION</b> <b>Lesson 7:</b> Definition, causes and consequences and the prevention of malnutrition.		2hr	
	10	11/11 - 15/11		<b>TOPIC 5: FOOD PRODUCTION AND PROCESSING</b> <b>Lesson 8:</b> Cereals; types, nutrient content and processing.	Draw the diagram of a cereal grain. By products	2hr	
	11	18/11 - 22/11		<b>Integration activities</b>		2hr	21/11 World Philosophy Day !
	12	25/11 - 29/11		<b>Second evaluation</b>		2hr	
			<b>END OF FIRST TERM / BEGINNING OF SECOND TERM</b>				
	13	02/12 - 06/12	SUSTAINABLE DEVELOPMENT. AND PROCESSING OF FOOD ENTERTAINMENT	<b>Lesson 9:</b> Nuts and Legumes. Different types of nuts, identify legumes, functions in the body	Processing of nuts, legumes and by -products	2hr	
	14	09/12 - 13/12		<b>Lesson 10: FRUITS;</b> Definition, classification, role in the diet. State the nutrient content , criteria for choosing fruit	Prepare variety of jam, fruit juices, fruit salads etc.	2hr	
	15	16/12 - 20/12		<b>Lesson 11.</b> Vegetables: notion, classification, choosing vegetables, nutrient content, role in the diet.	Prepare different vegetable salads. Prepare main dishes using varieties of vegetables.	2hr	
		<b>23/12/2024-03/01/2025</b>		<b>FIRST BREAK ( CHRISTMAS BREAK)</b>			
	16	06/01 - 10/01		<b>Lesson 12: MILK AND MILK PRODUCTS.</b> Notion, Different types of milk treatments and examples of milk.	Prepare home made yoghurt and other milk products.	2hr	
	17	13/01 - 17/01		<b>Integration activities</b>		2hr	
	18	20/01 - 24/01		<b>Third evaluation</b>		2hr	
	19	27/01 - 31/01		<b>Lesson 13: :</b> Identify various types of milk products and their sources. Importance of milk in the diet.		2hr	27/01 – 03/02/2025 National week of Bilingualism
	20	03/02 - 07/02		<b>Lesson 14: HERBS AND SPICES;</b> definition/ difference Types of herbs and their uses.		2hr	05 – 11 February, Youth week
	21	10/02 - 14/02		<b>Lesson 15:</b> Types of spices and their uses. Role of herbs and spices in the diet.		2hr	
	22	17/02 - 21/02		<b>TOPIC 6: ENTERTAINMENT</b> <b>Lesson 16: :</b> Table setting, forms and their procedures.	Enumerate materials for setting a table (formal and informal table setting).	2hr	21/02/25 International Day of Mother Tongue
	23	24/02 - 28/02		<b>Integration activities</b>		2hr	
	24	03/03 - 07/03		<b>Fourth evaluation</b>		2hr	
	25	10/03 - 14/03		<b>Lesson 17:</b> State the procedure for formal and informal table setting. State guidelines for good table manners.	Describe arrangements for the following table settings: breakfast, lunch, supper. Tea party, cocktail and buffet parties.	2hr	
				<b>END OF SECOND TERM BEGINNING OF THIRD TERM</b>			

THIRD TERM	26	17/03 - 21/03	MODULE3: SUSTAINABLE DEVELOPMENT	<b>Lesson 18: Notion of Food Service</b> and types. State the rules for serving food.	Prepare and serve meals in different ways: formal, informal, tray etc	2hr	13-14/03 OPEN DOOR DAY 10/03, COMMONWEALTH DAY
	27	24/03 - 28/03		<b>Lesson 19:</b> state the importance of food service. Differentiate between formal and informal food service		2hr	20/03/25 Francophonie Day
	28	31/03 - 04/04		<b>Lesson 20: WAITER/WAITRESS.</b> Def. and functions Occasions in which they are needed. Host and hostess. Qualities of a good host/hostess.		2hr	
				<b>SECOND BREAK / EASTER BREAK</b>		2hr	
	29	21/04- 25/04			<b>Integration activities</b>	<b>2hr</b>	
	30	28/04 - 02/05		<b>Fifth evaluation</b>		2hr	
	31	05/05 - 09/05		<b>RESPONSE TOPIC 7: INVITATION</b> <b>Lesson 21</b> Notion, types, roles of invitation, different occasions requiring invitation cards.	Draft different invitation cards for different occasions.	2hr	
	32	12/05 - 16/05		<b>Lesson 22:</b> Guidelines to follow when drafting an invitation card. Advantages of using an invitation card		2hr	
	33	19/05 - 23/05		<b>Lesson 23:</b> Notion of response. State types of responses given to invitations		2hr	
	34	26/05 - 30/05		<b>Integration activities</b>		2hr	
	35	02/06 - 06/06		<b>Sixth evaluation</b>		2r	
	<b>TOTAL</b>					<b>66hrs</b>	

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REPUBLIQUE DU CAMEROUN

Paix-Travail-Patrie

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MINISTERE DES ENSEIGNEMENTS SECONDAIRES

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INSPECTION GENERALE DES ENSEIGNEMENTS

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INSPECTION DE PEDAGOGIE CHARGEE DE L'ENSEIGNEMENT DES SCIENCES

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SECTION : SVTEEB

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HARMONISED ANNUAL PROGRESSION FOR FOOD AND NUTRITION.

REPUBLIC OF CAMEROON

Peace-Work-Fatherland

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MINISTRY OF SECONDARY EDUCATION

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INSPECTORATE GENERAL OF EDUCATION

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INSPECTORATE OF PEDAGOGY IN CHARGE OF THE TEACHING OF SCIENCES

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SECTION: LESEEB

School: .....; School year: .....**2023 – 2024** .....

Class: .....**FORM 5**.....; Subject: .....**Food and Nutrition** ..... Number of Chapters: ..... **04** .....; Number of periods per week: .....**2H**.....; Annual teaching hours: .....**66 H**.....

Teacher's Name: .....; Qualification: .....; Longevity: .....

TERM	WEEK	DATE	MODULE	LESSON TITTLE	PRACTICAL DEMONSTRATIONS	DURATION	OBSERVATION
<b>FIRST TERM</b>	1	09/09 -13/09	<b>MODULE 1: LIVING WORLD.</b>	<b>TOPIC 1: FOOD SPOILAGE</b> <b>LESSON 1: Natural Decay.</b> Definition of food spoilage and natural decay. Food spoilage in relation to moisture loss, action of enzymes.	<b>NOTE:</b> <b>PRACTICAL LESSONS SHOULD BE DERIVED FROM THE THEORITICAL LESSONS.</b>	2hr	08/09 International Literacy Day
	2	16/09 - 20/09		<b>LESSON 2:</b> Food Contamination; Definition, bacteria, mould, yeast, fungi. Effects of food contamination.		2hrs	
	3	23/09 - 27/09		<b>TOPIC 2: FOOD PRESERVATION</b> <b>LESSON 3:</b> Definition and methods [heat-sterilization, pasteurization].		2hr	
	4	30/09 - 04/10		<b>LESSON 4:</b> food preservation [removal of air, reduction of temperature, addition of chemicals, irradiation.		2hr	-05/10 World Teachers Day
	5	07/10 - 11/10		<b>Integration activities</b>		2hr	- 11/10 National Day for the Promotion Didactic material produced from local/recycled material
	6	14/10 - 18/10		<b>First evaluation</b>		2hrs	-15/10 Global Hand washing Day with water and soap
	7	21/10 - 25/10		<b>TOPIC 3: LEFTOVER FOOD( Rechauffer cooking)</b> <b>LESSON 5:</b> Def. uses, state rules for preparing leftover food.	<b>PRACTICAL LESSONS SHOULD BE DERIVED FROM THE THEORITICAL LESSONS.</b> Prepare meals using leftovers.	2hr	18/10 National Guidance and Counselling Day
	8	28/10 - 01/11		<b>LESSON 6:</b> Different methods used in preparing leftovers.		2hr	
	9	04/11 - 08/11		<b>TOPIC 4: FOOD POISONING.</b> <b>LESSON 7:</b> Definition, differences between food contamination and food poisoning.		2hr	
	10	11/11 -15/11		<b>LESSON 8:</b> Describe the following bacteria that causes food poisoning [Escherichia coli, Clostridium botulinum, staphylococci etc		2hrs	

	11	18/11 - 22/11		Integration activities		2hr	21/11 World Philosophy Day !	
	12	25/11 - 29/11		Second evaluation		2hr		
					END OF FIRST TERM /		BEGINNING OF SECOND TERM	
SECOND TERM	13	02/12 - 06/12	MODULE 2: HEALTH EDUCATION.	LESSON 9: Contamination from other sources. State their illnesses, incubation period, symptoms and their sources.		2hr		
	14	09/12 - 13/12		TOPIC 5: MEAL PLANNING (FOOD CHOICE) LESSON 10: Matching food provision to needs, Notion of meal planning, terminologies associated to meal planning.		2hrs		
	15	16/12 - 20/12		LESSON 11: Notion of meals in courses. Identify meals taken in courses, [two course, and three course meals.]		2hr		
	20/12	23/12 - 03/01/2025		FIRST BREAK ( CHRISTMAS BREAK)				
	16	06/01 - 10/01		LESSON 12: Planning meal in courses following meal time (breakfast, lunch and super).		2hr		
	17	13/01 - 17/01		Integration activities		2hrs		
	18	20/01 - 24/01		Third evaluation		2hr		
	19	27/01 - 31/01		LESSON 13: Meals for different groups of people [plan, prepare and cook meals for babies, children, adolescents, elderly]		2hr	27/01 – 03/02/2025 National week of Bilingualism	
	20	03/02 - 07/02		LESSON 14: Plan meals for active and inactive, pregnant and lactating, vegetarians, invalids and convalescents.		2hr		
	21	10/02 - 14/02		LESSON 15: Meals for special occasions [notion of special occasion, examples and compose meals to be used for such occasions.		2hrs	05 – 11 February, Youth week	
	22	17/02 - 21/02		LESSON 16: Hacked meals: Definition, different types, state occasions when they are used. Prepare and cook some packed meals		2hr		
	23	24/02 - 28/02		Integration activities		2hr	21/02/25 International Day of Mother Tongue	
	24	03/03 TO 07/03		Fourth evaluation		2hr		
	25	10/03 - 14/03		LESSON 17: Food portion; notion of food portion. State the required portion of food for different individuals. List individuals with special qualities.		2hr		
				END OF SECOND TERM AND BEGINNING OF THIRD TERM				
	THIR	26		17/03 - 21/03		LESSON 18: Food security; Notion, costing, budgeting, Merits of budgeting, steps	2hr	13-14/03 OPEN DOOR DAY 10/03, COMMONWEALTH DAY

				involved.			
	27	24/03 - 28/03		<b>LESSON 19:</b> Plan a budget using shopping list	Draw up a sample budget Plan the budget using shopping list.	2hrs	20/03/25 Francophonie Day
	28	31/03 - 04/04		<b>TOPIC 6: FOOD PREPARATION &amp; PRESENTATION</b> <b>LESSON 20:</b> Practical test in relation to theory Different methods of cooking and their merits, suitable foods. Prepare foods using different methods.	Cook a variety of foods using different cooking methods.	2hr	
	29	21/04 - 25/04		<b>LESSON 21: Practical task in relation to theory [Draw-up test]</b> use sample forms, plan menus for different meals [dishes chosen] -main ingredients and quantities, reasons of choice, time plan, shopping list		2hr	
				<b>SECOND BREAK / EASTER BREAK</b>			
	30	28/04 - 02/05	<b>MODULE 3: SUSTAINABLE DEVELOPMENT.</b>	<b>Integration activities</b>		2hr	
	31	05/05 - 09/05		<b>Fifth evaluation</b>		2hrs	
	32	12/05 - 16/05		<b>LESSON 22:</b> use sample forms, plan menus for different meals [dishes chosen] -main ingredients and quantities, reasons of choice, time plan, shopping list	plan, prepare and cook variety of foods in relation to different individuals and their needs. State the reasons for choice. Suggest main ingredients and quantities. state sample time plans outline items on shopping list	2hr	
	33	19/05 TO 23/05		<b>LESSON 23:</b> plan, prepare and cook variety of foods in relation to different individuals and their needs.		2hr	
	34	26/05 TO 30/05		<b>Integration activities</b>		2hr	
	35	02/06 TO 06/06		<b>Sixth evaluation</b>		2hr	
	<b>TOTAL</b>					<b>66hrs</b>	

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