

**Technology Education Key Learning Area  
Home Economics / Technology and Living**

**Health and Health Concerns**

Level: Secondary 1 - 3

Objectives:

Students should be able to:

- understand the principles of balanced diet
- identify broad guidelines for healthy eating
- discuss the nutritional requirements for different target groups
- plan meals and develop creative recipes for different target groups and occasions
- understand the nutritive value, types, storage, choice of food commodities
- understand the principles of food preparation and processing
- demonstrate a variety of food preparation techniques and cooking methods
- apply hygiene and safety measures in food preparation and processing
- choose and use kitchen equipment properly
- develop working habits and skills in organising work in food preparation

For Reference

Unit	Foundation		Extended study		Additional Activities
	Teaching Points	Suggested Activities	Teaching Point	Suggested Activities	
(1) What is Health?	<p><u>What is Health?</u></p> <ul style="list-style-type: none"> <li>relationship between physical, mental and social health</li> <li>food pyramid used in Hong Kong</li> <li>food pyramid for teenagers</li> <li>dietary goals for teenagers</li> <li>application of balanced diet</li> <li>food choices – fresh or pre-packaged?</li> </ul>	<ul style="list-style-type: none"> <li>measure food ingredients according to the requirement stated in the food pyramid</li> <li>compare fresh food and pre-packaged food in terms of nutritive value, convenience and choices</li> </ul>	<ul style="list-style-type: none"> <li>food pyramids used around the world</li> <li>food pyramid for other age groups</li> <li>dietary goals for other age groups</li> <li>healthy eating habits</li> <li>ways to achieve physical, mental and social fitness and wellness</li> </ul>	<ul style="list-style-type: none"> <li>mix and match game</li> <li>analyse recipes</li> <li>calculation of food portions</li> </ul>	<ul style="list-style-type: none"> <li>students record the food / dishes consumed by themselves in a week and evaluate their eating habits / patterns, make suggestion to improve their eating habits / patterns</li> </ul>
(2) Meal Planning (I)	<p><u>Meal Planning</u></p> <ul style="list-style-type: none"> <li>breakfast <ul style="list-style-type: none"> <li>meal pattern (Western and Chinese)</li> <li>function and role</li> </ul> </li> </ul> <p><u>Food and Nutrition</u></p> <ul style="list-style-type: none"> <li>balanced diet</li> <li>food groups (protective food, dietary fibre, water) <ul style="list-style-type: none"> <li>function</li> <li>source</li> </ul> </li> <li>food commodities (fruits / vegetables / egg / cereals) <ul style="list-style-type: none"> <li>food value</li> <li>types</li> </ul> </li> </ul> <p><u>Food Preparation</u></p> <ul style="list-style-type: none"> <li>food preparation and cooking techniques (dicing, boiling)</li> <li>heat transference (moist heat)</li> </ul>	<ul style="list-style-type: none"> <li>prepare either a Chinese or Western style breakfast</li> <li>serve breakfast with a drink</li> <li>compare meal pattern of Chinese and Western breakfast</li> </ul>	<p><u>Meal Planning</u></p> <ul style="list-style-type: none"> <li>breakfast / light meals</li> </ul> <p><u>Food and Nutrition</u></p> <ul style="list-style-type: none"> <li>food groups (protective food, dietary fibre) <ul style="list-style-type: none"> <li>types</li> </ul> </li> <li>food commodities (fruits / vegetables / egg / cereals) <ul style="list-style-type: none"> <li>choice</li> <li>storage</li> </ul> </li> </ul> <p><u>Food Preparation</u></p> <ul style="list-style-type: none"> <li>food preparation and cooking techniques (slicing, shredding, simmering)</li> </ul>	<ul style="list-style-type: none"> <li>prepare either a Chinese or Western style breakfast / light meal</li> <li>serve breakfast / light meal with a drink</li> <li>design menu for breakfast</li> </ul>	<ul style="list-style-type: none"> <li>study breakfast in different cultures</li> <li>compare nutritive value of breakfast provided by different fast food shops and restaurants (including Chinese tea restaurants)</li> </ul>

Unit	Foundation		Extended study		Additional Activities
	Teaching Points	Suggested Activities	Teaching Point	Suggested Activities	
	<p><u>Meal Planning</u></p> <ul style="list-style-type: none"> <li>main course / dish</li> </ul> <p><u>Food and Nutrition</u></p> <ul style="list-style-type: none"> <li>food groups (body-building food) <ul style="list-style-type: none"> <li>function</li> <li>source</li> </ul> </li> <li>food commodities (fish, soya bean products, meat) <ul style="list-style-type: none"> <li>food value</li> <li>types</li> <li>choice</li> <li>storage</li> </ul> </li> </ul> <p><u>Food Preparation</u></p> <ul style="list-style-type: none"> <li>food preparation and cooking techniques (stuffing, steaming, stewing, mincing, boiling)</li> <li>heat transference (moist heat, convection)</li> </ul>	<ul style="list-style-type: none"> <li>prepare a main course / dish with fish / soya bean products / meat as the main ingredient</li> <li>suggest variations for the main course / dish</li> <li>conduct proper ways for sensory evaluation</li> </ul>	<p><u>Meal Planning - Meal Pattern</u></p> <ul style="list-style-type: none"> <li>courses of meal <ul style="list-style-type: none"> <li>soup</li> <li>main course / dish</li> <li>dessert</li> <li>snacks</li> </ul> </li> </ul> <p><u>Food and Nutrition</u></p> <ul style="list-style-type: none"> <li>body-building and energy giving food <ul style="list-style-type: none"> <li>types</li> </ul> </li> <li>food commodities <ul style="list-style-type: none"> <li>meat / rice / noodles (choice, storage)</li> <li>flour (food value, types, choice, storage)</li> <li>milk (types (e.g. pasteurised, UHT etc.), storage)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>prepare a soup / dessert / snack for people of different age groups</li> <li>develop design ideas for a main dish / one dish meal / dessert / snack for a particular age group</li> <li>conduct food tests on egg / toast / fruits</li> </ul>	<ul style="list-style-type: none"> <li>plan a series of one dish meals for school lunch with appropriate accompaniments</li> <li>survey on the consumption of fruits / vegetables / meat / dairy products within the class</li> <li>observe the difference between fresh and stale eggs</li> </ul>
	<p><u>Meal Planning</u></p> <ul style="list-style-type: none"> <li>One Dish Meal</li> </ul> <p><u>Food and Nutrition</u></p> <ul style="list-style-type: none"> <li>food groups (energy giving food) <ul style="list-style-type: none"> <li>function</li> <li>source</li> </ul> </li> <li>food commodities (meat / rice / noodle) <ul style="list-style-type: none"> <li>food value</li> <li>types</li> </ul> </li> </ul> <p><u>Food Preparation</u></p> <ul style="list-style-type: none"> <li>food preparation and cooking techniques (mincing, stir frying, shallow frying)</li> <li>heat transference (dry heat, conduction)</li> </ul>	<ul style="list-style-type: none"> <li>prepare a one dish meal which serves as light lunch</li> <li>evaluate the food value of different one dish meals</li> <li>prepare the time plan for a one dish meal</li> </ul>	<p><u>Food Preparation</u></p> <ul style="list-style-type: none"> <li>food preparation and cooking techniques (blending, stewing, Chinese dough making, grilling, use of wrapping)</li> </ul>		

## Suggested Dishes for Practical Work

Breakfast / light meal	Soup	Main Course / Dish	One Dish Meal	Snack / Dessert	Beverage
<ul style="list-style-type: none"> <li>- making of sandwiches using whole grain food products, egg / dairy products and vegetable</li> <li>- Welsh Rarebit</li> <li>- Oatmeal with Milk</li> <li>- Oatmeal congee with Meat Balls</li> <li>- Hard-boiled / fried / scramble egg with toast</li> <li>- Omelette (plain / French / Spanish)</li> <li>- Noodle in Soup with Sliced Meat / Roast Pork and Vegetables</li> <li>- Shanghainese Wonton with noodles in Soup</li> <li>- Rice Porridge with meat and Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>- Lettuce and Fish Ball in Soup</li> <li>- Assorted Bean Curd Soup</li> <li>- Mixed Vegetable Soup</li> <li>- Tomato and Carrot Soup</li> <li>- Carrot Soup with Meat Balls</li> <li>- Creamy Chicken Sweet Corn Soup</li> <li>- Minced Beef Soup</li> <li>- Minced Pork with White Fungus</li> </ul>	<ul style="list-style-type: none"> <li>- Steamed Stuffed Bean Curd</li> <li>- Fried Stuffed Bean Curd / Bean Curd Puff</li> <li>- Steamed Bean Curd with Fish (老少平安)</li> <li>- Braised Bean Curd</li> <li>- Steamed Minced Pork / Beef</li> <li>- Steamed Shredded Pork / Beef with Preserved Vegetables</li> <li>- Stewed Chicken Wings</li> <li>- Stir Fried Meat with Vegetables</li> <li>- Stir Fried Vegetables with Spicy Pressed Bean Curd</li> </ul>	<ul style="list-style-type: none"> <li>- Fried Rice</li> <li>- Stir Fried Noodles / Rice Noodles with Meat and Vegetables</li> <li>- Rice in Soup with Assorted Meat</li> </ul>	<ul style="list-style-type: none"> <li>- Fish Siu Mei</li> <li>- Siu Mei</li> <li>- Crystal Cake</li> <li>- Almond Jelly with Mixed Fruits</li> <li>- Spilt Peas Pudding</li> <li>- Egg Custard</li> <li>- Tea / Soya Eggs</li> <li>- Steamed Glutinous Dumplings</li> <li>- Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>- Fruit Smoothies</li> <li>- Fruit juice</li> <li>- Lemonade</li> <li>- Hot cocoa</li> <li>- Tea</li> </ul>

Unit	Foundation		Extended study		Additional Activities
	Teaching Points	Suggested Activities	Teaching Point	Suggested Activities	
(3) Meal Planning (II)	<p><u>Meal Planning</u></p> <ul style="list-style-type: none"> <li>meal pattern of two course meal <ul style="list-style-type: none"> <li>Western</li> <li>Chinese</li> </ul> </li> <li>meals for adults with different needs</li> <li>meals for special occasion <ul style="list-style-type: none"> <li>packed meal</li> </ul> </li> </ul> <p><u>Food and Nutrition</u></p> <ul style="list-style-type: none"> <li>nutrients (protein, carbohydrates, fats) <ul style="list-style-type: none"> <li>function</li> <li>classification</li> <li>source</li> </ul> </li> <li>dietary goals for adult</li> <li>nutrition labels</li> <li>food commodities (pork &amp; beef / fish / vegetables)</li> </ul> <p><u>Food Preparation</u></p> <ul style="list-style-type: none"> <li>labour saving devices (liquidiser, rice cooker, microwave oven) <ul style="list-style-type: none"> <li>choice</li> <li>usage</li> </ul> </li> <li>food preparation and cooking techniques (baking, deep frying, Chinese dough making, use of wrapping, use of raising agent) <ul style="list-style-type: none"> <li>heat transference (radiation, microwave)</li> </ul> </li> </ul> <p><u>Prevention of Food Spoilage</u></p> <ul style="list-style-type: none"> <li>causes of food spoilage</li> <li>conditions which favour the growth of bacteria</li> </ul>	<ul style="list-style-type: none"> <li>prepare a two course meal to meet the needs of different age groups</li> <li>prepare a one dish meal / two course meal for packed meal</li> <li>prepare snacks using Chinese dough / wrapping</li> <li>prepare cakes made by creaming / all-in-one method</li> <li>conduct food test on the function of flour / sugar / fat in food preparation such as cake making</li> <li>prepare the time plan for a two course meal</li> </ul>	<p><u>Meal Planning</u></p> <ul style="list-style-type: none"> <li>meals for adults with different needs, such as vegetarians</li> <li>use of convenience / left-over food</li> </ul> <p><u>Food and Nutrition</u></p> <ul style="list-style-type: none"> <li>food pyramids for different age groups</li> <li>dietary goals for elderly</li> <li>causes of nutritional disorders</li> <li>food commodities (cereals / poultry / fish &amp; shellfish / beans &amp; pulses / dairy products)</li> </ul> <p><u>Food Preparation</u></p> <ul style="list-style-type: none"> <li>food preparation and cooking techniques (braising, stewing, roasting, roux, cake making)</li> </ul> <p><u>Food Preservation</u></p> <ul style="list-style-type: none"> <li>basic principles</li> <li>examples, such as refrigeration, freezing, canning, dehydration</li> </ul> <p><u>Food Product Development</u></p> <ul style="list-style-type: none"> <li>idea generation</li> <li>sensory evaluation</li> </ul> <p><u>Food Culture</u></p> <ul style="list-style-type: none"> <li>role of food in Chinese family and society</li> <li>symbolic meaning of some Chinese cuisine</li> </ul>	<ul style="list-style-type: none"> <li>prepare a two course meal to meet the needs of different age groups</li> <li>prepare snacks / dishes for vegetarians</li> <li>prepare cakes by rubbing in method</li> <li>prepare a dish with symbolic meaning of the Chinese culture</li> <li>develop /adapt recipes for adults with different needs</li> <li>conduct food tests on raising agents (mechanical, chemical and biological)</li> <li>conduct a sensory test and prepare star diagrams</li> </ul>	<ul style="list-style-type: none"> <li>prepare a week's lunch / dinner menu for the family</li> <li>prepare a lunch / dinner as planned for the family</li> <li>analyse the nutritive value of a week's lunch / dinner of the family, suggest improvement</li> <li>study the role of food in Chinese culture</li> </ul>

One Dish Meal	Soup	Main Course / Dish	Dessert / Snack	Cakes
<ul style="list-style-type: none"> <li>- Baked Pork Chop with Rice</li> <li>- Steamed brown rice / oatmeal with rice</li> <li>- Shredded Chicken Fried Rice</li> <li>- Spaghetti / Lasagna</li> <li>- Macaroni Cheese</li> <li>- Hamburger with Vegetable Salad</li> <li>- Fried Japanese Udon</li> <li>- Cold Noodles with Shredded Meat and Vegetables</li> <li>- Stewed I Fu Noodles</li> <li>- Rice Soup with Meat and Vegetables / Mushrooms</li> </ul>	<ul style="list-style-type: none"> <li>- Hot and Spicy Soup</li> <li>- Bean Curd Soup with Meat</li> <li>- Cream of Mushroom / Chicken Soup</li> </ul>	<ul style="list-style-type: none"> <li>- Steamed Spareribs</li> <li>- Steamed Minced Meat with Mushroom / Water Chestnut</li> <li>- Fried / Steamed Fish Fillets</li> <li>- Steamed Stuffed Fuzzy Melon</li> <li>- Assorted Vegetables in Portuguese Sauce</li> <li>- Fried Shrimp Balls</li> <li>- Fried Lotus Root Patties</li> <li>- Shallow Fried Vegetarian Bean Curd Sheet Rolls</li> <li>- Baked Fish</li> <li>- Chicken a La King</li> <li>- Chicken Rolls with Assorted Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>- Chinese doughnuts</li> <li>- Curry Beef Triangles</li> <li>- Spring Rolls</li> <li>- Shrimp Toast</li> <li>- Roast Pork / Lotus Seed Puree / Sesame Seed Puree / Red Bean Puree Bun</li> <li>- Won-ton / Meat Dumplings in Soup</li> <li>- Walnut / Almond Sweet Tea</li> <li>- Apple Crumble</li> <li>- Bread and Butter Pudding</li> </ul>	<ul style="list-style-type: none"> <li>- Queen Cakes</li> <li>- Rock Cakes</li> <li>- Victoria Sandwich Cakes</li> <li>- Cup Cakes</li> <li>- Melting Moments</li> <li>- Scones</li> </ul>

For Reference

Unit	Foundation		Extended study		Additional Activities
	Teaching Points	Suggested Activities	Teaching Point	Suggested Activities	
(4) Meal Planning (III)	<p><u>Meal Planning</u></p> <ul style="list-style-type: none"> <li>meal pattern of three course meal               <ul style="list-style-type: none"> <li>Western</li> <li>Chinese</li> </ul> </li> <li>meals for people with special needs               <ul style="list-style-type: none"> <li>vegetarian / high blood pressure /weight management</li> <li>deficiency in different nutrients (vitamin B / C, iron / calcium)</li> </ul> </li> <li>meals for special occasion               <ul style="list-style-type: none"> <li>festive cooking / party</li> </ul> </li> </ul> <p><u>Food and Nutrition</u></p> <ul style="list-style-type: none"> <li>dietary goals for people with special needs and dietary requirements</li> <li>nutrients (vitamins and minerals)               <ul style="list-style-type: none"> <li>function</li> <li>classification</li> <li>source</li> </ul> </li> <li>retention of nutritional values in foods               <ul style="list-style-type: none"> <li>protein</li> <li>carbohydrates</li> <li>fat</li> <li>vitamins &amp; minerals</li> </ul> </li> <li>legislation and guidelines on food labeling</li> </ul> <p><u>Food Preparation</u></p> <ul style="list-style-type: none"> <li>labour saving devices (blender / mincer)               <ul style="list-style-type: none"> <li>choice</li> <li>usage</li> </ul> </li> <li>food preparation and cooking techniques (shaping, coating, caking making, pastry making)</li> </ul> <p><u>Food Preservation</u></p> <ul style="list-style-type: none"> <li>principles and purposes</li> <li>preservation methods</li> </ul>	<ul style="list-style-type: none"> <li>prepare three course meals for people with special needs</li> <li>prepare festive food for Chinese New Year</li> <li>prepare cakes using whisking method</li> <li>prepare a snack by using short crust pastry / Chinese pastry</li> <li>conduct food test on the effect of heat on vitamins C in different kind of fruits / vegetables / juices</li> <li>develop / adapt recipes for people with different needs</li> <li>conduct sensory test and prepare star diagrams</li> <li>prepare time plan for a three course meal</li> </ul>	<p><u>Meal Planning</u></p> <ul style="list-style-type: none"> <li>meals for people with special needs               <ul style="list-style-type: none"> <li>people with heart disease / diabetes</li> </ul> </li> <li>meals for special occasion               <ul style="list-style-type: none"> <li>celebration</li> </ul> </li> </ul> <p><u>Food and Nutrition</u></p> <ul style="list-style-type: none"> <li>nutrients (vitamins and minerals)               <ul style="list-style-type: none"> <li>deficiency</li> </ul> </li> <li>dietary goals for different age groups</li> <li>cause of eating disorder</li> <li>use of functional food</li> </ul> <p><u>Food Preparation</u></p> <ul style="list-style-type: none"> <li>food preparation and cooking techniques (batter, cake making, use of setting agent)</li> </ul> <p><u>Food Safety</u></p> <ul style="list-style-type: none"> <li>causes and prevention of food contamination and food-borne disease</li> </ul> <p><u>Food Product Development</u></p> <ul style="list-style-type: none"> <li>development of prototypes</li> <li>consumer testing</li> </ul> <p><u>Food Culture</u></p> <ul style="list-style-type: none"> <li>festive food               <ul style="list-style-type: none"> <li>Chinese New Year</li> <li>Mid-autumn Festival</li> <li>Christmas</li> <li>Easter</li> </ul> </li> <li>food consumption pattern of different cultures</li> </ul>	<ul style="list-style-type: none"> <li>prepare three course meals / snacks for people with special needs</li> <li>prepare cakes using melting method</li> <li>prepare a dish using Chinese pastry / setting agent</li> <li>develop / adapt and prepare a snack for celebration / a festival</li> <li>conduct food test on comparing the browning effects on fruits and vegetables</li> <li>conduct food test on functional properties protein / carbohydrates / fats</li> </ul>	<ul style="list-style-type: none"> <li>compare vitamin C content of different vegetables / fruits / fruit juices</li> <li>compare the effectiveness of labour saving devices</li> </ul>

	<u>Food Product Development</u> <ul style="list-style-type: none"> <li>● idea generation</li> <li>● sensory evaluation</li> </ul> <u>Food Culture</u> <ul style="list-style-type: none"> <li>● factors affecting the development of a food culture</li> <li>● role of food in family and society</li> </ul>				
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Soup / Appetizer	Main Course / Dish	Dessert / Snacks	Cakes and Pastry
<ul style="list-style-type: none"> <li>- Coleslaw</li> <li>- Cream of Spinach Soup</li> <li>- Assorted Vegetables Soup</li> <li>- Minced Meat and Vegetables Soup</li> <li>- Winter Melon Puree Soup</li> <li>- Minestrone</li> <li>- Corn Chowder</li> <li>- Pumpkin Soup</li> </ul>	<ul style="list-style-type: none"> <li>- Sweet and Sour Spareribs / Spareribs with Strawberry / Spicy Spareribs</li> <li>- Stuffed Frizzy Melon</li> <li>- Fried Lotus Root Patties</li> <li>- Steamed Fish Rolls</li> <li>- Fried Pork / Beef with Vegetables</li> <li>- Spicy Chicken Wings</li> <li>- Chicken in Lemon Sauce</li> <li>- Stir Fried Chicken Fillets with Mango</li> <li>- Stuffed Vegetables (pepper, tomato, mushroom)</li> <li>- Vegetable Rolls</li> <li>- Beef Rolls with Golden Mushroom</li> <li>- Deep Fried Stuffed Eggplant</li> <li>- Crusty Spiced Bean Curd</li> <li>- Chicken in Paper Packs</li> <li>- Cheese and Potato Pie</li> <li>- Pizza</li> <li>- Fish Cakes</li> <li>- Scotch Eggs</li> </ul>	<ul style="list-style-type: none"> <li>- Cheese Cake</li> <li>- Pancake / Hotcake / Drop Scones</li> <li>- Pancakes with Red Bean Puree</li> <li>- Turnip / Taro / Water Chestnut Pudding</li> <li>- Coconut Rice Pudding</li> <li>- Deep Fried Egg Bow</li> <li>- Sou Gock (酥角)</li> <li>- Flower Rolls</li> <li>- Fried Pork Dumplings</li> <li>- French Toast</li> <li>- Mango Pudding</li> <li>- Whisked Jelly Mousse</li> </ul>	<ul style="list-style-type: none"> <li>- Apple Turnover / Pie</li> <li>- Fruit Tartlets / Mince Pies</li> <li>- Fruit Flan / Rolls</li> <li>- Cornish Pasties</li> <li>- Sausage Rolls</li> <li>- Tuna Fish Pasties / Pie</li> <li>- Quiche</li> <li>- Roast Pork Pasties (Chinese pastry)</li> <li>- Sponge Cake</li> <li>- Swiss Roll</li> <li>- Flapjack</li> <li>- Gingerbread</li> <li>- Ginger Snaps</li> <li>- Oatmeal Cookies</li> <li>- Chinese Short Cakes</li> </ul>