

**FOOD AND NUTRITION
GRADE 10**

CONTENTS

6. Nutrient composition
 - 6.1 Nutritional Composition of various foods
 - 6.2 Reasons for knowing nutrient composition

7. Principles of purchase and storage of food
 - 7.1 Purchase of food
 - 7.2 Storage

8. Preparation and cooking
 - 8.1 Preparation and cooking methods
 - 8.2 Different cooking methods

9. Family and community nutrients
 - 9.1 Nutrition of vulnerable groups in the community
 - 9.2 Preventing Malnutrition in Community

10. Food preservation
 - 10.1 Food preservation
 - 10.2 Food Spoilage
 - 10.3 Food Additives