

# **GRADE 8 TERM 2 NOTES**

## **AGRICULTURE & NUTRITION**

*The PDF Comprises part of the notes for the Named Learning Area*

**FOR COMPLETE NOTES & SCHEMES OF  
WORK FOR GRADES 1-8**

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**AGRICULTURE & NUTRITION GRADE 8 NOTES – TERM 2**

## STRAND 2- FOOD PRODUCTION PROCESSES

### 2.4 Preparation of Animal Products.

**Animal products** are materials derived from the body of animals which are consumed by human beings.

Fish and poultry products require to be prepared to make them ready for human consumption.

#### **How fresh fish is processed.**

Fresh fish need to be processed immediately after being harvested from water to prevent spoilage.

Various processes are carried out to prepare fresh fish for transportation, storage and consumption.

↘ Fish is prepared after harvesting by:

- Scaling**-removal of scales.
- Gutting**-removal of gut or the alimentary canal.
- Cleaning**-washing the fish with clean water.

↘ These processes usually slow down the growth of micro-organisms and keep it fresh before use.

#### **Procedure followed when processing fresh fish.**

Specific methods of processing fish for consumption, storage and transportation are as follows:

Inspect and select fresh fish for processing.

Start the process as follows.

### a.) Scaling.

- ~ Rinse fish to remove slime.
- ~ Place fish on a chopping board or tray with absorbent paper.
- ~ Hold fish firmly by the tail and use a fish scaling tool or back of a knife to scrape off the scales moving from the tail to head on both sides
- ~ Rinse the fish in clean water to remove any loose scales.
- ~ Run your fingers over the fish skin to make sure that all scales have been removed.



### b.) Gutting.

- ~ Lie the fish on its side on either a chopping board or a tray.
- ~ Make a cut in the belly of the fish at the tail-end and cut through the skin to the head.
- ~ Insert your fingers into the belly through the cut opening and remove internal organs by easily pulling them out.
- ~ Place them on a separate plate or tray.
- ~ Rinse the inside of the fish with cold water until the water becomes clear.
- ~ Use a kitchen paper or towel to dry the fish.



### c.) Cleaning.

- ~ Clean the fish thoroughly before and after gutting.
- ~ Use cold water when cleaning fish.

#### d.) Salting.

- ~ Use the fish that have been well prepared by scaling, gutting and properly cleaned.
- ~ Place the fish on a flat clean surface or tray where they will remain after salting.
- ~ Sprinkle layers of salt on all the parts of the fish.
- ~ Leave the fish in layers of salt for at least 2 days.
- ~ Keep the salted fish in a cool dry place.



#### e.) Frying fish

- ~ Select a clean well-prepared fish.
- ~ Heat oil in a saucepan and dip the fish to cook for 4 to 5 minutes.
- ~ Remove the fish from the oil using a draining spoon.
- ~ Place the fish on a mesh tray to drain excess oil.



#### **NOTE:**

- ~ Processing fish should be carried out in a hygienic environment to prevent contamination.
- ~ Cold water should always be used when cleaning fish to remove all the blood. This prevents deterioration due to multiplication of bacteria.
- ~ Gutting fish may sometimes include the complete removal of the gills and the fins.
- ~ Salting draws water from the fish increasing its shelf life.

## **How to dress poultry carcass.**

- ~ Quality of poultry products can be linked to a variety of factors such as handling at slaughter.
- ~ Poultry dressing procedures should be done in a hygienic manner in order to produce products fit for human consumption.
- ~ When dressing poultry carcass, some parts can be detached and packed separately. However, the whole carcass can be packed with the parts attached.

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