BASIC 7

WEEKLY LESSON PLAN – WEEK 4

Learning Indicator(s)	B7.5.3.1		
Performance Indicator	B7.5.3.1.1: Discuss the factors to consider when planning a meal		
Week Ending	07-10-2022		
FORM	B.S.7		
Subject	Career Technology		
Reference	Curriculum, Teachers Resource Pack, Learners Resource Pack.		
Teaching / Learning Resources	Word Chart, Pictures, Audio and video Player.		
DAYS	**PHASE 1 : STARTER**	**PHASE 2: MAIN**	**PHASE 3: REFECTION**
MONDAY 03-10-2022	Discuss the meaning of a meal with Learners.	1. Assist Learners to state and explain the different types of meals served in a day. 2. Learners brainstorm to give examples of food served for each different type of meal. **Types of Meals;** • breakfast. The first meal of the day. • brunch. A meal eaten in the late morning, instead of breakfast and lunch. • elevenses. A snack (for example, biscuits and coffee). • lunch. • tea. • supper. • dinner.	**Core Competencies;** 1. Communication and collaboration **(CC)** 2. Critical Thinking and Problem Solving **(CP)**

		TYPES OF MEAL ► EARLY MORNING TEA ► BREAKFAST ► BRUNCH ► LUNCH ► HIGH TEA ► DINNER ► SUPPER	
THURSDAY **06-10-2022**	Learners brainstorm to explain how their favorite meals are prepared.	1. Discuss with Learners the factors to consider when planning meals. **Factors to Consider when Planning a Meal;** • determine how much time you have to cook. • Seasonal Food Availability. • Variety of Foods. • Special Occasions. • Financial Resources. **Factors to consider** • Age & health concerns • Number being served • Budgeted dollar amount for food • Time & energy available • Preparation skills • Equipment available • Food availability • Food for leftovers for additional meals	**Core Competencies;** 1. Communication and collaboration **(CC)** 2. Critical Thinking and Problem Solving **(CP)** 3. Explain ideas in a clear order with relevant details.