









BASIC 7

WEEKLY LESSON PLAN – WEEK 5

Learning Indicator(s)	B7.5.4.1		
Performance Indicator	B7.5.4.1.1: Demonstrate skills in preparing food using moist methods of cooking		
Week Ending	14-10-2022		
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 10-10-2022	Learners brainstorm to identify the moist methods of cooking food.	<ol style="list-style-type: none"> 1. Assist Learners to discuss reasons for cooking food. 2. Learners individually to mention examples of food under each moist method of cooking food . 3. Discuss with Learners the types of boiling food. <p>Moist Methods of Cooking Food;</p> <ol style="list-style-type: none"> i. Poaching ii. Simmering iii. Boiling iv. Braising v. Stewing vi. pot roasting vii. steaming and en papillote. 	<p>Core Competencies;</p> <ol style="list-style-type: none"> 1. Ability to select alternatives that adequately meet selected criteria. 2. Explain ideas in a clear order with relevant details. 3. Explain ideas in a clear order with relevant details.

		      	
THURSDAY 13-10-2022	Discuss with Learners the advantages and disadvantages of boiling food .	<ol style="list-style-type: none"> 1. Assist Learners to state the principles or guidelines for boiling food. 2. Learners individually practice preparing food using the boiling method. 3. Learners display their foods for appraisal. <div data-bbox="522 560 1040 947"> <p>Principles of boiling</p> <p>Principles:</p> <ul style="list-style-type: none"> • The item must be completely covered in liquid • Salted meat and root vegetables must be started in cold water • Green vegetables must be started in boiling water and be uncovered while cooking to retain colour • Scum that rises must be removed by skimming • Sauces and soups should be simmered • Stocks should be simmered to prevent them becoming cloudy • Fish is unsuitable for boiling as it tends to break up  </div>	Core Competencies; <ol style="list-style-type: none"> 1. Ability to merge simple/complex ideas to create novel things. 2. Reflect on work and explore thinking behind thoughts and processes. 3. Ability to merge simple/complex ideas to create novel things.