


BASIC 7

WEEKLY LESSON PLAN – WEEK 6

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	21-10-2022		
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 17-10-2022	Discuss with Learners the meaning of Stewing.	<ol style="list-style-type: none"> 1. Assist Learners to mention foods that can be stewed. 2. Individual Learners to mention their favorite stewed foods and how it is prepared. 3. Learners in small groups to discuss the advantaged and disadvantages of stewed foods. <p>Stewing;</p> <p>Stewing is a long, slow cooking method where food is cut into pieces and cooked in the minimum amount of liquid, water, stock or sauce. The food and the cooking liquid are served together. All stews have a thickened consistency. Stewed foods may be cooked - in a covered pan on the stove; - in a covered pan in the oven.</p>	<p>Core Competencies;</p> <ol style="list-style-type: none"> 1. Reflect on work and explore thinking behind thoughts and processes. 2. Reflect on work and explore thinking behind thoughts and processes. 3. Explain ideas in a clear order with relevant details.

			
THURSDAY 20-10-2022	<p>Through questions and answers, introduce the lesson.</p>	<ol style="list-style-type: none"> 1. Discuss the types of stewing in Ghana with the Learners. 2. Learners practice preparing dishes using stewing methods. 3. Inspect and appraise Learners dishes. <p>Types of Stews;</p> <ul style="list-style-type: none"> • Slow Cooker Pork and Cider Stew. • Root Vegetable Beef Stew with Mushroom and Spinach Polenta. • Slow-Cooked Boeuf Bourguignon. • Vegetarian Kale and Cannellini Bean Stew. • Lamb Rogan Josh. • Pork & Green Chile Stew (Chile Verde) • Braised Coconut Spinach & Chickpeas with Lemon. 	<p>Core Competencies;</p> <ol style="list-style-type: none"> 1. Reflect on work and explore thinking behind thoughts and processes. 2. Speak clearly and explain ideas. 3. Ability to merge simple/complex ideas to create novel things.