



## BASIC 7

### WEEKLY LESSON PLAN – WEEK 9

<b>Learning Indicator(s)</b>	B7. 5.2.1		
<b>Performance Indicator</b>	B7. 5.2.1.1 Explain the relationship between food nutrients and common deficiency diseases and how they affect humans		
<b>Week Ending</b>	11-11-2022		
<b>FORM</b>	B.S.7		
<b>Subject</b>	Integrated Science		
<b>Reference</b>	Curriculum, Teachers Resource Pack, Learners Resource Pack.		
<b>Teaching / Learning Resources</b>	Textbook, Word Chart, Pictures.		
<b>DAYS</b>	<b>PHASE 1 : STARTER</b>	<b>PHASE 2: MAIN</b>	<b>PHASE 3: REFECTION</b>
<b>MONDAY 07-11-2022</b>	<p>Review Learners knowledge on the previous lesson.</p>	<ol style="list-style-type: none"> <li>1. Learners in small groups to discuss names of food nutrients.</li> <li>2. Learners individually brainstorm to explain uses of food nutrients in human body.</li> <li>3. Discuss with Learners the most important food substance.</li> </ol> <p><b>Food nutrients;</b></p> <ol style="list-style-type: none"> <li>1. Carbohydrates. It is one of the main sources of energy for human beings.</li> <li>2. Calcium. It is a mineral that is vital for building strong bones and teeth.</li> <li>3. Cholesterol. It is essential for the brain, nerves, and development of cells.</li> <li>4. Fats.</li> <li>5. Iron.</li> <li>6. Protein.</li> <li>7. Sodium</li> </ol> <p>What is the most important nutrient?</p> <p>Water</p> <p><b>Water</b> is the most important nutrient. Adequate supply of acceptable quality water is crucial for high</p>	<p><b>Core Competencies;</b></p> <ol style="list-style-type: none"> <li>1. Can effectively evaluate the success of solutions they have used to attempt to solve a complex problem</li> <li>2. Ability to merge simple/ complex ideas to create novel situation or thing</li> <li>3. Demonstrate a thorough understanding of a generalised concept and</li> </ol>

		<p>levels of production and absolutely paramount when animals are stressed.</p> <p>According to the World Health Organization, a nutrient is a substance required by the body for survival, growth, and reproduction. In other words, nutrients are what give us energy and allow our bodies to perform their essential functions. Every organism on our earth needs nutrients; they are necessary for life!</p>  	<p>facts specific to task or situation.</p>
<p><b>THURSDAY</b> <b>10-11-2022</b></p>	<p>Learners brainstorm to explain the meaning of Deficiency Disease.</p>	<ol style="list-style-type: none"> <li>1. Assist Learners to identify and explain examples of deficiency diseases associated with lack of food nutrients in the human body.</li> <li>2. Discuss the nutrients Learners gain or lack to the foods they normally eat.</li> <li>3. Learners brainstorm to mention symptoms and effects of deficiency diseases.</li> <li>4. Learners in small groups to discuss how to prevent deficiency disease.</li> </ol> <p><b>Examples of Deficiency Disease;</b></p> <ol style="list-style-type: none"> <li>1. Protein Energy Malnutrition</li> <li>2. Scurvy</li> <li>3. Rickets</li> <li>4. Beriberi</li> </ol>	<p><b>Core Competencies;</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate a thorough understanding of a generalised concept and facts specific to task or situation.</li> <li>2. Explain ideas in a clear order with relevant detail, using conjunctions</li> </ol>

		<ol style="list-style-type: none"><li>5. Hypocalcemia</li><li>6. Osteomalacia</li><li>7. Vitamin K Deficiency</li><li>8. Pellagra</li><li>9. Xerophthalmia</li><li>10. Iron Deficiency.</li></ol>	to structure and speech.
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