

# *EaD Comprehensive Lesson Plans*



or



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**BASIC 7**

**WEEKLY LESSON PLAN – WEEK 4**


<b>Strand:</b>	Materials for Production		<b>Sub-Strand:</b>	Food commodities (animal and plant sources)	
<b>Content Standard:</b>	B7.2.4.1 Demonstrate knowledge of basic food commodities				
<b>Indicator (s)</b>	B7.2.4.1.1: Discuss food commodities		<b>Performance Indicator:</b> Learners can classify food commodities.		
<b>Week Ending</b>	28-04-2023				
<b>Class</b>	B.S.7	<b>Class Size:</b>		<b>Duration:</b>	
<b>Subject</b>	Career Technology				
<b>Reference</b>	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.				
<b>Teaching / Learning Resources</b>	plastic, wood, metal, ceramics, glass and their composites.		<b>Core Competencies:</b>	<ul style="list-style-type: none"><li>• Critical Thinking and Problem Solving</li><li>• Communication and Collaboration.</li></ul>	
<b>DAY/DATE</b>	<b>PHASE 1 : STARTER</b>	<b>PHASE 2: MAIN</b>			<b>PHASE 3: REFLECTION</b>
MONDAY  24-04-2023	Learners brainstorm to explain the meaning of Food.	<div>1. Individula Learners to mention examples of Food.</div> <div>2. Assist Learners to explain Food Coomodities.</div> <div>3. Discuss with Learners 5 examples of Food commodities</div> <div><b>Meaning of Food;</b></div> <div>Food is any nutrient-rich material consumed or absorbed by humans, animals, or plants in order to sustain life and growth.</div> <div><b>Examples of Food;</b></div> <div><ul style="list-style-type: none"><li>• Banku and grilled tilapia fish.</li><li>• Red-red: bean and fish stew with fried plantain.</li><li>• Beans, plantain, and chicken.</li><li>• "One Man Thousand": cooked shrimp and fried Tanganyika sardine.</li><li>• Ghanaian Koko a y'atoto (nickname: Kofi Broke Man) charcoal-roasted ripe plantain.</li></ul></div>			<div>Through questions and answers, conclude the lesson.</div> <div><b>Exercise;</b></div> <div><div>1. Differentiate between Food and Food Commodity.</div><div>2. State 5 examples each;</div><div>3. i. Food</div><div>4. Food Commodities</div></div>



### **Food Commodities;**

Food commodities can be either raw agricultural commodities or processed commodities, provided that they are the forms that are sold or distributed for human consumption.



<p><b>THURSDAY</b></p> <p><b>27-04-2023</b></p>	<p>Review Learners knowledge on the previous lesson.</p>	<ol style="list-style-type: none"> <li>1. Assist Learners to classify food commodities under two main sources.</li> <li>2. Discuss with Learners the meanings of the two sources of food commodities.</li> <li>3. Learners brainstorm to identify examples of the sources of Food commodities.</li> </ol> <p><b>Sources of Food Commodities;</b></p> <ul style="list-style-type: none"> <li>✓ Plant source</li> <li>✓ Animal Source</li> </ul> <p><b>Examples of plant source of Food;</b></p> <ul style="list-style-type: none"> <li>• Fruits: Apples, Oranges, Bananas, Mangoes</li> <li>• Leaves: Spinach, Coriander, Kale, Lettuce</li> <li>• Root: Potato, Carrots, Turnips</li> <li>• Seeds: Rice, wheat, maize, nuts (peanuts, almonds)</li> </ul>  <p><b>Examples of Animal Source of Food;</b></p> <ul style="list-style-type: none"> <li>• Chicken (poultry)</li> <li>• Bacon/pork which comes from pigs</li> <li>• Mutton which is from lambs</li> <li>• Venison from deer</li> <li>• Beef from cows and buffalos</li> <li>• Chevon which is goat meat</li> </ul>	<p>Reflect on the reasons for eating food.</p> <p><b>Exercise;</b></p> <ol style="list-style-type: none"> <li>1. What are the two sources of food commodities?</li> </ol> <p>State 5 reasons why it is important to eat food.</p>
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***Name of Teacher:***

***School:***

***District:***