

EaD Comprehensive Lesson Plans

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0248043888

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NAME OF TEACHER:

WEEK ENDING...05-05-2023.....

NUMBER ON ROLL:


SUBJECT...HOME ECONOMICS

DURATION:

REFERENCE...SYLLABUS(CRDD,2007). HOME ECONS FOR JHS


FORM.....BASIC 9.....**WEEK.....5.....**


<u>DAY/DURATION</u>	<u>TOPIC/SUB-TOPIC/ASPECT</u>	<u>OBJECTIVES/R.P.K</u>	<u>TEACHER-LEARNER ACTIVITIES</u>	<u>T/L MATERIALS</u>	<u>CORE POINTS</u>	<u>EVALUATION AND REMARKS</u>
TUESDAY 02-05-2023	Topic; Basic Flour Mixtures Sub-Topic; Basic Flour Dishes	By the end of the lesson the Pupil will be able to; i. Identify 4 basic flour mixtures. ii. Describe the uses of basic flour mixtures. RPK Pupils have been eating foods prepared with flour.	Introduction Pupils brainstorm to mention examples of food prepared with flour. Activities <ol style="list-style-type: none"> Discuss 4 types of flour with the Pupils. Assist Pupils to identify examples of basic flour mixtures. 	Microwave, Flour, Sugar, Baking Powder	Meaning of Flour Mixtures; Flour mixtures are when a lot of ingredients are combined and then baked. These ingredients are flour, liquid, leavening agents, shortening, sugar, salt, spices and flavourings. The five types of flour mixtures are quick breads, yeast breads, cakes, cookies, and pastries.	Through questions and answers, conclude the lesson. Exercise; <ol style="list-style-type: none"> State 4 basic Flour Mixtures and their uses.

			<p>3. Pupils brainstorm to describe the uses of the basic flour mixtures.</p> <p>Closure Demonstrate mixing flour with the basic mixtures whilst Pupils observe.</p>		 <p>Types of Flour and their uses;</p> <p>❖ All-Purpose Flour</p> <p>Best used for: anything!</p> <p>Its name says it all. The most versatile type of flour, all-purpose flour can be used in a lot of baked goods--making it a staple among staples. This variety is made from a combination of high-gluten hard wheat and low-gluten soft wheat packed with B vitamins and iron.</p> <p>❖ Hard Flour</p> <p>Best used for: loaves, buns, donuts</p>	<p>2. Mention 4 types of Flour.</p>
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					<p>with all the components of wheat kernel, making it rich in protein, fiber, B vitamins and minerals. Goods made with this flour are usually denser and have fuller flavor.</p> <p>❖ Cooking Flour</p> <p>Best used for: fried chicken, pork chop, tempura</p> <p>Cooking flour is best used as a coating for fried meat and seafood and as a thickener for soup and sauces.</p> <p>❖ Noodle Flour</p> <p>Best used for: pancit canton, ramen, udon</p> <p>Because of its high protein and strong gluten content, this special wheat flour is best used in making different types of noodles. Its high water absorption also makes it perfect for various noodle applications.</p> <p>❖ Rice Flour</p>	
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					<p>Best used for: steamed or fried, Pinoy kakanin, Rice Noodles</p> <p>This fine flour made from ground white rice is popular in Asian cooking. It is naturally gluten-free and is used in breads, cakes, noodles and more. The glutinous kind made from high-starch short-grained rice is used in Asian sweets like mochi and numerous Pinoy kakanin.</p>	
THURSDAY 04-05-2023	<p>Topic;</p> <p>Basic Flour Mixtures</p> <p>Sub-Topic;</p> <p>Preparing Basic Flour Dishes.</p>	<p>Objective</p> <p>By the end of the lesson, the Pupil will be able to;</p> <p>Prepare basic flour dishes.</p> <p>RPK</p> <p>Pupils have been eating food prepared with Flour.</p>	<p>Introduction</p> <p>Review Pupils knowledge on the previous lesson.</p> <p>Activities</p> <ol style="list-style-type: none"> 1. Pupils brainstorm to mention examples of food prepared with Flour. 2. Demonstrate how to prepare 		<p>How to prepare bread;</p>  <ul style="list-style-type: none"> • Scaling Ingredients. • Mixing and Kneading. • Primary or "Bulk" Fermentation. • Punching or "Degassing" 	<p>Inspect, taste and appreciate food prepared by each group.</p> <p>Exercise;</p> <p>State the steps to follow to prepare bread.</p>

			<p>examples of Flour food.</p> <p>3. Assist Pupils to prepare any flour food.</p> <p>Closure Organize a cooking competition between groups of Pupils.</p>		<ul style="list-style-type: none"> • Dividing. • Rounding or "Pre-forming" • Benching or "Resting" • Final Forming / Panning. 	Remarks
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School:

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