

# EaD Comprehensive Lesson Plans



or



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NAME OF TEACHER: .....

WEEK ENDING...26-05-2023.....

NUMBER ON ROLL: .....

SUBJECT...HOME ECONOMICS


DURATION: .....

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

FORM.....BASIC 9.....

WEEK.....8.....

<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>
<b>TUESDAY</b>  <b>30-05-2023</b>	<b>Topic;</b>  Menu Planning  <b>Sub-Topic;</b>  Factors to consider when Planning a Menu.	By the end of the lesson the Pupil will be able to;  outline the factors to consider when planning menu  <b>RPK</b> Pupils were taught the different types of Meal in the previous lesson.	<b>Introduction</b> Review Pupils knowledge on the previous lesson.  <b>Activities</b> 1. Pupils brainstorm to explain the meaning of menu planning. 2. Assist pupils to identify 5 factors to consider when planning menu. 3. Discuss with Pupils about	Poster, Pictures, Video	<b>Factors to consider when Planning a Menu;</b>  <ul style="list-style-type: none"> <li>• Available Time to Cook. Take a look at your week and determine how much time you have to cook.</li> <li>• Seasonal Food Availability.</li> <li>• Variety of Foods.</li> <li>• Special Occasions.</li> <li>• Financial Resources.</li> </ul> <b>Factors to consider</b> <ul style="list-style-type: none"> <li>• Age &amp; health concerns</li> <li>• Number being served</li> <li>• Budgeted dollar amount for food</li> <li>• Time &amp; energy available</li> <li>• Preparation skills</li> <li>• Equipment available</li> <li>• Food availability</li> <li>• Food for leftovers for additional meals</li> </ul>	<b>Exercise;</b> Explain 5 factors to consider when planning a menu.

			<p>the importance of menu planning.</p> <p><b>Closure</b> Pupils in small groups to discuss to draw a menu plan and present to the class.</p>			
<p><b>THURSDAY</b></p> <p><b>01-06-2023</b></p>	<p><b>Topic;</b></p> <p>Menu Planning</p> <p><b>Sub-Topic;</b></p> <p>Types of Meal times</p>	<p><b>Objective</b> By the end of the lesson, the Pupil will be able to;</p> <p>Plan suitable menus for the different meal times</p> <p><b>RPK</b> Pupils can already draw a menu plan.</p>	<p><b>Introduction</b> Discuss with Pupils about the importance of meal timing.</p> <p><b>Activities</b></p> <ol style="list-style-type: none"> <li>1. Assist Pupils to identify the different meal times.</li> <li>2. Pupils to plan in groups, menus for the different meal times.</li> <li>3. Pupils brainstorm to identify examples food to eat in between meals.</li> </ol> <p><b>Closure</b></p>		<p><b>Timing Of Meals</b></p> <ul style="list-style-type: none"> <li>• Breakfast (7-8 am)</li> <li>• Lunch (11 am-12 pm)</li> <li>• Snack (3-4 pm)</li> <li>• Meal (6-8 pm)</li> </ul> <p><b>Examples of in between meals;</b></p> <ul style="list-style-type: none"> <li>• A piece of fruit</li> <li>• A low-fat yoghurt</li> <li>• Fresh vegetables (carrots, celery, cucumber, etc.)</li> <li>• Corn or rice cakes</li> <li>• Crackers (without much salt)</li> <li>• Wholegrain bread sticks</li> <li>• Corn crackers</li> </ul> 	<p><b>Exercise;</b> Give 5 reasons for taking in between meals.</p> <p><b>Remarks</b></p>

			Through questions and answers, conclude the lesson.			
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***Name of Teacher:***

***School:***

***District:***