

# *EaD Comprehensive Lesson Plans*



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**BASIC 7**

**WEEKLY LESSON PLAN – WEEK 8**

|                               |                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                               |                                                                                                |                                                                                                                                                                                                |
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| Strand:                       | Tools, equipment and processes                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Sub-Strand:                                                                   | Kitchen Essentials                                                                             |                                                                                                                                                                                                |
| Content Standard:             | B7.3.4.1 Demonstrate knowledge and understanding of basic concept of Kitchen Essentials                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                               |                                                                                                |                                                                                                                                                                                                |
| Indicator (s)                 | B7.3.4.1.1: Explain what is meant by basic Kitchen Essentials<br><br>B7.3.4.1.2: Demonstrate skills in the classification of Kitchen Essentials |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Performance Indicator: Learners can apply skills in using Kitchen Essentials. |                                                                                                |                                                                                                                                                                                                |
| Week Ending                   | 26-05-2023                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                               |                                                                                                |                                                                                                                                                                                                |
| Class                         | B.S.7                                                                                                                                           | Class Size:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                               | Duration:                                                                                      |                                                                                                                                                                                                |
| Subject                       | Career Technology                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                               |                                                                                                |                                                                                                                                                                                                |
| Reference                     | Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                               |                                                                                                |                                                                                                                                                                                                |
| Teaching / Learning Resources | Spoon, can opener, blender, food mixer, Poster, Pictures.                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Core Competencies:                                                            | <ul style="list-style-type: none"><li>Operational skills</li><li>Manipulative skills</li></ul> |                                                                                                                                                                                                |
| DAY/DATE                      | PHASE 1 : STARTER                                                                                                                               | PHASE 2: MAIN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                               |                                                                                                | PHASE 3: REFLECTION                                                                                                                                                                            |
| MONDAY<br><br>22-05-2023      | Using a Poster displaying Kitchen Essentials, explain the meaning of basic Kitchen Essentials to the Learners.                                  | <div>1. Learners brainstorm to identify examples of Kitchen Essentials.</div> <div>2. Assist Learners to classify Kitchen Essentials according to their sizes.</div> <div>3. Leaners in small groups to discuss about examples under each classification of Kitchen Essentials.</div> <div>Kitchen Essentials;</div> <div>From cooking utensils to pots and pans, to prep stuff and measuring tools, these staples will be used in everyday cooking. Kitchen essentials: the basics cover everything you need to simmer, boil, braise, sear, fry, mix, measure, pour, whisk, chop, cut, stir or strain.</div> <div>Examples of Kitchen Essentials;</div> <div><div>1. Saucepan</div><div>2. Plate</div><div>3. can opener</div><div>4. colander</div><div>5. cutting board</div><div>6. vegetable peeler</div><div>7. soup tureen</div></div> |                                                                               |                                                                                                | <div>Through questions and answers, conclude the lesson.</div> <div>Exercise;</div> <div><div>1. What are Kitchen Essentials?</div><div>2. State 5 examples of Kitchen Essentials.</div></div> |

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|-------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                 |                                                                                                   | <p>8. crockery</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                            |
| <p><b>THURSDAY</b></p> <p><b>25-05-2023</b></p> | <p>Review Learners knowledge on the examples of Kitchen Essentials and their classifications.</p> | <ol style="list-style-type: none"> <li>1. Discuss with Learners the functions of different Kitchen Essentials.</li> <li>2. Demonstrate using Kitchen Essentials to prepare a meal for Learners to observe.</li> <li>3. Learners practice using Kitchen Essentials.</li> </ol> <p><b>Functions of Kitchen Essentials;</b></p> <ul style="list-style-type: none"> <li>• Kitchen equipment is a great help in maintaining the cleanliness or orderliness in the kitchen.</li> <li>• Some of this equipment could help the cook chop, slice, and neatly mince raw ingredients.</li> <li>• Cooking equipment specially made for such, and they are designed to be mess-free as well</li> <li>• maintaining high catering standards and reducing food poisoning among the guests</li> </ul> <div>   </div> | <p>Reflect on the functions of Kitchen Essentials</p> <p><b>Exercise;</b></p> <p>Write the functions of the following Kitchen Essentials;</p> <ol style="list-style-type: none"> <li>1. cutting board</li> <li>2. vegetable peeler</li> <li>3. soup tureen</li> <li>4. vegetable peeler</li> <li>5. soup tureen</li> </ol> |

**Name of Teacher:**

**School:**

**District:**