

EaD Comprehensive Lesson Plans



or



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BASIC 8

WEEKLY LESSON PLAN – WEEK 7

Strand:	Designing and making of artifacts/products		Sub-Strand:	Planning for making artifacts/products	
Content Standard:	B8.5.3.1 Demonstrate understanding of planning for making artifacts/products				
Indicator (s)	B8.5.3.1.1: Outline the factors to consider when planning meals B8.5.3.1.2: Demonstrate knowledge and skills of planning and making sewing artifacts/products B8.5.3.1.3: Planning to make wooden, metal and plastic artifacts		Performance Indicator: learners can identify examples of various types of meal.		
Week Ending	11-08-2023				
Class	B.S.8	Class Size:		Duration:	
Subject	Career Technology				
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack				
Teaching / Learning Resources	Power Point Presentation, Chart, Poster, Pictures.		Core Competencies:	<ul style="list-style-type: none">• Communication skills• Analytical skills• Creativity and innovation skills	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Show Learners samples of different types of meals served in a day.	<div>1. Learners brainstorm to group meals into breakfast, lunch and supper.</div> <div>2. Discuss the meaning of snack, brunch and Elevenses with the learners.</div> <div>3. Assist Learners to identify the factors to consider when planning meals.</div> <div>breakfast The first meal of the day. Usually around 6am-9am.</div> <div>brunch A meal eaten in the late morning, instead of Breakfast and lunch (informal).</div>			<div>Through questions and answers, conclude the lesson.</div> <div>Exercise;</div> <div>1. Write 3 examples each;<div>i. Breakfast</div><div>ii. Lunch</div><div>iii. Supper</div></div> <div>2. Explain the following;<div>i. Snap</div><div>ii. Brunch</div><div>iii. Elevenses</div></div>

eleven

A snack (for example, biscuits and coffee). Around 11am. (BrE, informal)

lunch

A meal in the middle of the day. Usually around noon or 1pm.

tea

A light afternoon meal of sandwiches, cakes etc, with a drink of tea. Around 4pm. It is also sometimes called *afternoon tea* (mainly BrE). The word *tea* can also refer to a cooked evening meal, around 6pm (BrE).

supper

A light or informal evening meal. Around 6pm-7pm.

dinner

The main meal of the day, eaten either in the middle of the day or in the evening. Usually when people say "dinner", they mean an evening meal, around 7pm-9pm.

FACTORS AFFECTING MEAL PLANNING.

- Nutritional Adequacy.
- Age.
- Sex.
- Physical Activity.
- Economic Considerations



FRIDAY	Learners brainstorm to explain “ Seams”.	<ol style="list-style-type: none"> 1. Assist Learners to identify commonly used seams for sewing. 2. Discuss with Learners about types of seams. 3. Learners brainstorm to identify the basic rules for making seams. 4. Assist Learners to make specimen or samples of basic seams. 5. Learners brainstorm to design folio and critically examine the working drawings. <p>Seam in Sewing; In sewing, a seam is the join where two or more layers of fabric, leather, or other materials are held together with stitches</p> <p>Types of Seam;</p> <ul style="list-style-type: none"> • Plain seam. A plain seam is the simplest type of seam and can be used on almost any item. • Double-stitched seam. • French seam. • Bound seam. • Flat-felled seam. • Welt seam. • Lapped seam. 	<p>Learners in small group to Study the workshop environment to check on health and safety conditions of the place.</p> <p>Exercise;</p> <ol style="list-style-type: none"> 1. What is seam in sewing? 2. Explain 5 types of seam.
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School:

District: