EaD Comprehensive Lesson Flans



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BASIC 8

WEEKLY LESSON PLAN – WEEK 8

Strand:	Designing and making of artifacts/products		Sub-Stra	1	Making artifacts from compliant, resistant materials and Food ingredients				
Content Standard:	B8.5.4.1 Demonstrate understanding of designing artifacts/models and planning meals								
Indicator (s)	B8.5.4.1.1: Demonstrate ski using moist method of cook B8.5.4.1.2:Demonstrate skil artifacts/products in crochet techniques B8.5.4.1.3: Demonstrate skil artifacts/products using woo	Performance Indicator: Learners can prepare Steamed food.							
Week Ending	18-08-2023								
Class	B.S.8	Class Size:		I	Ouration:				
Subject	Career Technology								
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack								
Teaching / Learning Resources	Crochet, Hooks, Yarn, Yarn, needle, Scissors, Charts, Poster, Video			Core mpetencies: • Analytical skills • Operational skills • Creativity and innovation skills • Teamwork					
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN				PHASE 3: REFLECTION			
MONDAY	Discuss with Learners on the meanings keywords and terminologies in the lesson. Keywords/Terminologies;	1. Learner "Steami 2. Assist Le food. 3. Show Le steamer 4. Play a v	streamed food with the Learners.						
	1. Steam 2. Dish 3. Boiling 4. Moist 5. Steaming.	food an to watc 5. Assist Le Steamir	earners to	ers Exercise; 1. What is Steaming? 2. Write 5 examples					

steaming;

Steaming is the cooking of food by the application of steam. In this cooking process, the food is put into a steamer, which is a cooking utensil that consists of a vessel with a perforated bottom placed over one containing water. As the water boils, steam rises and cooks the food in the upper, or perforated, vessel.



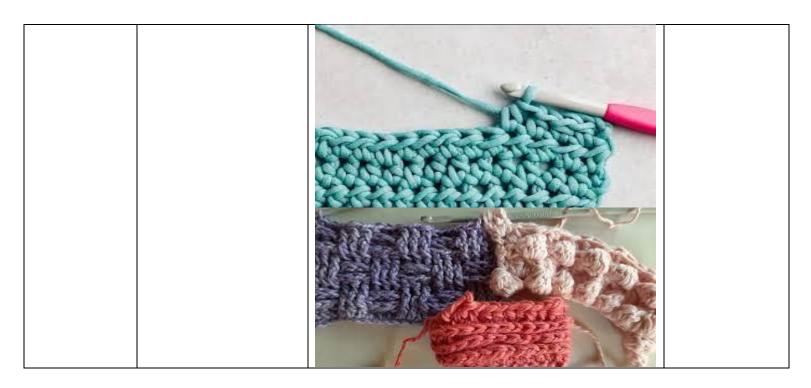
The Principles of Steaming;

- Steaming works by boiling water continuously, causing it to vaporize into steam
- the steam then carries heat to the nearby food, thus cooking the food.
- The food is kept separate from the boiling water but has direct contact with the steam, resulting in a moist texture to the food.



of Steamed food.

FRIDAY	Show Learners specimen	1.	Demonstrate on how to make specimen of	Through
	of advance crocheting		advance crocheting stitches to produce flat	questions and
	stitches		articles and other useful articles.	answers, conclude
		2.	Assist Learners to describe types of crochet	the lesson.
			stiches.	the lesson.
		3.	Discuss with Learners on how to read crochet	
		patterns.		
		BASIC CROCHET STITCHES		Exercise;
		There are several basic stitches. ♣ Single Crochet		Explain two type
				of crochet stiches.
			The single crochet stitch is the shortest and most	or crocinct stieries.
		compact of the basic stitches.		
			1. Chain	
			2. Insert the hook in the second chain from	
			hook, under the top two threads	
			3. Wrap the yarn over hook.	
			4. Draw through stitch. There are now two	
			loops on hook.	
			5. Yarn over and draw yarn through two loops	
			on hook. One loop remains. You have	
			completed one single crochet stitch. Repeat	
			steps 2 through 5 in each chain stitch. You	
			will have 10 stitches.	
		+	Half Double Crochet	
			The half double crochet stitch is taller than a	
			single crochet stitch but not as tall as a double. It	
			makes a firm-textured fabric.	
			1. Chain	
			2. Yarn over and insert the hook in the third	
			chain from hook.	
			3. Yarn over and pull through. There are 3 loops	
			on the hook	
		4.	Yarn over and pull through all 3 loops. Half	
			double crochet stitch is completed. Repeat Steps	
			2 through 4 across chain to the end. There are 10	
			half double crochet stitches.	
		5.	Chain 2 turn, yarn over and insert hook in the	
			second stitch under the top two loops, yarn	
			over, draw through all three loops. Repeat	
			across row to end.	



Name of Teacher: School: District: