

EaD Comprehensive Lesson Plans



or



0248043888

<https://www.TeachersAvenue.net>

<https://TrendingGhana.net>

<https://www.mcgregorinriis.com>

BASIC 8

WEEKLY LESSON PLAN – WEEK 8

Strand:	Designing and making of artifacts/products		Sub-Strand:	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 skills in preparing food using moist method of cooking B8.5.4.1.2:Demonstrate skills of making artifacts/products in crocheting using advanced techniques B8.5.4.1.3: Demonstrate skills of making artifacts/products using wood, metal and plastics		Performance Indicator: Learners can prepare Steamed food.		
Week Ending	18-08-2023				
Class	B.S.8	Class Size:		Duration:	
Subject	Career Technology				
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack				
Teaching / Learning Resources	Crochet, Hooks, Yarn,Yarn, needle, Scissors, Charts, Poster, Video		Core Competencies:	<ul style="list-style-type: none">Analytical skillsOperational skillsCreativity and innovation skillsTeamwork	
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. Steam 2. Dish 3. Boiling 4. Moist 5. Steaming.	1. Learners brainstorm to explain the term “Steaming” 2. Assist Learners to identify examples of steamed food. 3. Show Learners Poster or pictures displaying steamed food. 4. Play a video showing different types of steamed food and how they are prepared for the Learners to watch. 5. Assist Learners to explain the principles of Steaming.			Discuss 5 advantages and disadvantages of streamed food with the Learners. 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.

<p>FRIDAY</p>	<p>Show Learners specimen of advance crocheting stitches</p>	<ol style="list-style-type: none"> 1. Demonstrate on how to make specimen of advance crocheting stitches to produce flat articles and other useful articles. 2. Assist Learners to describe types of crochet stiches. 3. Discuss with Learners on how to read crochet patterns. <p>BASIC CROCHET STITCHES There are several basic stitches.</p> <p> Single Crochet The single crochet stitch is the shortest and most compact of the basic stitches.</p> <ol style="list-style-type: none"> 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. <p> 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.</p> <ol style="list-style-type: none"> 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. 	<p>Through questions and answers, conclude the lesson.</p> <p>Exercise; Explain two type of crochet stiches.</p>
----------------------	--	--	---



Name of Teacher:

School:

District: