

# *EaD Comprehensive Lesson Plans*



or



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**BASIC 7**

**WEEKLY LESSON PLAN – WEEK 7**

<b>Strand:</b>	Designing and making of artifacts/products		<b>Sub-Strand:</b>	Planning for making artifacts/products	
<b>Content Standard:</b>	B7.5.3.1 Demonstrate understanding of planning for making artifacts/products				
<b>Indicator (s)</b>	B8.5.3.1.1: Outline the factors to consider when planning meal for supper		<b>Performance Indicator:</b> Learners can identify examples of food eating as breakfast, lunch and supper.		
<b>Week Ending</b>					
<b>Class</b>	B.S.7	<b>Class Size:</b>		<b>Duration:</b>	
<b>Subject</b>	Career Technology				
<b>Reference</b>	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack				
<b>Teaching / Learning Resources</b>	Needle, thread, hook/pin, Poster, Pictures		<b>Core Competencies:</b>		
<b>DAY/DATE</b>	<b>PHASE 1 : STARTER</b>	<b>PHASE 2: MAIN</b>			<b>PHASE 3: REFLECTION</b>
<b>MONDAY</b>	Discuss the meaning of a meal with Learners.	<div>1. Assist Learners to state and explain the different types of meals served in a day.</div> <div>2. Learners brainstorm to give examples of food served for each different type of meal.</div> <div>3. Discuss with Learners about the importance of the types of meals served in a day.</div> <div><b>Types of Meals;</b><ul style="list-style-type: none"><li>• breakfast. The first meal of the day.</li><li>• brunch. A meal eaten in the late morning, instead of breakfast and lunch.</li><li>• elevenses. A snack (for example, biscuits and coffee).</li><li>• lunch.</li><li>• tea.</li><li>• supper.</li><li>• dinner.</li></ul></div>			<div>Through questions and answers, conclude the lesson.</div> <div><b>Exercise;</b><div>1. Write the different types of meals served in a day.</div><div>2. State 2 importance each of the types of meals served in a day</div></div>

			
<b>THURSDAY</b>	Learners brainstorm to explain how their favorite meals are prepared.	<ol style="list-style-type: none"> <li>1. Discuss with Learners on the factors to consider when planning meals.</li> <li>2. Assist Learners to identify ways of meeting the nutritional needs of their family.</li> <li>3. Demonstrate on how to prepare a family budget whilst Learners observe.</li> </ol> <p><b>Factors to Consider when Planning a Meal;</b></p> <ul style="list-style-type: none"> <li>• 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> <p><b>Factors to consider</b></p> <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> <p><b>Ways to Improve Your Entire Family's Nutrition</b></p> <ul style="list-style-type: none"> <li>• You control the food supply line.</li> <li>• Allow family members to choose what to eat.</li> <li>• Involve family members in meal planning.</li> <li>• Be a role model by eating healthy.</li> <li>• Eat family dinner at the table.</li> <li>• Work as a team to improve.</li> <li>• Keep healthy snacks within view.</li> </ul>	<p>Reflect on the factors to consider when planning a meal.</p> <p><b>Exercise;</b></p> <p>State 5 factors to consider when planning a meal.</p>

**Name of Teacher:**

**School:**

**District:**