

EaD Comprehensive Lesson Plans



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BASIC 7

WEEKLY LESSON PLAN – WEEK 7

Strand:	Humans and the Environment		Sub-Strand:	Human Health	
Content Standard:	B7.5.2.1 Demonstrate knowledge of common deficiency diseases of humans, their causes, symptoms, effects and prevention				
Indicator (s)	B7. 5.2.1.1 Explain the relationship between food nutrients and common deficiency diseases and how they affect humans			Performance Indicator:	
Week Ending	11-11-2022				
Class	B.S.7	Class Size:		Duration:	
Subject	Science				
Reference	Science Curriculum, Teachers Resource Pack, Learners Resource Pack.				
Teaching / Learning Resources	Poster, Power Point Presentation, Video.		Core Competencies:	<ul style="list-style-type: none">• Digital Literacy• Critical Thinking and Problem Solving• Communication and Collaboration.	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Review Learners knowledge on the previous lesson.	<div>1. Learners in small groups to discuss examples of food nutrients and report to the class.</div> <div>2. Learners individually brainstorm to explain uses of food nutrients in human body.</div> <div>3. Discuss with Learners the most important food substance.</div> <div>Food nutrients;</div> <div>1. Carbohydrates. It is one of the main sources of energy for human beings.</div> <div>2. Calcium. It is a mineral that is vital for building strong bones and teeth.</div> <div>3. Cholesterol. It is essential for the brain, nerves, and development of cells.</div> <div>4. Fats.</div> <div>5. Iron.</div> <div>6. Protein.</div> <div>7. Sodium</div> <div>8. Water</div>			<div>Through questions and answers, conclude the lesson.</div> <div>Exercise;</div> <div>1. State 5 examples of food nutrients.</div> <div>2. Explain 3 functions of food nutrients in human body.</div>

Water is the most important nutrient. Adequate supply of acceptable quality water is crucial for high levels of production and absolutely paramount when animals are stressed.

According to the World Health Organization, a nutrient is a substance required by the body for survival, growth, and reproduction. In other words, nutrients are what give us energy and allow our bodies to perform their essential functions. Every organism on our earth needs nutrients; they are necessary for life!



The Six Basic Nutrients

1. Assist Learners to identify and explain examples of deficiency diseases associated with lack of food nutrients in the human body.
2. Discuss the nutrients Learners gain or lack to the foods they normally eat.
3. Learners brainstorm to mention symptoms and effects of deficiency diseases.

List of Deficiency Diseases

Following is a list of major deficiency diseases that occur due to lack of essential minerals and vitamins:

Types of Vitamins	Deficiency Diseases
A (Retinol)	Night blindness
B1 (Thiamine)	Beri-beri

THURSDAY

Learners brainstorm to explain the meaning of Deficiency Disease.

Summarize the lesson.

Exercise;

1. State 4 examples of deficiency diseases.
2. Mention 3 symptoms of deficiency diseases.

		<table><tr><td>B2 (Riboflavin)</td><td>Retarded growth, bad skin</td></tr><tr><td>B12 (Cyanocobalamin)</td><td>Anaemia</td></tr><tr><td>C (Ascorbic acid)</td><td>Scurvy</td></tr><tr><td>D (Calciferol)</td><td>Rickets</td></tr><tr><td>K (Phylloquinone)</td><td>Excessive bleeding due to injury</td></tr><tr><td>Types of Minerals</td><td>Deficiency Diseases</td></tr><tr><td>Calcium</td><td>Brittle bones, excessive bleeding</td></tr><tr><td>Phosphorus</td><td>Bad teeth and bones</td></tr><tr><td>Iron</td><td>Anaemia</td></tr><tr><td>Iodine</td><td>Goitre, enlarged thyroid gland</td></tr><tr><td>Copper</td><td>Low appetite, retarded growth</td></tr></table>	B2 (Riboflavin)	Retarded growth, bad skin	B12 (Cyanocobalamin)	Anaemia	C (Ascorbic acid)	Scurvy	D (Calciferol)	Rickets	K (Phylloquinone)	Excessive bleeding due to injury	Types of Minerals	Deficiency Diseases	Calcium	Brittle bones, excessive bleeding	Phosphorus	Bad teeth and bones	Iron	Anaemia	Iodine	Goitre, enlarged thyroid gland	Copper	Low appetite, retarded growth	
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		<p>Vitamin Deficiency Diseases</p> <p>Vitamin is a micronutrient that is not prepared by the body in sufficient amounts. This is the reason why it is necessary to take in from outside sources for the normal functioning of the body. Inadequate intake of vitamins results in vitamin deficiency diseases.</p> <p>Following is the list of some of the vitamins and the deficiency diseases caused by them:</p> <p>Vitamin A</p> <p>It is an important micronutrient that is obtained from different food sources such as carrots, spinach, milk, egg, liver and fish. It is required for normal vision, reproduction, growth and healthy immune system of an individual.</p>																							

	<p>Most children below five years of age suffer from xerophthalmia, a serious eye disorder, in which the child is at risk of becoming blind. Vitamin A deficiency in a pregnant woman can lead to complications during pregnancy and childbirth.</p> <p>Vitamin B</p> <p>Vitamin B can be of different types, such as Vitamin B1, B2, B12 etc. The deficiency diseases depend on the type of Vitamin B that a person is lacking.</p> <p>Vitamin B1: Deficiency of vitamin B1 causes <u>beriberi</u>, which results in weak muscles and severe weight loss. Acute deficiency can lead to paralysis and cardiac failure.</p> <p>Vitamin B6: Lack of vitamin B6 causes deficiency diseases such as anaemia and certain skin disorders such as cracks around the mouth. It can also lead to depression and nervous breakdowns.</p> <p>Vitamin B12: Lack of vitamin B12 causes pernicious anaemia. Other diseases related to B12 deficiency are muscle and nerve paralysis, extreme fatigue, dementia and depression.</p> <p>Vitamin C</p> <p>Deficiency of vitamin C can cause scurvy, a disease that is characterised by bleeding gums, skin spots and swelling in joints. It also affects the immune system and can even be fatal in acute conditions.</p> <p>Vitamin D</p> <p>Vitamin D deficiency causes rickets, which leads to the weakening of bones, especially near the joints. It can also lead to the decay of teeth.</p> <p>Vitamin K</p> <p>Vitamin K is important for blood coagulation. Its deficiency is common in infants and leads to excessive bleeding due to the inability to form blood clots</p>	
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FRIDAY	Through questioning strategy, review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> 1. Learners brainstorm to identify the need to prevent deficiency diseases. 2. Discuss with Learners examples of food nutrients the human body need to prevent deficiency diseases. 3. Assist Learners to describe ways of curing deficiency diseases. <p>Ways of Preventing Deficiency Diseases;</p> <ul style="list-style-type: none"> • Focus on Protein Try to eat more protein-rich foods like organic eggs and chicken, and even plant sources like legumes and nuts. Consume at least two protein-rich servings in a day. • Say no to processed food Hyperactivity in children is usually related to issues with the digestive system. Excessive amounts of sugar and salt are the main causes of hyperactivity. Kids who suffer from hyperactivity should be kept away from different kinds of processed foods. • Choose a high-quality multivitamin We need to know that multivitamins supplement a healthy diet and don't replace it. It helps to fill the nutritional gaps in your diet So, choose your supplement wisely. • Consume Omega 3 fats Get healthy Omega 3 fats from fish, flax seed or oil, olive oil, coconut oil, avocado, seeds and nuts. Eating these lowers the risk of depression, inflammation, and heart-threatening triglycerides. • Include fibres Another overlooked food group consists of fibres or the indigestible part of fruits and vegetables which contain cellulose. They are very much necessary for the health of the intestine. Other than this, they help to reduce the risk of Type 2 diabetes and protect the body from fluctuations in insulin levels after consuming sugary food 	<p>Reflect on the ways of preventing deficiency diseases.</p> <p>Exercise;</p> <p>Explain 3 preventive measures of deficiency disease.</p>

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School:

District: