## EaD Comprehensive Lesson Flans

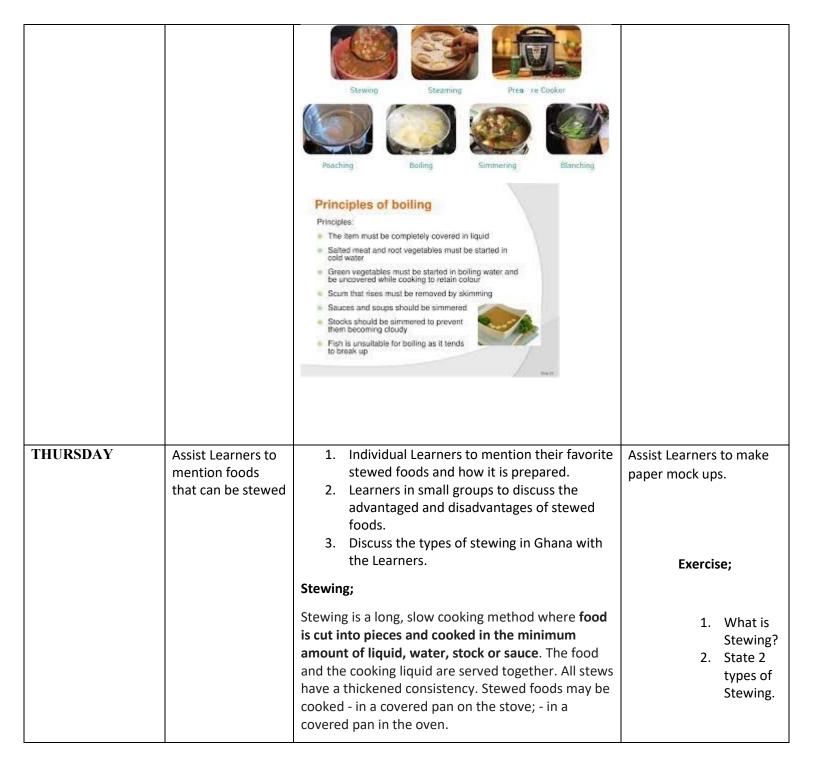


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BASIC 7

## **WEEKLY LESSON PLAN – WEEK 8**

Strand:	Designing and mak artifacts/products	gning and making of acts/products			Making artifacts from compliant, resistant materials and food ingredients			
Content Standard:	B7.5.4.1 Demonstrat	e skills of mak	ing artifac	ts/products				
Indicator (s)	food using moist and cooking B7.5.4.1.2: Demonst	rate skills of making					Learners c	an prepare their
	B7.5.4.1.3: Making of mock ups	C						
Week Ending				1				
Class	B.S.7	Class Size:		]	Duration	:		
Subject	Career Technology					l		
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack							
Teaching / Learning Resources	Core Competencies:							
DAY/DATE	PHASE 1 : STARTER	PHASE 2:	SE 2: MAIN				PHASE 3: REFLECTION	
MONDAY	Learners brainstorm to identify reasons for cooking food.	<ol> <li>Discuss with Learners about examples of moist methods of cooking food.</li> <li>Learners in small groups to discuss examples of food under each moist method of cooking food and report to the class.</li> <li>Discuss with Learners the types of boiling food.</li> <li>Moist Methods of Cooking Food;         <ol> <li>Poaching</li> <li>Simmering</li> <li>Boiling</li> <li>Braising</li> <li>Stewing</li> <li>pot roasting</li> <li>steaming and en papillote.</li> </ol> </li> </ol>					Learne Exercis 1.	State 2 reasons for cooking food. Explain 2 examples of moist methods of cooking food.





## Types of Stews;

- 1. Slow Cooker Pork and Cider Stew.
- 2. Root Vegetable Beef Stew with Mushroom and Spinach Polenta.
- 3. Slow-Cooked Boeuf Bourguignon.
- 4. Vegetarian Kale and Cannellini Bean Stew.
- 5. Lamb Rogan Josh.
- 6. Pork & Green Chile Stew (Chile Verde)
- 7. Braised Coconut Spinach & Chickpeas with Lemon.

Name of Teacher: School: District: