

EaD Comprehensive Lesson Plans



or



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BASIC 7

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:	B7.5.4.1 Demonstrate skills of making artifacts/products				
Indicator (s)	B7.5.4.1.1: Demonstrate skills in preparing food using moist and dry methods of cooking B7.5.4.1.2: Demonstrate skills of making artifacts/products in sewing and crocheting B7.5.4.1.3: Making of card board or paper mock ups		Performance Indicator: Learners can prepare their favorite stews.		
Week Ending					
Class	B.S.7	Class Size:		Duration:	
Subject	Career Technology				
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack				
Teaching / Learning Resources			Core Competencies:		
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Learners brainstorm to identify reasons for cooking food.	1. Discuss with Learners about examples of moist methods of cooking food. 2. Learners in small groups to discuss examples of food under each moist method of cooking food and report to the class. 3. Discuss with Learners the types of boiling food. Moist Methods of Cooking Food; i. Poaching ii. Simmering iii. Boiling iv. Braising v. Stewing vi. pot roasting vii. steaming and en papillote.			Inspect and appraise Learners dishes. Exercise; 1. State 2 reasons for cooking food. 2. Explain 2 examples of moist methods of cooking food. 3. Write 3 types of boiling food.

		<div><div> Stewing</div><div> Steaming</div><div> Pressure Cooker</div><div> Poaching</div><div> Boiling</div><div> Simmering</div><div> Blanching</div></div> <div><h3>Principles of boiling</h3><p>Principles:</p><ul style="list-style-type: none">• The item must be completely covered in liquid• Salted meat and root vegetables must be started in cold water• Green vegetables must be started in boiling water and be uncovered while cooking to retain colour• Scum that rises must be removed by skimming• Sauces and soups should be simmered• Stocks should be simmered to prevent them becoming cloudy• Fish is unsuitable for boiling as it tends to break up</div>	
THURSDAY	Assist Learners to mention foods that can be stewed	<div><div><div><div>1. Individual Learners to mention their favorite stewed foods and how it is prepared.</div><div>2. Learners in small groups to discuss the advantaged and disadvantages of stewed foods.</div><div>3. Discuss the types of stewing in Ghana with the Learners.</div></div><div><div>Stewing;</div><div>Stewing is a long, slow cooking method where food is cut into pieces and cooked in the minimum amount of liquid, water, stock or sauce. The food and the cooking liquid are served together. All stews have a thickened consistency. Stewed foods may be cooked - in a covered pan on the stove; - in a covered pan in the oven.</div></div></div></div>	<div><div>Assist Learners to make paper mock ups.</div><div><div>Exercise;</div><div><div>1. What is Stewing?</div><div>2. State 2 types of Stewing.</div></div></div></div>



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: