

EaD Comprehensive Lesson Plans



or



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BASIC 7

WEEKLY LESSON PLAN – WEEK 4


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| Strand: | Materials for Production | | Sub-Strand: | | Food commodities (animal and plant sources) | |
| Content Standard: | B7.2.4.1 Demonstrate knowledge of basic food commodities | | | | | |
| Indicator (s) | B7.2.4.1.1: Discuss food commodities | | | Performance Indicator: Learners can classify food commodities. | | |
| Week Ending | 02-02-2024 | | | | | |
| Class | B.S.7 | Class Size: | | Duration: | | |
| Subject | Career Technology | | | | | |
| Reference | Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook. | | | | | |
| Teaching / Learning Resources | plastic, wood, metal, ceramics, glass and their composites. | | Core Competencies: | | <ul style="list-style-type: none">• Critical Thinking and Problem Solving• Communication and Collaboration. | |
| DAY/DATE | PHASE 1 : STARTER | PHASE 2: MAIN | | | | PHASE 3: REFLECTION |
| MONDAY | Learners brainstorm to explain the meaning of Food. | <div>1. Individula Learners to mention examples of Food.</div> <div>2. Assist Learners to explain Food Coomodities.</div> <div>3. Discuss with Learners 5 examples of Food commodities</div> <div>Meaning of Food;</div> <div>Food is any nutrient-rich material consumed or absorbed by humans, animals, or plants in order to sustain life and growth.</div> <div>Examples of Food;</div> <div><ul style="list-style-type: none">• Banku and grilled tilapia fish.• Red-red: bean and fish stew with fried plantain.• Beans, plantain, and chicken.• "One Man Thousand": cooked shrimp and fried Tanganyika sardine.• Ghanaian Kɔkɔ a y'atoto (nickname: Kofi Broke Man) charcoal-roasted ripe plantain.</div> | | | | Through questions and answers, conclude the lesson. <div>Exercise;</div> <div><div>1. Differentiate between Food and Food Commodity.</div><div>2. State 5 examples each;</div><div>3. i. Food</div><div>4. Food Commodities</div></div> |



Food Commodities;

Food commodities can be either raw agricultural commodities or processed commodities, provided that they are the forms that are sold or distributed for human consumption.



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| THURSDAY | Review Learners knowledge on the previous lesson. | <ol style="list-style-type: none"> 1. Assist Learners to classify food commodities under two main sources. 2. Discuss with Learners the meanings of the two sources of food commodities. 3. Learners brainstorm to identify examples of the sources of Food commodities. <p>Sources of Food Commodities;</p> <ul style="list-style-type: none"> ✓ Plant source ✓ Animal Source <p>Examples of plant source of Food;</p> <ul style="list-style-type: none"> • Fruits: Apples, Oranges, Bananas, Mangoes • Leaves: Spinach, Coriander, Kale, Lettuce • Root: Potato, Carrots, Turnips • Seeds: Rice, wheat, maize, nuts (peanuts, almonds)  <p>Examples of Animal Source of Food;</p> <ul style="list-style-type: none"> • Chicken (poultry) • Bacon/pork which comes from pigs • Mutton which is from lambs • Venison from deer • Beef from cows and buffalos • Chevon which is goat meat | <p>Reflect on the reasons for eating food.</p> <p>Exercise;</p> <ol style="list-style-type: none"> 1. What are the two sources of food commodities? <p>State 5 reasons why it is important to eat food.</p> |
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Name of Teacher:

School:

District: