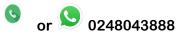
EaD Comprehensive Lesson Plans





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BASIC 8

WEEKLY LESSON PLAN – WEEK 4

Strand:	Material for Production		Sub-Strand:		Food	Food commodities (animal and plant sources)				
	B8.2.4.1 Demonstrate understanding of the functions of food commodities									
Content Standard:										
Indicator (s)	B8.2.4.1.1: Explore the functions of food to the body				Performance Indicator: Learners can apply the knowledge on the functions of food to body to eat the required food nutrients the body needs.					
Week Ending	02-02-2024									
Class	B.S.8	Class Size:				Durati	on:			
Subject	Career Technology									
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.									
Teaching / Learning Resources	meat, egg, beans, Fruits, vegetables			Core Competencies:			Col • Cri	Collaboration		
DAY/DAT E	PHASE 1 : STARTER	PHASE 2:	MAIN						PHASE 3: REFLECTION	
MONDAY	Commodities Fnergy	 Learners brainstorm to identify 10 food commodities. Assist Learners to classify food according to their basic functions Discuss the meanings of the various classes of food. Food; Food is any substance consumed by an organism for nutritional support. Food is usually of plant, animal, or fungal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. 				d.	Reflect on the classifications of food and their functions. Exercise; 1. What is food? 2. State 4 classes of food and their functions.			





Classes of Food and their functions;

✓ Carbohydrates

Carbohydrates give you energy, calcium and B vitamins. These could be servings of pasta, rice, oats, potatoes and sweet potatoes or noodles, yam, couscous, bread, barley and rye. Breakfast cereals are also a carbohydrate and many contain extra iron too.



✓ Protein

Think of proteins as building blocks for the body – they help it grow and repair itself. Protein is found in meat, fish and eggs, while nuts, beans, lentils, peas, dahl, Quorn and soya are great vegetable proteins. These foods also provide us with iron and other vitamins and minerals



✓ Fruit and vegetables

Fruit and veg – fresh, frozen, tinned, dried and juices – are brilliant for our diets. They're full of health-giving vitamins, antioxidants and fibre – that keep us feeling full and our digestive systems healthy – plus they're low in calories. By eating a wide variety of fruit and veg, you'll be getting a

		range of the important nutrients they contain.	
		✓ Fats and sugars	
		It's important not to have too many foods from this group as they give us a lot of energy from calories but not much nutrition. Try to keep foods such as butter, margarine, cooking oils and salad dressings to a minimum and save chocolate, crisps, sugary soft drinks, sweets, jam, cream, cakes, pudding, biscuits and pastries for the occasional treat.	
		MILK OIL SUGAR SALT	
FRIDAY	Review Learners	Discuss the meaning and functions of body-	Through questions and
	knowledge on the	building food with the Learners.	answers, conclude the
	previous lesson.	2. Using a Poster showing examples of Energy-giving	lesson.
		foods, discuss the functions of Energy-giving food with the Learners.	
		 Assist Learners to identify protective food and their functions. 	Exercise;
		 Learners in small groups discuss to draw a chart on the 3 functions of food commodities. 	Explain the functions of the
		Body-Building Food;	following;
		Food rich in proteins are generally referred to as	i. Body-
		bodybuilding food. They are required for the growth and repair of cells in our body. Milk, chicken, fish, egg and	building food ii. Energy-
		pulses are rich sources of proteins. Fruits and vegetables	ii. Energy- giving food
		are sources of vitamins and minerals.	iii. Protective
			food.
		Red Meat Fish Dairy Products	2. Tabulate the
			difference
		Chicke ASSOPPHILISELIN NUTS ARSOPPSIULDIALON	between the food groups.
		resistance versions Vegetables/Fruits	lood groups.
		Examples;	

Eggs. Eggs contain high quality protein, healthy fats, and other important nutrients like B vitamins and

Salmon. Salmon is a great choice for muscle

building and overall health.

choline (1).

Chicken breast. Greek yogurt.

	Tuna.
	Lean beef.
	Shrimp.
	Soybeans.
	Energy-Giving food;
	Energy-giving foods are those that supply the body
	with energy to accomplish work after getting
	digested. 2. They have a relatively higher sugar content than
	the other kinds of food.
	Examples of energy-giving food:
	i) Carbohydrates:
	They are one of the primary sources of energy for
	our bodies.
	They are organic molecules.
	3. Bread, grains, and fruits are some examples of food
	that are rich in carbohydrates.
	ii) Fato
	ii) Fats:
	Any ester of fatty acids, or a mixture of similar
	compounds, most typically found in living creatures
	or food, is referred to as fat.
	2. Cheese, nuts, and butter are examples of food rich
	in fat.
1	

Locally available foods

meat, milk, eggs, beans, peas, green grams, ground

cassava, sweet potatoes, yams, rice, wheat, maize, millet, arrow roots,

District:

nuts, fish

sorghum

fruits, vegetables

Food group

Name of Teacher:

body building foods

energy giving foods

body - protective foods

School: