

EaD Comprehensive Lesson Plans



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BASIC 8

WEEKLY LESSON PLAN – WEEK 4

Strand:	Material for Production		Sub-Strand:		Food commodities (animal and plant sources)	
Content Standard:	B8.2.4.1 Demonstrate understanding of the functions of food commodities					
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:		Duration:		
Subject	Career Technology					
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.					
Teaching / Learning Resources	meat, egg, beans, Fruits, vegetables			Core Competencies:	<ul style="list-style-type: none">• Communication and Collaboration• Critical Thinking and Problem Solving.	
DAY/DAT E	PHASE 1 : STARTER	PHASE 2: MAIN				PHASE 3: REFLECTION
MONDAY	<p>Learners brainstorm to explain the meaning of keywords and terminologies in the lesson.</p> <p>Keywords;</p> <ul style="list-style-type: none">• Commodities• Energy• Functions• Nutrients• Protein• Carbohydrate• fat	<p>1. Learners brainstorm to identify 10 food commodities.</p> <p>2. Assist Learners to classify food according to their basic functions</p> <p>3. Discuss the meanings of the various classes of food.</p> <p>Food;</p> <p>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.</p> <div></div>				<p>Reflect on the classifications of food and their functions.</p> <p>Exercise;</p> <ol style="list-style-type: none">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

		<p>range of the important nutrients they contain.</p> <p>✓ Fats and sugars</p> <p>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.</p> 	
FRIDAY	Review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> 1. Discuss the meaning and functions of body-building food with the Learners. 2. Using a Poster showing examples of Energy-giving foods, discuss the functions of Energy-giving food with the Learners. 3. Assist Learners to identify protective food and their functions. 4. Learners in small groups discuss to draw a chart on the 3 functions of food commodities. <p>Body-Building Food; Food rich in proteins are generally referred to as bodybuilding food. They are required for the growth and repair of cells in our body. Milk, chicken, fish, egg and pulses are rich sources of proteins. Fruits and vegetables are sources of vitamins and minerals.</p>  <p>Examples;</p> <ul style="list-style-type: none"> • Eggs. Eggs contain high quality protein, healthy fats, and other important nutrients like B vitamins and choline (1). • Salmon. Salmon is a great choice for muscle building and overall health. • Chicken breast. • Greek yogurt. 	<p>Through questions and answers, conclude the lesson.</p> <p>Exercise;</p> <ol style="list-style-type: none"> 1. Explain the functions of the following; <ol style="list-style-type: none"> i. Body-building food ii. Energy-giving food iii. Protective food. 2. Tabulate the difference between the food groups.

- Tuna.
- Lean beef.
- Shrimp.
- Soybeans.

Energy-Giving food;

1. 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:

1. They are one of the primary sources of energy for our bodies.
2. They are organic molecules.
3. Bread, grains, and fruits are some examples of food that are rich in carbohydrates.

ii) Fats:

1. 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.

Food group	Locally available foods
body building foods	meat, milk, eggs, beans, peas, green grams, ground nuts, fish
energy giving foods	cassava, sweet potatoes, yams, rice, wheat, maize, millet, arrow roots, sorghum
body – protective foods	fruits, vegetables

Name of Teacher:

School:

District: