

## **EaD Comprehensive Lesson Plans**



or



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### **BASIC 8**

### **WEEKLY LESSON PLAN – WEEK 6**

Strand:	Tools, equipment and processes		Sub-Strand:	Measuring and Marking out	
Content Standard:	B8.3.1.1 Demonstrate understanding of measuring and marking out tools and equipment for production				
Indicator (s)	B8.3.1.1.3 : Use appropriate techniques to measure		Performance Indicator: Learners can measure food portions.		
Week Ending	16-02-2024				
Class	B.S.8	Class Size:		Duration:	
Subject	Career Technology				
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.				
Teaching / Learning Resources	Pictures, Poster, Video.		Core Competencies:	<ul style="list-style-type: none"><li>• Communication and Collaboration</li><li>• Critical Thinking and Problem Solving.</li></ul>	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Discuss with the Learners about the meaning of Portion control.	<div>1. Show Learners pictures and video displaying examples Portion Control tools and equipment.</div> <div>2. Assist Learners to identify examples of Portion control tools and equipment.</div> <div>3. Discuss with the learners on reasons for using each Potion Control tool and equipment.</div> <div>Restaurant Portion Control Tools</div> <div>Restaurant portion control tools come in many shapes and sizes. Some of the most common tools include portion scales, food dishers, spoodles, and other <b>types of spoons</b>. Even everyday kitchen supplies, like measuring cups and ladles, are great tools for controlling portions. Single-serving packets of condiments (like ketchup or soy sauce) are also a great example of restaurant portion control. Below, we cover some of the most important food portioning tools used by restaurants, and how each tool can be used to properly portion your ingredients.</div> <ul style="list-style-type: none"><li>• <b>Portion Scales</b> - Scales provide accurate weight measurements, making it easy to have exact weight portions when serving food. If a recipe calls for 4 oz. of a specific ingredient, simply weigh your ingredient on a portion scale to ensure you don't add too much</li></ul>			<div>Organize a recap exercise on Portion Controls meaning, examples of tools and equipment used and reasons for using the tools and equipment.</div> <div>Exercise</div> <div>1. What is Portion Control?</div> <div>2. State 4 tools and equipmen t used for Portion Control.</div>

		<p>or too little. These measurements help eliminate <b>food waste</b> and keep recipes consistent.</p> <ul style="list-style-type: none"><li>• <b>Food Dishers</b> - Dishers provide an easy way to scoop and measure soft foods such as batter, yogurt, and mashed potatoes. Simply scoop the disher full of your desired food before releasing the lever or handle for serving. The simplicity and quickness of <b>food dishers</b> make them perfect for high-volume environments like cafeterias.</li><li>• <b>Spoodles</b> - Spoodles are a fantastic portion control tool, combining the simplicity of a serving spoon with the accurate portion control of a ladle. When portioning out sauces or other liquid-based foods, spoodles ensure consistent portion sizes across all dishes. Additionally, the simplicity of spoodles makes them a great option when providing meal service in a high-traffic environment.</li><li>• <b>Measuring Cups and Spoons</b> - Measuring cups and spoons ensure you <b>correctly measure</b> ingredients during cooking and baking. Recipes call for exact measurements, and measuring cups and spoons make it easy to portion out your ingredients and accurately follow recipes.</li></ul>	
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<p><b>FRIDAY</b></p>	<p>Demonstrate on how to apply portion control in meal preparation and service whiles Learners observe.</p>	<ol style="list-style-type: none"> <li>1. Learners brainstorm to identify the steps involved in how to plan apply portion control in meal preparation and service.</li> <li>2. Assist Learners to explain the importance of Portion Control.</li> <li>3. Demonstrate for the Learners to observe on how to measure food portions.</li> <li>4. Discuss with the Learners about the inaccuracies in using measuring tools and equipment that are faulty or tampered with and how this affects individuals and others.</li> </ol> <p><b>Why Is Portion Control Important?</b></p> <p>The No. 1 reason why portion control is important is to manage customer expectations and provide a consistent product. Another important reason to pay attention to your food portions is to <b>reduce costs in your restaurant</b>. Not only will portion control help you track how much of each ingredient you're using, but it can also reduce food waste. Customers will be less likely to throw food away if you offer appropriate portion sizes.</p> <p><b>How To Measure Food Portions?</b></p>  <p>The way you measure portions depends on what specific tool you're using, but typically, food is measured in one of two ways: by weight or by sight. If you're dealing with an expensive ingredient (like black truffle or caviar), it may be a good idea to measure it on a scale before plating. This approach not only ensures that you're not putting more money on the plate than necessary, but it also keeps flavors consistent for each guest. Portioning by sight is fine for most other applications from cafeterias to fine dining.</p>	<p>Explain to the Learners with the aid of a video addressing the issues of using measuring tools that are faulty or tampered with.</p> <p><b>Exercise</b></p> <ol style="list-style-type: none"> <li>1. State 5 importance of Portion Control.</li> <li>2. Write the steps to follow to measure food portions.</li> </ol>
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		Portion spoons and dishers are extremely common in fast casual environments for portioning foods like mashed potatoes and corn, while white tablecloth establishments are more likely to use food molds to shape rice or even salads. However, the same basic principle applies to both.	
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School:

District: