

EaD Comprehensive Lesson Plans



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BASIC 9

WEEKLY LESSON PLAN – WEEK 8

Strand:	Tools, Equipment and Processes		Sub-Strand:	Kitchen Essentials	
Content Standard:	B9.3.4.1. Demonstrate skills of selecting and purchasing kitchen essentials				
Indicator (s)	B9.3.4.1.1: Select and purchase suitable kitchen essentials to meet specific needs		Performance Indicator; Learners can identify factors to consider when selecting and purchasing kitchen essentials.		
Week Ending	01-03-2024				
Class	B.S.9	Class Size:		Duration:	
Subject	Career Technology				
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack				
Teaching / Learning Resources	Charts, Poster, Pictures, Video.		Core Competencies:	<ul style="list-style-type: none">Operational skillsManipulative skills	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
WEDNESDAY	<p>Discuss with the Learners about the meanings of keywords and terminologies in the lesson.</p> <p>Terminologies;</p> <ul style="list-style-type: none">Pantrykitchen essentialsrestockingcookwareutensilsgadgetsversatilepolypropylenecolander	<p>1. Briefly explain “Kitchen Essentials” to the Learners.</p> <p>2. Show Learners samples and pictures of kitchen essentials.</p> <p>3. Learners brainstorm to identify examples of kitchen essentials.</p> <p>4. Assist Learners to categorize examples of kitchen essentials into groups.</p> <p>List of Kitchen Essentials: Basics</p> <p>These are all the basic kitchen essentials you’ll need for your new home. Whether you like to cook from scratch or semi-homemade, these essentials will get you through anything you need to make in the kitchen. I’ve linked to either the exact item I have or one very similar.</p> <p>Kitchen Appliance Essentials</p> <ul style="list-style-type: none">Water Filter* – we love using our Berkey since it filters more than 200 harmful contaminants.Blender* – great for raw kefir smoothies, and tons of other uses!Immersion blender – I love			<p>Through questions and answers, conclude the lesson.</p> <p>Exercise;</p> <p>1. What are kitchen essentials</p> <p>2. State 5 examples of kitchen essentials.</p>

		<p>making sauces with an immersion blender, and using it to puree soups!</p> <ul style="list-style-type: none">• French press – for coffee or loose leaf tea drinkers. Learn how to make iced coffee in a french press here.• Instapot – perfect for making your own bone broth, cooking entire frozen chickens, or making dry beans, etc. <p>Kitchen Utensils Essentials</p> <ul style="list-style-type: none">• Wooden spoons – learn how to season wooden spoons and keep them nice forever.• Metal spatula• Silicone spatula• Slotted spoon• Whisk• Tongs• Masher – great for potatoes, but I mostly use this for breaking up ground beef.• Ladle• Pizza cutter – perfect for slicing my same-day sourdough pizza crust!• Can opener• Ice cream scoop• Garlic press• Meat thermometer• Bottle opener/corkscrew <p>Kitchen Cleaning Essentials</p> <ul style="list-style-type: none">• Scrub brush – I like to make this attractive since I’m constantly washing dishes.• Soap dispenser – All the soap dispensers in my house are in these amber jars with these matte black pumps. You have to snip the ends of the pumps about an inch, but I think they look so good!• Dish towels – I keep dish towels clean for drying clean hands, and use the rags below for dirty things.• Dish rags (use in place of paper towels for most things)• Trash and Recycling duo• Drying rack – This stays on my counter with beautiful blue and white dishes at all times and I think it looks so pretty.• Microfiber cloths* – use microfiber for cleaning stainless steel so you don’t get streaks.	
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		<ul style="list-style-type: none"> • Skillet scraper – perfect for scraping stuck-on food from cast iron skillets. <p>Cookware Essentials</p> <ul style="list-style-type: none"> • Cast iron skillets – I highly recommend learning how to use, clean, and season cast iron skillets. Your food will taste much better! Cast iron is exclusively what I cook on. • Cutting Board* – this cutting board is worth the splurge. It has a meat side and a veggies side as well as a tray to dump whatever you’re chopping! • Dutch Oven – Definitely get a big one to use in place of a crockpot or large stockpot. I have one for bread-making (see below) and one for everything else. • Rectangular glass casserole dish 	
FRIDAY	Demonstrate on how to use examples of food cooking kitchen essentials.	<ol style="list-style-type: none"> 1. Discuss with the Learners about 5 factors to consider in the selection and purchasing of kitchen essentials. 2. Assist Learners to practice using examples of using kitchen essentials. 3. Learners in small groups to discuss and report to the class on 5 ways of caring for and maintaining kitchen essentials. <p>Factors to consider when selecting and purchasing kitchen essentials;</p> <p>❖ Is your equipment suitable for a commercial kitchen? It goes without saying that you should never use domestic equipment in commercial kitchens.</p> <p>Not only are such appliances unable to keep up with the day-to-day demands of professional kitchens, but understandably, most manufacturers won’t honour warranties for products designed for domestic use when used for commercial purposes.</p> <p>❖ Are your kitchen appliances fit for purpose? Will your catering equipment be able to meet demand and produce food in the quantities you require?</p>	<p>Through questions and answers, conclude the lesson.</p> <p>Exercise; Explain 5 factors to consider when purchasing kitchen essentials.</p>

		<p>As well as the size and quality of the kit, also consider its power capabilities. Less powerful equipment is unlikely to be able to keep up, while you could end up shelling out more on maintenance costs due to regular breakdowns.</p> <p>Discover the benefits of a commercial combi oven</p> <p>❖ Are they energy efficient?</p> <p>When it comes to kitchen equipment, rather than focusing on the up-front expense, it pays to consider the whole lifetime cost.</p> <p>Commercial kitchens consume approximately 2.5 times more energy per square foot than any other commercial space. However, significant savings can be achieved by using energy-efficient appliances. Indeed, energy efficient kitchen equipment could result in a 20% reduction on your utility bills, delivering savings that drive straight to your bottom line.</p> <p>❖ Does your equipment meet current and impending legislative requirements?</p> <p><u>Minimum Energy Performance Standards (MEPS)</u> is legislation that could actually save your business money.</p> <p>MEPs for commercial refrigeration products aim to steer us all towards more energy efficient models, with the efficiency of refrigeration products tested and ranked on a scale of A-G. All commercial kitchen operators should now consider upgrading their equipment to help lower costs.</p> <p>❖ Do your commercial appliances meet food safety requirements?</p> <p>There are more than a million cases of food poisoning a year in the UK. Many of these cases are the result of eating food prepared in a professional kitchen.</p> <p>❖ Are your commercial kitchen appliances future-proof?</p> <p>If your business has ambitious expansion plans, will your catering equipment grow with you or hold you back?</p> <p>❖ Will your equipment fit?</p> <p>Consider your existing space and how any new commercial kitchen appliances will work</p>	
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		<p>alongside your current layout.</p> <p>Where space is at a premium, modular kitchen equipment may offer a more practical solution. Likewise, multi-functional items such as combi-ovens provide an excellent space saving solution.</p> <p>❖ Can your commercial appliances cope with emerging food trends and dietary requirements?</p> <p>The food and catering industry in the UK has changed dramatically over the last few years in the face of changing dietary requirements, allergies, and food intolerances.</p> <p>❖ Does renting commercial kitchen appliances make financial sense?</p> <p>In many cases, <u>renting equipment</u> may end up making far more sense than purchasing outright, particularly if this includes a regular maintenance package to keep your kit in top-notch condition. Rental options may also make long-term sense – allowing you to upgrade with the needs of your business – without any significant up-front financial outlay.</p> <p>❖ How much will your kit cost you to maintain?</p> <p>Keeping your catering equipment in perfect working order isn't just essential for ensuring food quality and consistency; it's business critical. As such, maintenance costs should always be taken into account when choosing new kitchen equipment.</p>	
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School:

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