

EaD Comprehensive Lesson Plans



or



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<https://www.TeachersAvenue.net>

<https://TrendingGhana.net>

<https://www.mcgregorinriis.com>

		Support
Week Ending	31-05-2024	

BASIC 7

WEEKLY LESSON PLAN – WEEK 5

Class	B.S.7	Class Size:		Duration:	
Subject	Career Technology				
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack				
Teaching / Learning Resources	Needle, thread, hook/pin, Poster, Pictures		Core Competencies:		
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Discuss the meaning of a meal with Learners.	1. Assist Learners to state and explain the different types of meals served in a day. 2. Learners brainstorm to give examples of food served for each different type of meal. 3. Discuss with Learners about the importance of the types of meals served in a day. Types of Meals; • breakfast. The first meal of the day. • brunch. A meal eaten in the late morning, instead of breakfast and lunch. • elevenses. A snack (for example, biscuits and coffee). • lunch. • tea. • supper. • dinner. 			Through questions and answers, conclude the lesson. Exercise; 1. Write the different types of meals served in a day. 2. State 2 importance each of the types of meals served in a day

THURSDAY	Learners brainstorm to explain how their favorite meals are prepared.	1. Discuss with Learners on the factors to consider when planning meals. 2. Assist Learners to identify ways of meeting the nutritional needs of their family. 3. Demonstrate on how to prepare a family budget whilst Learners observe. Factors to Consider when Planning a Meal; • determine how much time you have to cook. • Seasonal Food Availability. • Variety of Foods. • Special Occasions. • Financial Resources. Factors to consider • Age & health concerns • Number being served • Budgeted dollar amount for food • Time & energy available • Preparation skills • Equipment available • Food availability • Food for leftovers for additional meals Ways to Improve Your Entire Family's Nutrition • You control the food supply line. • Allow family members to choose what to eat. • Involve family members in meal planning. • Be a role model by eating healthy. • Eat family dinner at the table. • Work as a team to improve. • Keep healthy snacks within view.	Reflect on the factors to consider when planning a meal. Exercise; State 5 factors to consider when planning a meal.
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Name of Teacher:

School:

District: