

EaD Comprehensive Lesson Plans



or



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BASIC 7

WEEKLY LESSON PLAN – WEEK 1

Strand:	Health Education		Sub-Strand:	Nutrition and Physical activity.	
Content Standard:	B7.1.1.1 Demonstrate understanding of various food nutrients required for physical activity.				
Indicator (s)	B7.1.1.1.1: Discuss the classes, sources and functions of food nutrients related to physical activity participation.		Performance Indicator: Learners can eat nutritious food to gain physical strength for performing activities.		
Week Ending	13-09-2024				
Class	B.S.7	Class Size:		Duration:	
Subject	Physical Education				
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack.				
Teaching / Learning Resources	Food stuffs, Pictures, Video, Chart.		Core Competencies:	<ul style="list-style-type: none">• Critical thinking• Problem Solving	
DAYS	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	<p>Collect and group food stuffs on a table in front of the class.</p> <p>Group the food stuffs according to their nutrients (Carbohydrates, vitamins and Proteins).</p>	<p>1. Assist Learners to identify and mention names of foods under each group.</p> <p>2. Discuss with Learners the meaning and examples of food classes.</p> <p>3. Learners in small groups to discuss and identify examples of foods under each food class.</p> <p>Carbohydrates</p> <p>Carbohydrates are a major source of energy of our body, and they come mainly from grains, such as rice and noodles. Besides, fruit, root vegetables, dry beans and dairy products also contain carbohydrates.</p> <p>Proteins</p> <p>Meat, fish, seafood, eggs, dairy products, dry beans and bean products are good sources of protein. Its major functions include building, repairing and maintaining healthy body tissues.</p> <p>Fats</p> <p>Fats can be found in foods such as meat, fish, seafood, dairy products, nuts, seeds and oils. Fats serve as an energy source. They prevent heat loss in extreme cold weather and protect organs against shock. They are responsible for making up part of our body cells and transporting fat-soluble vitamins such as vitamin A, D, E and K.</p>			<p>Through questions and answers, conclude the lesson.</p> <p>Exercise;</p> <p>1. State 5 food nutrients with 3 examples each.</p> <p>2. Mention 3 examples of food classes.</p>

Vitamins

There are many kinds of vitamins from various food groups and they participate in different body metabolism such as maintaining healthy skin and hair, building bones and releasing and utilizing energy from foods. Vitamins can be classified into water-soluble and fat-soluble vitamins.

Minerals

Minerals are a group of essential nutrients which regulate many body functions such as fluid balance, muscle contraction and transmission of nerve impulses. Some minerals also contribute to body structure and build strong and healthy bones, such as calcium.

Food Classes;

- Energy supplying foods-(carbohydrates)
- Body building foods (proteins)
- Repair and maintenance foods- Vitamins



THURSDAY

Using a Poster, discuss the sources of food nutrients with the Learners.

1. Assist Learners to explain the functions of each nutrient in relation to physical activity.
2. Discuss the meaning of Food labels with the Learners.
3. Learners brainstorm to mention ways to improve nutritional values of their meals.

Name of the Nutrient	Sources	Function	
Carbohydrates (energy giving food)	Rice, potato, wheat, sugar	Provides energy	
Fats (energy giving food)	Butter, ghee, milk, cheese	Gives more energy compared to carbohydrates	
Vitamins and minerals (protective food)	Fruits and vegetables	Required for normal growth and development	
Proteins (body building food)	Milk, eggs, meat, fish, soybean	Helps in building and repair of body	

1. **PROTEIN** - needed for building and repairing and keeping us resistant to infections. Our bodies are continually being “remolded” so we need protein. Good sources include lean meats,

Reflect on ways of improving nutritional values in meals.

Exercise;

1. Define Food Label.
2. Explain 3 ways of improving nutritional values in meals.

		<p>poultry, eggs, fish, and dairy.</p> <ol style="list-style-type: none"> 2. CARBOHYDRATES - needed for energy. Over the years, carbohydrates have gotten a bad rap. We do encourage whole grains, fruits, and vegetables as our main source and less of the white sugar and white flour varieties. 3. FATS - also supply energy. Monounsaturated fats are good for your heart. Just go easy on them as they provide us with 9 calories per gram. Try to avoid a lot of trans fats, as they are not good for our heart. 4. VITAMINS - these include the fat-soluble like A, D, E, K and the water-soluble like the B vitamins and C. 5. MINERALS - these include calcium, potassium, sodium, and iron to name just a few. Eating a well-balanced diet will help you get all the vitamins and minerals that you need. All of them play a very important role in our overall health. 	
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Name of Teacher:

School:

District: