

EaD Comprehensive Lesson Plans

Strand:	Health Education	Sub-Strand:	Nutrition and Physical activity.
	B7.1.1.1 Demonstrate understanding of various food nutrients required for physical activity		



or




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<https://TrendingGhana.net>

BASIC 7

WEEKLY LESSON PLAN – WEEK 3

Content Standard:					
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 identify types of food to eat before and after exercise.		
Week Ending	27-09-2024				
Class	B.S.7	Class Size:		Duration:	
Subject	Physical Education				
Reference	Physical Education Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.				
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	Learners brainstorm to mention types of food to eat before, during and after exercise,	<div>1. Assist Learners to explain the meaning of Food nutrition plan.</div> <div>2. Discuss with Learners what happens when food nutrition plan goes wrong during exercise.</div> <div>3. Learners brainstorm to explain the need to eat the right and needed nutritious food before, during and after exercise.</div> <div>What is a nutrition plan?</div> <div>A healthy eating plan: Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products. Includes lean meats, poultry, fish, beans, eggs, and nuts. Limits saturated and trans fats, sodium, and added sugars. Controls portion sizes.</div> <div></div> <div>The need to eat nutritious Food before, during and after Exercise;</div> <div><ul style="list-style-type: none">▪ to help maintain blood glucose concentration during exercise▪ maximize exercise performance▪ improve recovery time.</div>			Reflect on the need to eat nutritious food before, during and after exercise.

THURSDAY	Ask Learners why it is important to eat before a vigorous exercise.	<ol style="list-style-type: none"> 1. Discuss with Learners examples of food that are dangerous to eat before an exercise. 2. Using a Power Point Presentation, explain why those foods are dangerous to eat before exercise. 3. Take Learners to the school's playing grounds to exercise. <p>Foods you should never eat before an exercise;</p> <ul style="list-style-type: none"> • Fibre-filled foods. • Fizzy drinks. • Nuts. • Spicy foods. • Cruciferous vegetables. • Refined sugar. • Dairy. • Avocado. 	<p>Exercise</p> <ol style="list-style-type: none"> 1. Mention 5 examples of food that are not good to eat before an exercise.

Name of Teacher:

School:

District: