

EaD Comprehensive Lesson Plans

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| 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. | | |



or



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BASIC 7

WEEKLY LESSON PLAN – WEEK 4

| Indicator (s) | B7.1.1.1.2: Plan the caloric values of food nutrients in relation to physical activity. | | | Performance Indicator: Learners can calculate for Caloric expenditure in physical activities. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Week Ending | 04-10-2024 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 thinkingProblem Solving | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DAYS | PHASE 1 : STARTER | PHASE 2: MAIN | | | PHASE 3: REFLECTION | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MONDAY | Discuss with Learners the meanings of some keywords or vocabularies in the lesson. | <div>1. Assist Learners to explain the meaning of “Caloric Value” of Food.</div> <div>2. Engage Learners in watching video of the groupings of food according to caloric values.</div> <div>3. Learners brainstorm to fill a chart of caloric values of food groups.</div> <div>The calorific value of food indicates the total amount of energy, a human body could generate during its metabolism which is expressed in Kilojoules per 100 grams or 100 ml. The calorific value of food is generally expressed in kilocalories i.e. kcal.</div> <div><table><caption>Food Calorie Chart</caption><thead><tr><th>100 grams of Food</th><th>Calories</th><th>Fat</th><th>Protein</th><th>Carbs</th><th>Fiber</th></tr></thead><tbody><tr><td>Pecans</td><td>691</td><td>72g</td><td>9g</td><td>14g</td><td>10g</td></tr><tr><td>Walnuts</td><td>654</td><td>65g</td><td>15g</td><td>14g</td><td>7g</td></tr><tr><td>Hazelnuts</td><td>628</td><td>61g</td><td>15g</td><td>17g</td><td>10g</td></tr><tr><td>Sunflower Seeds</td><td>584</td><td>51g</td><td>21g</td><td>20g</td><td>9g</td></tr><tr><td>Almonds</td><td>575</td><td>49g</td><td>21g</td><td>22g</td><td>12g</td></tr><tr><td>Sesame Seeds</td><td>573</td><td>50g</td><td>18g</td><td>21g</td><td>12g</td></tr><tr><td>Pumpkin Seeds</td><td>541</td><td>46g</td><td>25g</td><td>18g</td><td>4g</td></tr><tr><td>Soybeans</td><td>446</td><td>20g</td><td>36g</td><td>30g</td><td>9g</td></tr><tr><td>Quinoa</td><td>368</td><td>6g</td><td>14g</td><td>64g</td><td>7g</td></tr><tr><td>Beans, Pinto</td><td>347</td><td>1g</td><td>21g</td><td>63g</td><td>15g</td></tr><tr><td>Black Beans</td><td>341</td><td>1g</td><td>22g</td><td>62g</td><td>15g</td></tr><tr><td>Beans, Kidney</td><td>337</td><td>1g</td><td>23g</td><td>61g</td><td>15g</td></tr><tr><td>Beans, Navy</td><td>337</td><td>1g</td><td>22g</td><td>61g</td><td>24g</td></tr><tr><td>Cranberry Beans</td><td>335</td><td>1g</td><td>23g</td><td>60g</td><td>25g</td></tr><tr><td>Mushrooms, Shiitake</td><td>296</td><td>1g</td><td>10g</td><td>75g</td><td>13g</td></tr><tr><td>Avacado</td><td>160</td><td>15g</td><td>2g</td><td>9g</td><td>7g</td></tr><tr><td>Garlic</td><td>145</td><td>0g</td><td>6g</td><td>33g</td><td>2g</td></tr><tr><td>Yams</td><td>118</td><td>0g</td><td>2g</td><td>28g</td><td>4g</td></tr><tr><td>Bananas</td><td>89</td><td>0g</td><td>1g</td><td>23g</td><td>3g</td></tr><tr><td>Corn</td><td>86</td><td>1g</td><td>3g</td><td>19g</td><td>3g</td></tr></tbody></table></div> <div>Caloric Values of Various Food Stuffs</div> <table><tr><td>Food Stuff</td><td>Kcal/kg in bomb calorimeter</td><td>Kcal/kg in the body</td></tr></table> | | | 100 grams of Food | Calories | Fat | Protein | Carbs | Fiber | Pecans | 691 | 72g | 9g | 14g | 10g | Walnuts | 654 | 65g | 15g | 14g | 7g | Hazelnuts | 628 | 61g | 15g | 17g | 10g | Sunflower Seeds | 584 | 51g | 21g | 20g | 9g | Almonds | 575 | 49g | 21g | 22g | 12g | Sesame Seeds | 573 | 50g | 18g | 21g | 12g | Pumpkin Seeds | 541 | 46g | 25g | 18g | 4g | Soybeans | 446 | 20g | 36g | 30g | 9g | Quinoa | 368 | 6g | 14g | 64g | 7g | Beans, Pinto | 347 | 1g | 21g | 63g | 15g | Black Beans | 341 | 1g | 22g | 62g | 15g | Beans, Kidney | 337 | 1g | 23g | 61g | 15g | Beans, Navy | 337 | 1g | 22g | 61g | 24g | Cranberry Beans | 335 | 1g | 23g | 60g | 25g | Mushrooms, Shiitake | 296 | 1g | 10g | 75g | 13g | Avacado | 160 | 15g | 2g | 9g | 7g | Garlic | 145 | 0g | 6g | 33g | 2g | Yams | 118 | 0g | 2g | 28g | 4g | Bananas | 89 | 0g | 1g | 23g | 3g | Corn | 86 | 1g | 3g | 19g | 3g | Food Stuff | Kcal/kg in bomb calorimeter | Kcal/kg in the body | Summarize the lesson. Exercise; 1. Explain Caloric Value of Food. 2. Draw a chart to show the caloric value of food. |
| 100 grams of Food | Calories | Fat | Protein | Carbs | Fiber | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pecans | 691 | 72g | 9g | 14g | 10g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Walnuts | 654 | 65g | 15g | 14g | 7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Hazelnuts | 628 | 61g | 15g | 17g | 10g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sunflower Seeds | 584 | 51g | 21g | 20g | 9g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Almonds | 575 | 49g | 21g | 22g | 12g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sesame Seeds | 573 | 50g | 18g | 21g | 12g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pumpkin Seeds | 541 | 46g | 25g | 18g | 4g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Soybeans | 446 | 20g | 36g | 30g | 9g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Quinoa | 368 | 6g | 14g | 64g | 7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Beans, Pinto | 347 | 1g | 21g | 63g | 15g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Black Beans | 341 | 1g | 22g | 62g | 15g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Beans, Kidney | 337 | 1g | 23g | 61g | 15g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Beans, Navy | 337 | 1g | 22g | 61g | 24g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cranberry Beans | 335 | 1g | 23g | 60g | 25g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mushrooms, Shiitake | 296 | 1g | 10g | 75g | 13g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Avacado | 160 | 15g | 2g | 9g | 7g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Garlic | 145 | 0g | 6g | 33g | 2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Yams | 118 | 0g | 2g | 28g | 4g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bananas | 89 | 0g | 1g | 23g | 3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Corn | 86 | 1g | 3g | 19g | 3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Food Stuff | Kcal/kg in bomb calorimeter | Kcal/kg in the body | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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|-------------------|--|--|-------------------|--------------------------------|---------|-----|---------|-----|---------|-----|---|--|
| | | <table><tr><td>Carbohydrate</td><td>4.1</td><td>4.0</td></tr><tr><td>Fat</td><td>9.4</td><td>9.0</td></tr><tr><td>Protein</td><td>5.6</td><td>4.0</td></tr></table> | Carbohydrate | 4.1 | 4.0 | Fat | 9.4 | 9.0 | Protein | 5.6 | 4.0 | |
| Carbohydrate | 4.1 | 4.0 | | | | | | | | | | |
| Fat | 9.4 | 9.0 | | | | | | | | | | |
| Protein | 5.6 | 4.0 | | | | | | | | | | |
| THURSDAY | Through questions and answers, review Learners knowledge on the previous lesson. | <div><div><div>1. Discuss with Learners the meaning of Caloric Expenditure of Food Nutrients.</div><div>2. Assist Learners to design caloric expenditure of food nutrients in relation to physical activity.</div><div>3. Engage Learners in performing activities like; 400m walk, 800m run,1500m run.</div><div>4. use the average time recorded in calculating the caloric expenditure of the activity.</div></div><div><div>Caloric Expenditure;</div><div>Caloric expenditure or energy expenditure is the amount of energy an individual's body needs in order to maintain its basic metabolism. It can be related to body temperature, growth or physical activity.</div></div><div><div>Caloric Expenditure in Physical Activity</div><table><tr><td>Physical Activity</td><td>Caloric Expenditure Per Minute</td></tr><tr><td>Walking</td><td>5</td></tr><tr><td>Jogging</td><td>10</td></tr><tr><td>Running</td><td>15</td></tr></table></div></div> | Physical Activity | Caloric Expenditure Per Minute | Walking | 5 | Jogging | 10 | Running | 15 | <div>Reflect on how to calculate for the caloric expenditure of activities.</div> <div><div>Practical Activities;</div><div><div>1. 400 meters walk</div><div>2. 800 meters run</div><div>3. 1500 meters run.</div></div></div> | |
| Physical Activity | Caloric Expenditure Per Minute | | | | | | | | | | | |
| Walking | 5 | | | | | | | | | | | |
| Jogging | 10 | | | | | | | | | | | |
| Running | 15 | | | | | | | | | | | |

Name of Teacher:

School:

District: