

EaD Comprehensive Lesson Plans



or



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BASIC 8

WEEKLY LESSON PLAN – WEEK 2

Strand:	Health and safety		Sub-Strand:	Personal hygiene and food hygiene	
Content Standard:	B8.1.1.1 Demonstrate understanding of basic practices that depict personal and food hygiene				
Indicator (s)	B8.1.1.1.1: Demonstrate skills of personal hygiene		Performance Indicator: Learners can practice proper ways of taking care of the human body to stay healthy.		
Week Ending	20-09-2024				
Class	B.S.8	Class Size:		Duration:	
Subject	Career Technology				
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.				
Teaching / Learning Resources	Lime, Lemon, deodorant , Pictures, Poster.		Core Competencies:	<ul style="list-style-type: none">• Communication and Collaboration.• Critical Thinking and Problem Solving.• Creativity and Innovation.	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
MONDAY	Write Keywords or terminologies in the lesson on the chalkboard. Discuss meanings of keywords with the Learners.	<div>1. Assist Learners to identify the causes of bad odour using Posters and Pictures.</div> <div>2. Learners brainstorm to mention 5 appropriate materials used for preventing bad odour.</div> <div>3. Demonstrate how to use a material to prevent bad odour. E.g. Applying lime and wood ash on your armpit for 5 mins and wash thoroughly with clean water.</div> <div>Causes Of Body Odour</div> <div><ul style="list-style-type: none">• Sugar. If you are the type that takes too much of sugary things, it might cause body odour.• Synthetic clothing. Synthetic clothing keep sweat locked in because there is no way for them to go out.• Spicy food.• Alcohol.• Not washing your brassiere.• as an information resource only.</div> <div><div><div>Causes of Body Odor</div><div><div><div><div>Estrogen</div><div>Menstruation</div><div>Menopause</div><div>Postmenopause</div></div><div>Life Stage</div></div><div><div>Most Common Cause:</div><div>Hormonal changes during significant reproductive life stages</div><div>• Mainly happens with fluctuations of estrogen, ultimately causing the body to overheat and produce extra sweat</div></div><div><div>Other Causes:</div><div>• Thyroid, anxiety, or panic disorder; poor gut health; vitamin or mineral deficiency; tumors.</div></div></div></div><div></div></div>			Learners in small groups practice using materials to prevent bad odour. Exercise; <div><div>1. State 5 materials used for preventing bad odour.</div><div>2. Describe how each of the following materials are used for preventing bad odour;</div><div><div>i. Lime</div><div>ii. Wood ash</div><div>iii. Deodorant.</div></div></div>

		Materials used for Preventing Bad Odour; <ol style="list-style-type: none"> 1. Lime, lemon 2. Wood ash 3. Deodorant 4. Clean Water 5. Soap 6. Perfume. 	
THURSDAY	Review Learners knowledge on the previous lesson through questions and answers.	<ol style="list-style-type: none"> 1. Learners brainstorm to explain 5 ways of taking care of the human body to prevent body odour. 2. Discuss with Learners the need to prevent bad body odour. 3. Learners in small groups to discuss 3 reasons why as Learners they must be clean. 4. Plan and organize campaigns to educate the school community on the elimination of bad body odour. <p>Ways of Preventing bad odour;</p> <ul style="list-style-type: none"> • Take a bath or shower every day. • Wash your clothes regularly and make sure to wear clean ones. • Try to avoid strong-smelling foods that may seep through your pores. • Put on an antiperspirant at bedtime. • Many antiperspirant preparations also contain a deodorant, which helps to mask the smell. <p>Reasons why we must take care of our bodies;</p> <ul style="list-style-type: none"> • Stress can kill • Practice Self-Love. • Taking care of oneself is self-compassionate. 	<p>Each group to report on their discussion about the 3 reasons why as Learners they must be clean.</p> <p>Exercise;</p> <ol style="list-style-type: none"> 1. Write 5 ways of taking care of the Human body to prevent body odour. 2. Explain 4 importance of being clean.

Name of Teacher:

School:

District: