

EaD Comprehensive Lesson Plans



or




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BASIC 7

WEEKLY LESSON PLAN – WEEK 2

Strand:	Health and safety	Sub-Strand:	Personal hygiene and food hygiene		
Content Standard:	B7.1.1.1 Demonstrate knowledge of basic concept of staying healthy				
Indicator (s)	B7.1.1.1.1: Explain the need to stay healthy	Performance Indicator: Learners can explain the need to stay healthy.			
Week Ending	20-09-2024				
Class	B.S.7	Class Size:		Duration:	
Subject	Career Technology				
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack				
Teaching / Learning Resources	Tooth brush and Paste, Sanitizer, Soap, water, Pictures.	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	Review Learners knowledge on Personal hygiene through questions and answers.	<ol style="list-style-type: none"> 1. Assist Learners to explain the meaning of Food hygiene based on the knowledge they have on Personal hygiene. 2. Learners in small groups to discuss on the practices of Food hygiene and report to the class. 3. Discuss 3 proper ways of storing and preserving food. 			<p>Through questions and answers, conclude the lesson.</p> <p>Assignment;</p> <ol style="list-style-type: none"> i. What is Food Hygiene? ii. Differentiate between Personal Hygiene and Food Hygiene. State 3 best ways of storing and preserving food. iii.
		 <p>Food hygiene is defined as 'the measures and conditions necessary to control hazards and to ensure fitness for human consumption of a foodstuff taking into account its intended use.</p> <p>Proper Storage and Preservation ways;</p> <ul style="list-style-type: none"> • Drying/Dehydrating • Canning – Water Bath Canning, Steam Canning and Pressure Canning 			

- Freezing
- Freeze Drying
- Fermentation



THURSDAY

Show a video of ways of maintaining Personal hygiene to the Learners.

1. Learners brainstorm to explain ways of maintaining Personal hygiene.
2. Discuss with Learners ways of caring for our finger nails, hair, nose, ear, mouth and teeth.
3. Demonstrate how to brush teeth whilst Learners observe.
4. Learners practice how to brush teeth.



Taking care of Fingernails;

1. Keep nails clean and dry.

Ask Learners to talk about the need to maintain Personal hygiene.

Practical;

1. Learner's practice proper way of brushing teeth.
2. Cutting of fingernails.

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| | | <ol style="list-style-type: none">2. Cut nails straight across.3. Keep nails shaped and free of snags by filing with an emery board.4. Do not bite fingernails or remove the cuticle.5. Do not use your nails as a tool, such as opening pop cans.6. Trim toenails regularly | |
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What is the correct way to brush your teeth?

Hold the bristles gently against the outside of your top teeth, near the gum line, at about a 45-degree angle upward. Sweep the brush gently back and forth over teeth and gums in soft strokes — or, if you prefer, use an elliptical (circular) motion to clean the teeth.

Name of Teacher:

School:

District: