

# EaD Comprehensive Lesson Plans



or



0248043888



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**BASIC 9**

**WEEKLY LESSON PLAN – WEEK 2**

Strand:	Health and Safety		Sub-Strand:	Personal Hygiene and Food Hygiene	
Content Standard:	B9.1.1.1 Demonstrate skills that relate to personal and food hygiene to self				
Indicator (s)	B9.1.1.1.2: Observe appropriate food hygiene practices.		Performance Indicator; Learners can apply Food hygiene practices.		
Week Ending	20-09-2024				
Class	B.S.9	Class Size:		Duration:	
Subject	Career Technology				
Reference	Career Technology Curriculum, Teachers Resource Pack, Learners Resource Pack, Textbook.				
Teaching / Learning Resources	Water, soap, poster showing good grooming practices, Video and pictures displaying personal hygiene practices and proper eating habits		Core Competencies:	<ul style="list-style-type: none"><li>• Communication and Collaboration.</li><li>• Critical Thinking and Problem Solving.</li><li>• Creativity and Innovation.</li></ul>	
DAY/DATE	PHASE 1 : STARTER	PHASE 2: MAIN			PHASE 3: REFLECTION
WEDNESDAY	Ask Learners to explain why they must eat clean food.	<div>1. Discuss with Learners about the meaning of “Food Hygiene”.</div> <div>2. Assist Learners to identify 5 food hygiene practices.</div> <div>3. Show Learners a video to educate them on some food hygiene practices.</div> <div>4. Learners brainstorm to differentiate between “Food hygiene” and “Food Safety”.</div> <div>5. Assist Learners to identify examples of Food hazards.</div> <div>Food hygiene refers to the cleanliness of food, while food safety is the overall picture that includes storage, handling methods, and segregation of allergens.</div> <div>Food safety ensures that food in cafes, food trucks, delis, supermarkets, and restaurants is safe to eat, throughout all processes, from farm-to-fork.</div> <div>Food Hazards<ul style="list-style-type: none"><li>• Keep raw and high risk foods separate.</li><li>• Keep foods out of the <b>temperature danger zone</b> – below 5°C or above 63°C.</li><li>• Make sure you use tongs or other utensils to make sure that food is handled as little as possible.</li><li>• Keep other raw foods away from foods that could also be contaminated by them.</li><li>• To kill bacteria, food must be cooked thoroughly (at least 70°C for 2 minutes). High risk foods that are eaten immediately following cooking are safe, providing the cooking temperature has been sufficiently high. If food is not to be eaten immediately and kept hot, it is necessary to use equipment which will hold the food at a</li></ul></div>			<div>Learners in small groups to discuss on basic food hygiene rules and report to the class.</div> <div>Exercise;<div>1. Explain the following terms;<div>i. Food Hygiene</div><div>ii. Food Safety</div></div><div>2. State 5 food hygiene practices.</div></div>

		<p>temperature of 63°C or above.</p> 	
THURSDAY	Review Learners knowledge on the previous lesson.	<ol style="list-style-type: none"> <li>1. Learners brainstorm to explain 5 importance of Food hygiene.</li> <li>2. Using a Poster, discuss the four (4) steps to Food safety with the Learners.</li> <li>3. Assist Learners to identify 5 causes of Food poisoning.</li> <li>4. Discuss with Learners on the effects of food poisoning.</li> </ol>  <p><b>Steps to Prevent Food Poisoning</b></p> <ul style="list-style-type: none"> <li>• <u>Clean</u> <ul style="list-style-type: none"> <li>◦ Wash your hands and work surfaces before, during, and after preparing food. Germs can survive in many places around your kitchen, including your hands, utensils, cutting boards, and countertops.</li> </ul> </li> <li>• <u>Separate</u> <ul style="list-style-type: none"> <li>◦ Separate raw meat, chicken and other poultry, seafood, and eggs from ready-to-eat foods. Use separate cutting boards and keep raw meat away from other foods in your shopping cart and refrigerator.</li> </ul> </li> <li>• <u>Cook</u> <ul style="list-style-type: none"> <li>◦ Cook food to the <u>safe internal temperature</u> to kill harmful bacteria. Use a food thermometer.</li> </ul> </li> <li>• <u>Chill</u> <ul style="list-style-type: none"> <li>◦ Keep your refrigerator 40°F or below. Refrigerate leftovers within 2 hours of cooking (or within 1 hour if food is exposed to a temperature above 90°F,</li> </ul> </li> </ul>	<p>Through questions and answers, conclude the lesson.</p> <p><b>Exercise;</b></p> <ol style="list-style-type: none"> <li>1. State 5 importance of Food hygiene.</li> <li>2. Write the 4 steps to food safety.</li> </ol>

		<p>like in a hot car).</p> <p><b>Symptoms of Severe Food Poisoning</b></p> <ol style="list-style-type: none"><li>1. Diarrhea and a fever higher than 102°F</li><li>2. Diarrhea for more than three days that is not improving</li><li>3. Bloody diarrhea</li><li>4. So much vomiting that you cannot keep liquids down, which can lead to dehydration</li><li>5. Dehydration, which causes symptoms such as dry mouth and throat, feeling dizzy when standing up, and not urinating (peeing) much</li></ol>	
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## Symptoms of Severe Food Poisoning

1. Diarrhea and a fever higher than 102°F
2. Diarrhea for more than three days that is not improving
3. Bloody diarrhea
4. So much vomiting that you cannot keep liquids down, which can lead to dehydration
5. Dehydration, which causes symptoms such as dry mouth and throat, feeling dizzy when standing up, and not urinating (peeing) much

Name of Teacher:

**School:**

District: