


SECOND TERM LESSON NOTES

WEEK 8

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| Date: 1 st JULY, 2022. | Period: | Subject: Career Technology |
| Duration: | | Strand: Tools, Equipment & Processes |
| Class: B7 | Class Size: | Sub Strand: Kitchen Essentials |
| Content Standard: B7.3.4.1 Demonstrate knowledge and understanding of the Kitchen Essentials | Indicator: B7.3.4.1.1: Describe kitchen essentials | Lesson: 1 of 2 |
| Performance Indicator: Learners can identify and describe kitchen essentials | | Core Competencies: CP6.5: Ability to select alternatives that adequately meet selected criteria |
| Reference: Career Technology Curriculum Pg. 23 | | |

| Phase/Duration | Learners Activities | Resources |
|-------------------------------------|--|----------------------------|
| <p>PHASE 1: STARTER</p> | <p>Ask learners in turns, to mention some kitchen tools and equipment used in their homes. Write learners' responses on the board.</p> <p>Share performance indicators with learners and introduce the lesson.</p> | |
| <p>PHASE 2: NEW LEARNING</p> | <p>In groups, engage learners to explain what is meant by basic kitchen essentials. <i>Kitchen essentials are indispensable/vital tools and equipment needed/necessary for meal preparation and service,</i></p> <p>Engage learners to give examples of tools and equipment needed for meal preparation and service. <i>Example: saucepan, plate, can opener, colander, cutting board, vegetable peeler, soup tureen, crockery, etc.</i></p> <p>Display a chart with pictures of tools and equipment for learners to identify their names and relate to them.</p>  | <p>Pictures and Charts</p> |

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| | Have learners match tools and equipment to their uses using flashcards. | |
| PHASE 3: REFLECTION | Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson. Take feedback from learners and summarize the lesson. | |

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| Date: 1 st JULY, 2022. | Period: | Subject: Career Technology |
| Duration: | | Strand: Tools, Equipment & Processes |
| Class: B7 | Class Size: | Sub Strand: Kitchen Essentials |
| Content Standard: B7.3.4.1 Demonstrate knowledge and understanding of the Kitchen Essentials | Indicator: B7.3.4.1.2: Demonstrate skills in the classification of kitchen essentials | Lesson: 2 of 2 |
| Performance Indicator: Learners can demonstrate skills in the classification of kitchen essentials and state their uses. | | Core Competencies: CP6.5: Ability to select alternatives that adequately meet selected criteria |
| Reference: Career Technology Curriculum Pg. 23 | | |
| Phase/Duration | Learners Activities | Resources |
| PHASE 1: STARTER | <p>Revise with learners to review their understanding in the previous lesson.</p> <p>Share performance indicators with learners and introduce the lesson.</p> | |
| PHASE 2: NEW LEARNING | <p>Guide learners to identify and classify kitchen essentials according to sizes.</p> <p>Tools and equipment for catering are items that are normally used in the kitchen to prepare, cook, serve and store food. Catering tools and equipment have different uses and are made from materials such as <i>metal, wood, plastic, clay and glass</i>. <i>In this unit, we will examine the types of catering tools and equipment. Types of tools and equipment</i></p> <p>The various types of catering tools and equipment are grouped according to their use and size. In catering, tools and equipment are classified into:</p> <ul style="list-style-type: none"> • Large or Fixed Equipment • Mechanical or Labor Saving Equipment • Small Equipment and Tools <p><u>Large or Fixed Equipment</u> This group of kitchen equipment comprises equipment that are normally fixed in a specific location in the kitchen and are not moved often because of their size. Examples of such equipment include: boiling pans, steamers, rangers, fryers, sinks, ovens, freezers, refrigerators, work tables, kitchen cupboards, kitchen cabinets, etc.</p> <p><u>Mechanical or Labor Saving Equipment</u> This group of kitchen equipment comprises of labor saving equipment that aid us to work faster. They also help to conserve physical energy thus allowing one to do a lot of work in the kitchen easily without getting unnecessarily tired. Some examples of such equipment include: blenders, rice cooker, mixers, peelers, mincers, food slicers, mashers (machine), dish washers, juice extractors, etc.</p> | Pictures and Charts |

Small equipment and tools

This group of kitchen equipment comprises usually of movable tools which are normally stored in boxes, cabinets and cupboards in the kitchen. Examples of such kitchen tools include utensils, knives, rolling pins, spoons, mortars, pestles, colanders, strainers, scales, rotary beaters, etc.

Guide learners to state the uses of tools and equipment in each category.



Name: Refrigerator

Category: Large or fixed equipment

Uses: it is used for maintaining the quality and safety of food items and also for storage.



Name: Blender

Category: Mechanical equipment

Uses: it is used to grind food items such as tomatoes, onion, pepper, etc.



chef's



cleaver



fillet



carver



carving fork



boning



steak



bread

Name: Knives

Category: Small equipment

Uses: it is used for cutting, chopping, slicing and dicing vegetables and fruits.

Present responses on the classified kitchen essentials for appraisal.

**PHASE 3:
REFLECTION**

Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.

Take feedback from learners and summarize the lesson.