

THIRD TERM

WEEKLY LESSON NOTES

WEEK 5

Week Ending: 14 th OCT, 2022	Day:	Subject: Career Technology
Duration: 60MINS		Strand: Designing & Making of Artefacts
Class: B7	Class Size:	Sub Strand: Planning For Making Artefacts
Content Standard: B7.5.3.1 Demonstrate understanding of planning for making artefacts/products	Indicator: B7.5.3.1.2: Demonstrate skills in planning for preparing food using moist methods of cooking	Lesson: 1 of 2
Performance Indicator: • Learners can cook food using the boiling method of cooking food.		Core Competencies: CP 6.5: CI 5.4: CI 5.2: CI 6.10:
Reference: Career Technology Curriculum Pg. 33-34		
Keywords: boiling, stewing, poaching		
Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	Engage learners in a conversation and find out the food they like best. <ul style="list-style-type: none"> • What is your favorite dish? • Tell us how it is been prepared? Share learning indicators and introduce the lesson	
PHASE 2: NEW LEARNING	Get learners ready to demonstrate through practical the boiling method of cooking food. <p>Put learners into groups to discuss the type of food to cook. Ensure that each of the group pick atleast one food within the three types of boiling food. That is;</p> <ul style="list-style-type: none"> • Boiling in which the stock is thrown away. E.g. boiled yam • Boiling in which the food absorbs the liquid. E.g. boiled rice • Boiling in which the water forms part of food. E.g. Mpotompoto. <p>Brainstorm learners for the recipe and methods used in cooking each of the food identified above. Example: Method of boiling Yam</p> <p><i>Method</i></p> <ol style="list-style-type: none"> 1. Wash peel cut and rewash the yam. 2. Place in a pan with water and add salt. 3. Cover and boil until food is tender 4. Strain off the stock and serve hot with any stew <p>Have learners set the place up for the practical ensuring that all safety protocols are observed.</p> <p>Time learners to finish up the task within the given duration.</p>	Pictures and charts of food

	Do a table setting displaying all the cooked foods for appreciation and appraisal.	
PHASE 3: REFLECTION	<p>Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.</p> <p>Take feedback from learners and summarize the lesson.</p> <p><u>Home work</u> Learners to prepare a named food using the boiling method of cooking food.</p>	

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Content Standard: B7.5.3.1 Demonstrate understanding of planning for making artefacts/products		Indicator: B7.5.3.1.2: Demonstrate skills in planning for preparing food using moist methods of cooking
		Lesson: 2 of 2
Performance Indicator: <ul style="list-style-type: none"> Learners can cook food using the stewing and poached method of cooking food 		Core Competencies: CP 6.5: CI 5.4: CI 5.2: CI 6.10:
Reference: Career Technology Curriculum Pg. 33-34		
Keywords: boiling, stewing, poaching		
Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	Engage learners in a conversation and find out the food they like best. <ul style="list-style-type: none"> What is your favorite dish? Tell us how it is been prepared? Share learning indicators and introduce the lesson	
PHASE 2: NEW LEARNING	Get learners ready to demonstrate through practical the stewing and poaching methods of cooking food. Put learners into groups to discuss the type of food to cook. Ensure that each of the group pick atleast two foods that can be cooked by poaching or stewing. Brainstorm learners for the recipe and methods used in cooking each of the food identified above. Example: <ul style="list-style-type: none"> Poached Eggs Ingredients – 2 eggs, 1 table spoon, margarine, salt to taste <i>Method</i> <ol style="list-style-type: none"> Break eggs into greased individual shallow metal pans. Place poachers over boiling water, cover and cook as done in steaming. Remove into plate and coat with margarine to prevent the surface from drying up and garnish with tomatoes. Serve it hot sliced bread <ul style="list-style-type: none"> Palava sauce Ingredients – 2 bundles of edible leafy vegetables, 4 tomatoes, 1 large smoked fish, 1 large onion, half cup ground melon seed (agushie), salt and pepper to taste, ¾ pint palm oil, water or meat stock and pieces of salted fish. <i>Method</i> <ol style="list-style-type: none"> Cut onions and tomatoes separately. Grind pepper. 	Pictures and charts of food

	<ol style="list-style-type: none"> 2. Remove unwanted parts of leaves, wash and shred. 3. Heat palm oil, fry onions and later add tomatoes. 4. Break fish and add to stew. 5. Add salt to the ground melon seed and blend with a little water before adding to stew. 6. Add shredded leaves, add enough water (or stock). 6. Cover saucepan and leave to simmer until well cooked. 8. Serve with ampesi (boiled yam or plantain), or boiled rice. <p>Have learners set the place up for the practical ensuring that all safety protocols are observed.</p> <p>Time learners to finish up the task within the given duration. Do a table setting displaying all the cooked foods for appreciation and appraisal.</p>	
<p>PHASE 3: REFLECTION</p>	<p>Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.</p> <p>Take feedback from learners and summarize the lesson.</p> <p><u>Home work</u> Learners to prepare a named food using the stewing and poaching methods of cooking food.</p>	