

FIRST TERM

WEEKLY LESSON NOTES

WEEK 9

Week Ending: 10-03-2023	Day:	Subject: Career Technology	
Duration: 60MINS		Strand: Tools, Equipment & Processes	
Class: B8	Class Size:	Sub Strand: Measuring & Marking Out	
Content Standard: B8.3.1.1 Demonstrate understanding of measuring and marking out tools and equipment for production		Indicator: B8.3.1.1.2: Take measurements of products/artefacts/articles	Lesson: 1 of 2
Performance Indicator: Learners can take measurements of products/artefacts/articles		Core Competencies: CP 6.5: CI 5.4: CI 5.2:	
Reference: Career Technology Curriculum Pg. 52			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Using questions and answers, find out what learners already know about measuring and marking out in the sewing laboratory. Introduce the lesson by sharing the performance indicators.		
PHASE 2: NEW LEARNING	(A) Take body measurements Discuss the importance of taking body measurements in sewing: Discuss the guidelines for taking body measurements. E.g. - Take measurements over well-fitted foundation garment - Use a firm tape measures for accurate measurements - Record all measurements taken Take each other's body measurements for garment construction. E.g., bust, waist, hips, across back, chest Note: - Boys should take measurements of boys and girls should take measurements of girls. - Check for accurate measurements and record. (B) Take measurements of artefacts/products Demonstrate how to handle the tape measure to take measurements in millimetres, in groups. Demonstrate how to mark out measured part(s), in groups.	Pictures and charts of food	

	<p>Demonstrate how to record measured part(s), in groups.</p> <p>Demonstrate how to indicate dimensions on marked out part(s), in groups.</p> <p>Demonstrate how to care for and maintain measuring and marking out tools and equipment.</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>Ask learners how the lesson will benefit them in their daily lives.</p>	

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Duration: 60MINS		Strand: Tools, Equipment & Processes
Class: B8	Class Size:	Sub Strand: Measuring & Marking Out
Content Standard: B8.3.1.1 Demonstrate understanding of measuring and marking out tools and equipment for production		Indicator: B8.3.1.1.3: Use appropriate techniques to measure
		Lesson: 2 of 2
Performance Indicator: Learners can use appropriate techniques to measure		Core Competencies: CP 6.5: CI 5.4: CI 5.2:
Reference: Career Technology Curriculum Pg. 53		
Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	Using questions and answers, find out what learners already know about measuring and marking out in the sewing laboratory. Introduce the lesson by sharing the performance indicators.	
PHASE 2: NEW LEARNING	Discuss portion control, equipment used and reasons E.g., Portion control is the art of controlling the size or quantity of ingredients for meal preparation and food to be served per a person. Equipment: scales and handy measures such as spoons, jugs etc. Reasons: it reduces waste of food, helps in food cost Plan how to apply portion control in meal preparation and service E.g. 8oz (226.80 g/0.227kg) yam per person 4oz (113.40 g/0.113kg) rice per person 2 ladles of soup/porridge per person Discuss the inaccuracies in using measuring tools and equipment that are faulty or tampered with and how this affects individuals and others. E.g., It affects quantity and quality of products/works/produce Measure the ingredients for pancake, and make the pancake. Measure objects or materials, and make models/mock-ups using compliant and resistant materials. Display pancakes and artefacts for appraisal. Develop a plan and organize a community education on addressing the issues of using measuring tools that are faulty or tampered with, in groups E.g. Message to deliver, target groups	Pictures and charts of food

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. Ask learners how the lesson will benefit them in their daily lives.	
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