SECOND TERM WEEKLY LESSON NOTES

CAREER TECHNOLOGY – B7

WEEK 1

Date: 13TH MAY, 2022		Day:		Subject: Career Technology	
Duration: 50MINS				Strand: Materials for Production	
Class: B7		Class Size:		Sub Strand: Food Commodities	
Content Standard: B7.2.4.1 Demonstrate knowledge of basic food commodities			Indicator: B7.2.4.1.1: Discuss food commodities		Lesson: 2 OF 4
Performance Indicator: Learners can explain the term food commodities and classify sources of food commodities into Plant and animal sources.				Core Competencies: CC8.1: CC8.1: CC 8.2:	
Reference: Career Technology Curriculum Pg.					

Phase/Duration	Learners Activities	Resources
PHASE 1: **STARTER**	Bring food items to the class and display them on the teachers table. Call learners in turns to identify the names of the food items. Let learners relate to the items and tell their uses. Share performance indicators and introduce the lesson.	
PHASE 2: **NEW LEARNING**	Revise with learners on the meaning of Food and give examples. E.g., *Food is any edible substance either solid or liquid which when eaten is used by the body to maintain life.* Learners discuss the meaning of Food commodities and give examples. E.g., *Food commodities generally refer to ingredients needed to produce different varieties of food.* Let learners give examples of common food commodities in the community E.g., Meat, Eggs Fish Poultry Milk and milk products Fruits Vegetables Cereals and grains fats, and oils. Teacher to bring real foodstuff to class for pupils to examine. Revise with learners to enumerate the two (2) main sources of food commodities. E.g. Plant and animal.	Pictures, Posters and illustrations, Real food commodities

	Learners classify food commodities under the two main sources, i.e., plant source and animal source. Plant - cassava, okra, orange, etc. Animal - fish, milk, meat, etc. Learners discuss reasons for eating food; E.g., To satisfy our hunger, build body, provide heat energy, protect body from diseases. Make a chart on the two (2) main sources of food commodities and their examples. Assessment 1. Define the term food and give three examples. 2. What is a food commodity? 3. Write three examples of food commodities. 4. Identify the two main sources of food commodities. 5. Give three examples each under plant and animal source.	
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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Content Standard: B7.2.4.1 Demonstrate knowledge of basic food commodities	Indicator: B7.2.4.1.1: Discuss food commodities	Lesson: 3 OF 4
Performance Indicator: Learners can describe what meat is.		Core Competencies: CC8.1: CC8.1: CC 8.2:
Reference: Career Technology Curriculum Pg.		

Phase/Duration	Learners Activities	Resources
PHASE 1: **STARTER**	Revise previous lesson with learners using questions and answers. Introduce the lesson by sharing the performance indicators.	
PHASE 2: **NEW LEARNING**	Learners to brainstorm on the meaning of meat. Example: Meat is the general name given to the flesh of mammals, reptiles and birds. Guide learners to discuss the nutritive value of meat. Example: Meat provides the body with proteins, fats, vitamins, etc Engage learners to discuss the qualities to look out for when buying fresh meat. Have learners find out ways of making meat tender. Again, brainstorm learners for the meaning of poultry. Example: poultry is the name given to domestic birds that are reared for their meat or eggs. Discus with learners points to consider when choosing a dressed or live poultry. Learners give reasons for cooking meat, talk about the methods of cooking meat and how meat is being preserved. Assessment 1. What is meat? 2. State three qualities of fresh meat. 3. Mention three methods of cooking meat. 4. State five methods of preserving meat.	Pictures, Posters and illustrations, Real food commodities

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.	