


SECOND TERM

WEEKLY LESSON NOTES

WEEK 10

Week Ending: 09-06-2023	Day:	Subject: Career Technology
Duration: 60MINS		Strand: Tools, Equipment & Processes
Class: B8	Class Size:	Sub Strand: Kitchen Essentials
Content Standard: B8.3.4.1 Demonstrate understanding of maintaining kitchen essentials.		Indicator: B8.3.4.1.1: Demonstrate how to care for and maintain kitchen essentials
Performance Indicator: Learners can demonstrate how to care for and maintain kitchen essentials		Lesson: 1 of 2
Core Competencies: CC 8.2: Explain ideas in a clear order with relevant details:		
Reference: Career Technology Curriculum Pg. 59		

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> <div style="text-align: center;">  </div>	<p>Pictures and Charts</p>

	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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Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	Revise with learners to review their understanding in the previous lesson. Share performance indicators with learners.	
PHASE 2: NEW LEARNING	Guide learners to discuss suitable materials for cleaning kitchen essentials according to the materials used in making them. 1. Stainless Steel: <ul style="list-style-type: none"> • Use mild dish soap and warm water to clean stainless steel appliances, utensils, and sinks. • For tougher stains or fingerprints, you can use a stainless steel cleaner specifically designed for this material. 2. Glassware: <ul style="list-style-type: none"> • Wash glassware with mild dish soap and warm water using a soft sponge or cloth. • For stubborn stains or cloudiness, you can soak the glassware in a mixture of equal parts white vinegar and water before rinsing. 3. Non-Stick Cookware: <ul style="list-style-type: none"> • Use a non-abrasive sponge or cloth with mild dish soap and warm water to clean non-stick cookware. • Avoid using harsh scrub brushes or abrasive cleaners, as they can damage the non-stick coating. • If there are stubborn residues, soak the cookware in warm soapy water before cleaning. 4. Copper: <ul style="list-style-type: none"> • Use a mixture of salt and vinegar or lemon juice to create a paste and gently rub it on the copper surface. • Rinse thoroughly and dry immediately to prevent tarnishing. • Alternatively, you can use a copper cleaner specifically designed for cleaning copper items. 	Pictures and charts of food

	<p>5. Wood:</p> <ul style="list-style-type: none"> • Use a soft sponge or cloth with mild dish soap and warm water to clean wooden cutting boards, utensils, or bowls. • Avoid soaking wooden items in water, as it can cause warping or splitting. • Periodically apply food-grade mineral oil or a specialized wood conditioner to keep the wood moisturized and protected. <p>6. Ceramic or Porcelain:</p> <ul style="list-style-type: none"> • Use mild dish soap and warm water to clean ceramic or porcelain dishes, bowls, or cookware. • For stubborn stains, you can create a paste using baking soda and water and gently scrub the affected areas. • Avoid using abrasive cleaners or scrub brushes that can scratch the surface. <p>7. Cast Iron:</p> <ul style="list-style-type: none"> • Avoid using soap to clean cast iron cookware, as it can strip away the seasoning. • Instead, use hot water and a stiff brush or a non-abrasive sponge to remove food residues. • Dry the cast iron thoroughly and apply a thin layer of oil to prevent rusting. <p>Demonstrate how to care for and maintain basic kitchen essentials for appraisal. E.g. - Washing - cleaning – sterilizing</p> <p><u>Assessment</u></p> <ul style="list-style-type: none"> • What are suitable materials for cleaning stainless steel kitchen essentials? • How should glassware be cleaned? Mention the materials and methods. • What precautions should be taken when cleaning non-stick cookware? Explain. • Name a suitable material for cleaning copper items. How should it be used? • Describe how wooden kitchen essentials should be cleaned. Mention the materials and methods. 	
<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> <p><u>Homework</u></p> <ul style="list-style-type: none"> • How can ceramic or porcelain items be effectively cleaned? Mention the materials and methods. 	

	<ul style="list-style-type: none">• What precautions should be taken when cleaning cast iron cookware? Explain.• Why is it important to read and follow the manufacturer's instructions for cleaning kitchen essentials?• Name three kitchen essentials made of stainless steel.• Name three kitchen essentials made of glass.• Name three kitchen essentials that are typically made of non-stick material.	
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