

THIRD TERM

WEEKLY LESSON NOTES

WEEK 6

Week Ending: 21 st OCT, 2022	Day:	Subject: Career Technology
Duration: 60MINS		Strand: Designing & Making of Artefacts
Class: B7	Class Size:	Sub Strand: Making Artefacts
Content Standard: B7.5.4.1 Demonstrate skills of making artefacts/ products	Indicator: B7.5.4.1.1: Demonstrate skills in 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. 35		
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 meat • Boiling in which the food absorbs the liquid. E.g. Apapransa • Boiling in which the water forms part of food. E.g. Rice poriage. Brainstorm learners for the recipe and methods used in cooking each of the food identified above. Example: Jollof Rice with beef or Chicken Ingredients: <ul style="list-style-type: none"> ▪ 1 kg meat or chicken ▪ 6 tomatoes ▪ 1 large onion ▪ cooking oil ▪ 2 cups of rice ▪ salt and pepper to taste ▪ 5 cups of water <i>Method</i> <ol style="list-style-type: none"> 1. Wash meat or chicken and cut into pieces. 	Pictures and charts of food

	<ol style="list-style-type: none"> 2. Put into saucepan, add water and salt, cover and place on fire on fire to boil. 3. Fry meat in hot oil 4. Slice onions, grind the tomatoes and pepper. Fry and add the meat. 5. Pick and wash rice, and add when the meat is almost tender. 6. Boil for about 10mins, reduce heat and simmer until both meat and rice are cooked. Stir occasionally to avoid burning. 7. Serve with vegetables salad <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.</p> <p>Guide learners to appreciate, appraise and critique their works and use the feedback to make modifications or undertake new practical</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 boiling method of cooking food.</p>	

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PHASE 1: STARTER	<p>Engage learners in a conversation and find out the food they like best.</p> <ul style="list-style-type: none"> • What is your favorite dish? • Tell us how it is been prepared? <p>Share learning indicators and introduce the lesson</p>	
PHASE 2: NEW LEARNING	<p>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.</p> <p>Brainstorm learners for the recipe and methods used in cooking each of the food identified above. Example:</p> <ul style="list-style-type: none"> • Poached Eggs Ingredients – 2 eggs, 1 table spoon, margarine, salt to taste <p><i>Method</i></p> <ol style="list-style-type: none"> 1. Break eggs into greased individual shallow metal pans. 2. Place poachers over boiling water, cover and cook as done in steaming. 3. Remove into plate and coat with margarine to prevent the surface from drying up and garnish with tomatoes. 4. 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. <p><i>Method</i></p> <ol style="list-style-type: none"> 1. Cut onions and tomatoes separately. Grind pepper. 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. 	Pictures and charts of food

	<p>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).</p> <p>6. Cover saucepan and leave to simmer until well cooked. 8. Serve with ampesi (boiled yam or plantain), or boiled rice.</p> <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.</p> <p>Guide learners to appreciate, appraise and critique their works and use the feedback to make modifications or undertake new practical.</p>	
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