

FIRST TERM

WEEKLY LESSON NOTES

WEEK 1

Week Ending: 06-10-2023	Day:	Subject: Career Technology	
Duration: 60MINS		Strand: Health & Safety	
Class: B9	Class Size:	Sub Strand: Personal Hygiene And Food Hygiene	
Content Standard: B9.1.1.1 Demonstrate skills that relate to personal and food hygiene to self		Indicator: B9.1.1.1.1 Practice good grooming	Lesson: 1 of 2
Performance Indicator: Learners can understand the concept of good grooming and relate it to personal hygiene.		Core Competencies: CP 6.5: CI 5.4: CI 5.2: CI 6.10:	
Reference: Career Technology Curriculum Pg. 78			
New words: Grooming, Hygiene, Appearance, Self-care			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Display before-and-after photos of individuals – one ungroomed and one groomed.</p> <p>Ask learners to describe the differences and discuss their initial reactions to each photo.</p> <p>Share performance indicators with learners.</p>		
PHASE 2: NEW LEARNING	<p>Lead a class discussion defining 'good grooming' and 'personal hygiene.' Ask probing questions to ensure understanding. <i>E.g.: Good grooming means practising good hygiene techniques and general composure.</i></p> <p>Use visual aids, videos, or illustrations where necessary to further illustrate the concept.</p> <p>Divide learners into small groups.</p> <p>Ask each group to brainstorm and list good grooming practices they are aware of or practice daily. <i>E.g., proper sitting, proper walking, proper talking, proper eating manners and wearing neat clothes.</i></p> <p>After the discussion, have a representative from each group share their findings.</p> <p><u>Assessment</u></p> <ol style="list-style-type: none"> 1. Define good grooming in your own words. 2. How is personal hygiene related to good grooming? 3. Name two good grooming practices you learned about today. 	Pictures and charts of food	

	4. Why do you think it's essential to maintain a good grooming routine?	
PHASE 3: REFLECTION	<p>Emphasize the role of good grooming in personal health, well-being, and presentation. Encourage learners to reflect on their grooming habits and consider implementing any practices they've learned.</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>	

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Content Standard: B9.1.1.1 Demonstrate skills that relate to personal and food hygiene to self		Indicator: B9.1.1.1.1 Practice good grooming	Lesson: 2 of 2
Performance Indicator: Learners can recognize the importance of good grooming and learn to demonstrate appropriate grooming practices.		Core Competencies: CP 6.5: CI 5.4: CI 5.2: CI 6.10:	
Reference: Career Technology Curriculum Pg. 78			
New words: Routine, Self-esteem, Cleanliness, Presentation			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Start with a fun quiz or poll asking learners about their daily grooming practices, like "How often do you brush your teeth?" or "How often do you change your socks?" This will engage them and set the context for the lesson. Share performance indicators with learners.		
PHASE 2: NEW LEARNING	<p>Divide learners into groups. Each group discusses the broader implications of good grooming – its impact on health, self-esteem, social interactions, and opportunities. <i>E.g., Enhances one's personality and interpersonal relationships</i></p> <p>Conclude with a class-wide discussion, collating thoughts from each group.</p> <p>Organize a few simple demonstration stations – for instance, correct hand washing technique, proper teeth brushing method, or how to comb hair effectively.</p> <p>Rotate learners through each station, allowing them to practice and understand each grooming practice.</p> <p>Invite a local professional, perhaps a dentist or hairdresser, to provide expert demonstrations if feasible.</p> <p>Write short messages on good grooming and tag them in and around the classroom, in groups.</p> <p><u>Assessment</u></p> <ol style="list-style-type: none"> 1. Why is good grooming essential for personal well-being? 2. How can neglecting good grooming practices impact one's social interactions? 3. Describe one grooming practice you learned today and explain its importance. 4. How does good grooming influence your self-presentation and confide 	Pictures and charts of food	

<p>PHASE 3: REFLECTION</p>	<p>Sum up the lesson by emphasizing the significance of regular grooming routines for both personal and social reasons. Encourage learners to reflect on their routines and consider areas for improvement.</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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