

FIRST TERM

WEEKLY LESSON NOTES

WEEK 2

Week Ending: 20 -10-2023	Day:	Subject: Career Technology	
Duration: 60MINS		Strand: Health And Safety	
Class: B8	Class Size:	Sub Strand: Food Hygiene	
Content Standard: B8.1.1.1 Demonstrate understanding of basic practices that depict personal and food hygiene		Indicator: B8.1.1.2: Demonstrate skills in keeping food safe	Lesson: 1 of 2
Performance Indicator: Learners can demonstrate skills in keeping food safe.		Core Competencies: CP 6.5: CI 5.4: CI 5.2: CI 6.10:	
Reference: Career Technology Curriculum Pg. 41			
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	Brainstorm learners to explain the meaning of health and hygiene. Guide learners to explain key concepts. Health – the complete state of physical, mental, emotional and social well-being and not merely the absence of diseases. Hygiene – the study of rules for healthy living and the prevention of diseases. In groups, engage learners to define food hygiene and ways of ensuring food hygiene. Let learners watch pictures of the processes and skills of maintaining food hygiene and write down the observations. E.g. <ul style="list-style-type: none"> • Store food appropriately both before and after cooking. • Keep hair clean and cover with a cap • Cut/trim finger nails short • No wearing of jewelry at work. • Sneeze and cough into a handkerchief. • Wash hands regularly, before and after handling food. Role-play the skills of food hygiene in class for appraisal <u>Assessment</u> Define the following i. Health ii. Hygiene state four ways of ensuring food hygiene	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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Content Standard: B8.1.1.1 Demonstrate understanding of basic practices that depict personal and food hygiene		Indicator: B8.1.1.1.2: Demonstrate skills in keeping food safe	Lesson: 2 of 2
Performance Indicator: Learners can demonstrate skills in keeping food safe.		Core Competencies: CP 6.5: CI 5.4: CI 5.2: CI 6.10:	
Reference: Career Technology Curriculum Pg. 41			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Revise with learners to review their understanding in the previous lesson.</p> <p>Share performance indicators with learners.</p>		
PHASE 2: NEW LEARNING	<p>Brainstorm learners to explain the meaning of health and hygiene.</p> <p>Guide learners to explain key concepts. Health – the complete state of physical, mental, emotional and social well-being and not merely the absence of diseases. Hygiene – the study of rules for healthy living and the prevention of diseases.</p> <p>In groups, engage learners to define food hygiene and ways of ensuring food hygiene.</p> <p>Let learners watch pictures of the processes and skills of maintaining food hygiene and write down the observations. E.g.</p> <ul style="list-style-type: none"> • Store food appropriately both before and after cooking. • Keep hair clean and cover with a cap • Cut/trim finger nails short • No wearing of jewelry at work. • Sneeze and cough into a handkerchief. • Wash hands regularly, before and after handling food. <p>Role-play the skills of food hygiene in class for appraisal</p> <p><u>Assessment</u> Define the following i. Health ii. Hygiene</p> <p>state four ways of ensuring food hygiene</p>	Pictures and charts of food	
PHASE 3: REFLECTION	<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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