

WEEKLY LESSON PLAN – B7

WEEK 2

Date:	Day:	Subject: Career Technology
Duration: 100mins		Strand: Health and Safety
Class: B7	Class Size:	Sub Strand: Personal Hygiene & Food Hygiene
Content Standard: B7.1.1.1 Demonstrate knowledge of basic concept of staying healthy	Indicator: B7.1.1.1.2: Describe ways of maintaining personal hygiene	Lesson: 2 of 3
Performance Indicator: Learners can identify some personal hygiene practices		Core Competencies: CC 8.1, CC 8.2, CP5.1, PL6.2
References: Career Tech. Curriculum Pg.2		
Keywords: personal hygiene,		
Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	<p>Using questions and answers, find out what learners already know about personal hygiene.</p> <p>In turns, let learners mention some of the personal hygiene practices they observe at home.</p> <p>Share with learners the performance indicators.</p>	Pictures, Posters and illustrations
PHASE 2: NEW LEARNING	<p>Brainstorm the meaning of Personal hygiene from learners.</p> <p>In groups, engage learners to discuss ways of maintaining personal hygiene. E.g., - Wash the body often. - Clean the teeth at least twice a day. - Wash hands after visiting the toilet.</p> <p>Guide learners to demonstrate the personal hygiene practices in groups. E.g., Care of finger nails, hair, nose, ear, mouth and teeth</p> <p><u>Assessment</u> 1. what is personal hygiene? 2. mention any four personal hygiene practices.</p>	
PHASE 3: REFLECTOIN	<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>	

Date:	Day:	Subject: Career Technology
Duration: 100mins		Strand: Health and Safety
Class: B7	Class Size:	Sub Strand: Personal Hygiene & Food Hygiene
Content Standard: B7.1.1.1 Demonstrate knowledge of basic concept of staying healthy		Indicator: B7.1.1.1.3: discuss food hygiene
Performance Indicator: Learners can describe the conditions and measures needed to ensure safety of food from production to consumption		Lesson: 3 of 3
Core Competencies: CC 8.1, CC 8.2, CP5.1, PL6.2		
References: Career Tech. Curriculum Pg.3		
Keywords:		
Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	<p>Revise with learners on the previous lesson. Let learners answer few questions to review their understanding on the topic</p> <p>Recap with learners to find out what they already know about food hygiene.</p> <p>Share with learners the performance indicators.</p>	Pictures, Posters and illustrations
PHASE 2: NEW LEARNING	<p>Brainstorm learners to explain what is meant by food hygiene. E.g., Conditions and measures needed to ensure safety of food from production to consumption.</p> <p>Research into food hygiene practices, in groups and report in class for discussion. E.g., <i>Proper storage and preservation of food</i> <i>Cook food thoroughly</i> <i>Eat cooked foods immediately</i> <i>Store cooked foods carefully</i> <i>Reheat cooked foods thoroughly</i> <i>Avoid contact between raw foods and cooked foods</i></p> <p><u>Assessment</u></p> <ol style="list-style-type: none"> 1. What is food hygiene? 2. Mention at least four safe food practice. 	
PHASE 3: REFLECTOIN	<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>	