





SECOND TERM LESSON NOTES

WEEK 5

Date: 10 th JUNE, 2022.	Period:	Subject: Career Technology
Duration:		Strand: Tools, Equipment & Processes
Class: B7	Class Size:	Sub Strand: Cutting/Shaping
Content Standard: B7.3.2.1 Demonstrate understanding of cutting/shaping tools and equipment for production.	Indicator: B7.3.2.1.2: Use appropriate skills in cutting, chopping, slicing, dicing and shaping products	Lesson: 1 of 3
Performance Indicator: Learners can identify techniques cutting, chopping, slicing and dicing in food production		Core Competencies: CP6.5: Ability to select alternatives that adequately meet selected criteria
Reference: Career Technology Curriculum Pg. 22		

Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	<p>Revise with learners to find out what they already know about cutting and shaping tools in the Food laboratory.</p> <p>Introduce the lesson by sharing the performance indicators.</p>	
PHASE 2: NEW LEARNING	<p>Engage learners to demonstrate the appropriate techniques in cutting, chopping, slicing and dicing in food production.</p> <p>Example:</p> <p>Cross chop: <i>the cross chop is good for quick and fine chops. This technique is mainly used on herbs and small vegetables. To cross chop, you simply hold the knife's handle with your dominant hand and put your non-dominant palm on the spine of the blade.</i></p>  <p>Rock chop: <i>this is similar to cross chop; the difference is that your non-dominant hand will be pushing the ingredient through the blade.</i></p>  <p>Slicing/pull cut: <i>slicing is usually used when you want to create fine slides on delicate ingredients such as herbs.</i></p>  <p>Julienne cut: <i>it is a French cooking term and only applied when cutting vegetables, meat or fruits into thin strips of slices.</i></p> 	Pictures and Charts

Baton cut: *the baton is a matchstick knife cut. It is used when cutting fries.*



Brunoise: *Brunoise is a French cooking term where the vegetables are cut into small cubes of precise and uniform measurement.*



In groups, have learners search the internet for other techniques in cutting, chopping, slicing and dicing in food production.



Brunoise (Fine Dice)



Chiffonade (Shredding)



Julienne (Match stick cuts)



Macedoine (Small dice)



Paysanne



Carre (Large Dice)



Rondelle/Washer



Wedges



Slicing



Mincing



Baton



Tourne/Chateau

Assessment





- I. Briefly explain the following techniques in relation to food.
 - a) Baton cut
 - b) Brunoise
 - c) Wedging
 - d) Paysanne
 - e) chateau

**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.

Date: 10 th JUNE, 2022.	Period:	Subject: Career Technology	
Duration:		Strand: Tools, Equipment & Processes	
Class: B7	Class Size:	Sub Strand: Cutting/Shaping	
Content Standard: B7.3.2.1 Demonstrate understanding of cutting/shaping tools and equipment for production.		Indicator: B7.3.2.1.2: Use appropriate skills in cutting, paring, molding in woodwork.	Lesson: 2 of 3
Performance Indicator: Learners can identify techniques in cutting, paring, molding in woodwork.		Core Competencies: CP6.5: Ability to select alternatives that adequately meet selected criteria	
Reference: Career Technology Curriculum Pg. 22			

Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	<p>Revise with learners to find out what they already know about cutting and shaping tools in the Food laboratory.</p> <p>Introduce the lesson by sharing the performance indicators.</p>	
PHASE 2: NEW LEARNING	<p>Engage learners to demonstrate the appropriate techniques in cutting, paring, molding in woodwork.</p> <p>Example: Shaping & molding: <i>shaping is the technique of carving wood into non-rectangular shapes. Molding is a strip of solid wood with various decorative profiles used to cover transitions between surfaces.</i></p>  <p>Drilling & Boring: <i>the drilling process creates a hole in the wood, while the boring process removes material to enlarge a pre-existing hole.</i></p>  <p>Sawing: <i>every woodwork starts with cutting down wood using saw. There are different types of saws used for different types of projects. Examples are chop saw, handsaw, circular saw, table saw, etc.</i></p> <p>Jointing & Planing: <i>jointing is the process of flattening one face and one edge as part of the milling process. Planing is a technique used to smooth and remove excess material from wooden surfaces.</i></p>  <p>Lathe turning: <i>it is the art of shaping wood into cylindrical shapes on the lathe.</i></p> 	<p>Pictures and Charts</p>

	<u>Assessment</u> In groups, have learners search the internet for other techniques in cutting, paring, molding in woodwork.	
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.	

Date: 10 th JUNE, 2022	Period:	Subject: Career Technology	
Duration:		Strand: Tools, Equipment & Processes	
Class: B7	Class Size:	Sub Strand: Cutting/Shaping	
Content Standard: B7.3.2.1 Demonstrate understanding of cutting/shaping tools and equipment for production		Indicator: B7.3.2.1.3: Demonstrate how to care for and maintain cutting and shaping tools used for production	Lesson: 3 of 3
Performance Indicator: Learners can demonstrate how to care for and maintain cutting and shaping tools		Core Competencies: CP6.5: Ability to select alternatives that adequately meet selected criteria	
Reference: Career Technology Curriculum Pg. 22			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Revise with learners to find out what they already know about cutting and shaping tools in the Food laboratory.</p> <p>Introduce the lesson by sharing the performance indicators.</p>		
PHASE 2: NEW LEARNING	<p>Guide learners to share experiences on how to care for, and maintain cutting and shaping tools and equipment for production. E.g., oil metal parts of tools, wash and clean mould box.</p> <p>Learners to identify cleaning agents used to clean tools and equipment according to the material used in cleaning cutting and shaping tools. E.g., Silvo and grounded and sifted egg shell for cleaning stainless steel, oil for cleaning metal parts of tools.</p> <p>Engage learners to demonstrate how to care for and maintain cutting and shaping tools and equipment according to the material used in making them and discuss in class.</p> <p><u>Assessment</u></p> <ul style="list-style-type: none"> • Describe how you will clean a plain wooden table you have used for practical work. • List four materials needed for cleaning a plain wooden table. • Briefly explain how to care for a sewing machine to prolong its life span. 	Pictures and Charts	
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>		