

## GRADE 6 HOMESCIENCE SCHEME OF WORK TERM 1

SCHOOL	GRADE	LEARNING AREA	TERM	YEAR
	GRADE 6	HOME SCIENCE	1	

Week	Lesson	Strand /Theme	Sub-strand	Specific-Learning outcomes	Key Inquiry Question(S)	Learning/ Teaching Experience	Learning Resources	Assessment Methods	Refle
<b>1</b>	<b>1</b>	<b><i>Healthy living</i></b>	Meaning of adolescents	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Define adolescents</li> <li>Explain at what age does adolescents begin and end</li> <li>Watch a video clip of adolescents interacting with their family members</li> <li>Appreciate the changes that kids under go when they get to adolescent age.</li> </ul>	Who is an adolescent?	In pairs, learners are guided to identify adolescents in the environment.	Digital resources Charts Realia Play items Computing devices KLB Visionary Home Science Learner's Book Grade 6 pg. 1-2	Oral questions Oral Report Observation	
	<b>2</b>			By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Identify changes that take place during adolescence</li> <li>Represent changes that occur in boys and girls during adolescence in a table</li> <li>Appreciate the role of nature to own self and bodies.</li> </ul>	What changes to adolescents?	Learners are guided to identify changes that occur to adolescents at this stage.	Digital resources Charts Realia Play items Computing devices KLB Visionary Home Science Learner's Book Grade 6 pg. 2-4	Oral questions Oral Report Observation	

	3		Good grooming	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Define grooming</li> <li>Identify some of the daily routine grooming practices for an adolescent</li> <li>Discuss importance of grooming for an adolescent</li> <li>Appreciate practicing good grooming for healthy habit</li> </ul>	What are some of the grooming routines you do on a daily basis?	In groups, learners are guided to identify some of the routine grooming practices  In groups, learners are guided to demonstrate how perform good grooming	Digital resources Charts Realia Play items Computing devices KLB Visionary Home Science Learner's Book Grade 6 pg. 4-5	Oral questions Oral Report Observation	
2	1		Healthy eating habits for adolescents	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Discuss importance of adopting a healthy eating habit for adolescents</li> <li>Portion a healthy diet for an adolescent</li> <li>Appreciate healthy eating habit</li> </ul>	What is a balanced diet?	In pairs, learners are guided to discuss importance of healthy eating  In groups, learners are guided to prepare a balanced diet meal	Digital resources Charts Realia Play items Computing devices KLB Visionary Home Science Learner's Book Grade 6 pg. 5-7	Oral questions Oral Report Observation	
	2		Daily physical exercise as a healthy habit	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Identify physical exercise that are suitable for adolescents.</li> <li>Discuss importance of physical exercise to our bodies</li> </ul>	What is physical exercise?	Learners are guided to identify different games played in his/her locality  In groups, learners are	Digital resources Charts Realia Play items Computing devices KLB Visionary Home Science	Oral questions Oral Report Observation	

				<ul style="list-style-type: none"> <li>Perform simple exercises</li> <li>Have fun exercising as a healthy habit.</li> </ul>		guided to role play a game of his/her choosing.	Learner's Book Grade 6 pg. 7-8		
	3		Safety in the environment	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Identify dangers that might happen to adolescents in the environment</li> <li>Discuss precautions that can be taken to avoid the dangers</li> <li>Educate peers on dangers that adolescents face in the locality</li> <li>Practice safety precautions to avoid danger.</li> </ul>	What are some of the safety measures in the environment ?	In groups, learners are guided to dangers that might happen to adolescents in the environment In groups, learners are guided to demonstrate how Practice safety precautions to avoid danger.	Digital resources Charts Realia Play items Computing devices KLB Visionary Home Science Learner's Book Grade 6 pg. 8-10	Oral questions Oral Report Observation	
3	1		Accessories and cosmetics	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Define accessory and cosmetic</li> <li>Name some common accessories used by adolescents</li> <li>Draw and color accessories</li> <li>Have fun accessorizing own self</li> </ul>	What is an accessory?	In pairs, learners are guided to define cosmetics  In groups, learners are guided to use accessories correctly	Digital resources Charts Realia Play items Computing devices KLB Visionary Home Science Learner's Book Grade 6 pg. 11-12	Oral questions Oral Report Observation	
	2		Misuse of accessories by	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Discuss ways in which</li> </ul>	Why is it important to accessorize	Learners are guided to identify ways in	Digital resources Charts Realia	Oral questions Oral Report	

			adolescents	adolescents misuse accessories <ul style="list-style-type: none"> <li>• Watch video showing proper ways of using accessories</li> <li>• Appreciate proper accessorizing of accessories</li> </ul>	correctly?	which accessories can be misused In groups, learners are guided to properly accessorize themselves	Play items Computing devices KLB Visionary Home Science Learner's Book Grade 6 pg. 13-14	Observation	
	3		Misuse and dangers of cosmetics	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>• Identify factors to consider when using cosmetics</li> <li>• discuss ways in which adolescents can misuse cosmetics</li> <li>• create a photo album of decently dressed, accessorized and properly used cosmetics.</li> <li>• appreciate decent dressing for adolescents</li> </ul>	How should one use cosmetics?	In groups, learners are guided to identify factors to consider when using cosmetics  In groups, learners are guided to demonstrate how to properly use cosmetics	Digital resources Charts Realia Play items Computing devices KLB Visionary Home Science Learner's Book Grade 6 pg. 14-15	Oral questions Oral Report Observation	
4	1		Non - communicable diseases and disorders	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>• Explain the meaning of non-communicable disease and disorder</li> <li>• Identify non-communicable diseases and disorders</li> </ul>	What are non-communicable diseases/disorder?	In pairs, learners are guided to identify non-communicable diseases and disorders  In groups,	KLB Visionary Home Science Learner's Book Grade 6 pg. 16-17 Digital resources Charts Realia	Oral questions Oral Report Observation	

				<ul style="list-style-type: none"> <li>• Use the internet to get information about non-communicable diseases</li> <li>• Share experience on non-communicable diseases and disorders</li> </ul>		learners are guided to Share experience on non-communicable diseases and disorders	Play items Computing devices		
	2		Causes, prevention and management of common non-communicable diseases- diabetes, obesity and hypertension	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>• Identify causes of diabetes, obesity and hypertension</li> <li>• Share stories on diabetic patients if they have interacted with</li> <li>• Discuss how diabetes , obesity and hypertension can be prevented and managed</li> <li>• Appreciate prevention of obesity, diabetes and hypertension</li> </ul>	How can we prevent getting obese?	Learners are guided to identify causes of diabetes, obesity and hypertension  In groups, learners are guided to Discuss how diabetes , obesity and hypertension can be prevented and managed	KLB Visionary Home Science Learner's Book Grade 6 pg. 17-20 Digital resources Charts Realia Play items Computing devices	Oral questions Oral Report Observation	
	3		Epilepsy and asthma	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>• Identify causes, signs and symptoms of epilepsy and asthma</li> <li>• Discuss first aid procedure of epileptic and asthmatic patient</li> <li>• Role play performing first aid for epileptic</li> </ul>	What is epilepsy	In groups, learners are guided to identify causes, signs and symptoms of epilepsy  In groups, learners are	KLB Visionary Home Science Learner's Book Grade 6 pg. 20-23 Digital resources Charts Realia Play items Computing devices	Oral questions Oral Report Observation	

				and asthmatic patient <ul style="list-style-type: none"> <li>• Appreciate prevention and management of epilepsy and asthma</li> </ul>		guided to Role play performing first aid for an epileptic patient			
<b>5</b>	<b>1</b>		Heart diseases	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>• Name heart diseases</li> <li>• Discuss causes, signs and symptoms of heart diseases</li> <li>• Watch a video of patients with heart diseases</li> <li>• Appreciate proper management and prevention of heart diseases</li> </ul>	How do we prevent heart diseases?	In pairs, learners are guided to Discuss causes, signs and symptoms of heart diseases  In groups, learners are guided to Watch a video of patients with heart diseases	KLB Visionary Home Science Learner's Book Grade 6 pg. 24 Digital resources Charts Realia Play items Computing devices	Oral questions Oral Report Observation	
	<b>2</b>		Cancer	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>• Explain the meaning of cancer</li> <li>• Watch a video showing care of cancer patients</li> <li>• Create awareness of common preventable cancer</li> <li>• Discuss causes and prevention of cancer</li> <li>• Appreciate healthy living as a daily habit</li> </ul>	What is cancer?	Learners are guided to Discuss causes and prevention of cancer  In groups, learners are guided to Create awareness of common preventable cancer	KLB Visionary Home Science Learner's Book Grade 6 pg. 25-27 Digital resources Charts Realia Play items Computing devices	Oral questions Oral Report Observation	
	<b>3</b>	<b>Consumer education</b>	Budgeting	By the end of the sub-strand, the learner should be able to:	What is budget?	In groups, learners are	KLB Visionary Home Science	Oral questions	

				<ul style="list-style-type: none"> <li>Define budget</li> <li>Prepare a shopping list</li> <li>Discuss importance of preparing a budget</li> <li>Appreciate proper panning to avoid running out of funds</li> </ul>		guided to Prepare a shopping list	Learner's Book Grade 6 pg. 28-30 Digital resources Charts Realia Play items Computing devices	Oral Report Observation	
<b>6</b>	<b>1</b>		Importance of budgeting	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>List factors to consider when making a budget</li> <li>Make a simple budget for personal effects</li> <li>Appreciate the need for budgeting</li> </ul>	Why do we prepare a budget?	<p>In pairs, learners are guided to List factors to consider when making a budget</p> <p>In groups, learners are guided to Make a simple budget for personal effects</p>	KLB Visionary Home Science Learner's Book Grade 6 pg. 30-32 Digital resources Charts Realia Play items Computing devices	Oral questions Oral Report Observation	
	<b>2</b>		Revision	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Answer topical questions correctly</li> </ul>		Learners are guided to Answer topical questions correctly	KLB Visionary Home Science Learner's Book Grade 6 pg. 32 Digital resources Charts Realia Play items Computing devices	Oral questions Oral Report Observation	
	<b>3</b>	<b>Food and nutrition</b>	Food nutrients-	By the end of the sub-strand, the learner should be able to:	What is a mineral?	In groups, learners are	KLB Visionary Home Science	Oral questions	

			minerals (iodine and iron)	Define nutrients <ul style="list-style-type: none"> <li>Identify nutrients found in different food groups</li> <li>Identify foods rich in iodine and iron</li> <li>Discuss importance of iron and iodine in our bodies</li> <li>Appreciate importance of iron and iodine in our bodies</li> </ul>		guided to Identify foods rich in iodine and iron  In groups, learners are guided to Discuss importance of iron and iodine in our bodies	Learner's Book Grade 6 pg. 33-34 Digital resources Charts Realia Play items Computing devices	Oral Report Observation	
7	1		Importance of different minerals in the body	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Explain importance of different minerals in our bodies</li> <li>Prepare foods rich in iron</li> <li>Have fun classifying food according to their mineral content</li> <li>Prepare a meal plan contain foods with different minerals</li> </ul>	What mineral can one get from meat?	In pairs, learners are guided to explain importance of different minerals in our bodies  In groups, learners are guided to Prepare foods rich in iron	KLB Visionary Home Science Learner's Book Grade 6 pg. 34-35 Digital resources Charts Realia Play items Computing devices	Oral questions Oral Report Observation	
	2		Keeping a daily log of foods rich in minerals	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Discuss importance eating foods rich in essential minerals</li> <li>Prepare a daily log of foods rich in minerals</li> <li>Appreciate eating foods</li> </ul>	What are the essential minerals required by our bodies?	Learners are guided to Discuss importance eating foods rich in essential minerals	KLB Visionary Home Science Learner's Book Grade 6 pg. 36-37 Digital resources Charts Realia	Oral questions Oral Report Observation	



				<p>rich in essential minerals</p> <ul style="list-style-type: none"> <li>• Answer question on the sub topic</li> </ul>		<p>In groups, learners are guided to Prepare a daily log of foods rich in minerals</p>	<p>Play items Computing devices</p>		
	<b>3</b>		<p>Preservation and storage of meat</p>	<p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• identify sources of meat that we eat.</li> <li>• Search in the internet to find different sources of meat</li> <li>• Draw simple sources of meat</li> <li>• Appreciate sources of meat by taking care of these animals to ensure safe meat and health of the animals</li> </ul>	<p>Where do we get meat from?</p>	<p>In groups, learners are guided to identify sources of meat that we eat.</p> <p>In groups, learners are guided to demonstrate how to take care of common sources of meat at home</p>	<p>KLB Visionary Home Science Learner's Book Grade 6 pg. 38-39 Digital resources Charts Realia Play items Computing devices</p>	<p>Oral questions Oral Report Observation</p>	
<b>8</b>	<b>1</b>		<p>Importance of preserving and storing meat</p>	<p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Explain reasons for preserving meat</li> <li>• List reasons for preserving meat</li> <li>• Name facilities used to preserve and store meat</li> <li>• Demonstrate how to preserve meat by</li> </ul>	<p>How do you preserve meat at home?</p>	<p>In pairs, learners are guided to Explain reasons for preserving meat</p> <p>In groups, learners are guided to Demonstrate</p>	<p>KLB Visionary Home Science Learner's Book Grade 6 pg. 39-41 Digital resources Charts Realia Play items Computing devices</p>	<p>Oral questions Oral Report Observation</p>	

				smoking		how to preserve meat by smoking			
	2		Safety storage of meat	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>• Discuss safety measures to observe when storing meat</li> <li>• List factors to consider when choosing a method of preserving meat</li> <li>• Appreciate proper preservation of meat</li> <li>• Watch a video showing different ways of preserving meat</li> </ul>	What factors do you consider when choosing a method of preserving meat?	Learners are guided to list factors to consider when choosing a method of preserving meat  In groups, learners are guided to watch a video showing different ways of preserving meat.	KLB Visionary Home Science Learner's Book Grade 6 pg. 41 Digital resources Charts Realia Play items Computing devices	Oral questions Oral Report Observation	
	3		Ways of preserving meat at home-sun drying	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>• Demonstrate how to preserve meat at home by drying</li> <li>• Discuss advantages and disadvantages of preserving meat by sun drying</li> <li>• Appreciate preserving meat by sun drying</li> </ul>	What are disadvantages of preserving meat by sun drying?	In groups, learners are guided to Discuss advantages and disadvantages of preserving meat by sun drying  In groups, learners are guided to Demonstrate how to preserve meat at home by drying	KLB Visionary Home Science Learner's Book Grade 6 pg. 42 Digital resources Charts Realia Play items Computing devices	Oral questions Oral Report Observation	
9	1		Ways of preserving	By the end of the sub-strand, the learner should be able to:	What are advantages	In pairs, learners are guided to	KLB Visionary Home Science	Oral questions	

			meat at home-refrigeration	<ul style="list-style-type: none"> <li>• Demonstrate how to preserve meat at home by refrigeration</li> <li>• Discuss advantages and disadvantages of preserving and storing meat by refrigeration</li> <li>• Appreciate preserving meat by refrigeration</li> </ul>	of preserving meat by refrigeration ?	<p>Discuss advantages and disadvantages of preserving and storing meat by refrigeration</p> <p>In groups, learners are guided to Demonstrate how to preserve meat at home by refrigeration</p>	Learner's Book Grade 6 pg. 43 Digital resources Charts Realia Play items Computing devices	Oral Report Observation	
	2		Ways of preserving meat at home-smoking	<p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate how to preserve meat at home by smoking</li> <li>• Discuss advantages and disadvantages of preserving meat by smoking</li> <li>• Have fun by preserving meat by smoking</li> </ul>	What are advantages of preserving meat by smoking?	<p>Learners are guided to Discuss advantages and disadvantages of preserving meat by smoking</p> <p>In groups, learners are guided to Demonstrate how to preserve meat at home by smoking</p>	KLB Visionary Home Science Learner's Book Grade 6 pg. 44 Digital resources Charts Realia Play items Computing devices	Oral questions Oral Report Observation	
	3		Ways of preserving meat at home-salting	<p>By the end of the sub-strand, the learner should be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate how to preserve meat at home by salting</li> <li>• Discuss advantages and</li> </ul>	Have you ever preserved meat by salting?	<p>In groups, learners are guided to Discuss advantages and disadvantages of preserving meat</p>	KLB Visionary Home Science Learner's Book Grade 6 pg.44-45 Digital resources Charts	Oral questions Oral Report Observation	

				disadvantages of preserving meat by salting <ul style="list-style-type: none"> <li>Appreciate preserving meat by salting</li> </ul>		by salting  In groups, learners are guided to Demonstrate how to preserve meat at home by salting	Realia Play items Computing devices		
<b>10</b>	<b>1</b>		Hygiene measure while preserving meat	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Identify hygiene measures to observe when storing meat</li> <li>Demonstrate/Showcase safety hygiene measures when storing meat</li> <li>Appreciate safety measures when storing meat</li> </ul>	What are the safety measure to consider when storing meat?	In pairs, learners are guided to Identify hygiene measures to observe when storing meat  In groups, learners are guided to Showcase safety hygiene measures when storing meat	KLB Visionary Home Science Learner's Book Grade 6 pg. 45-46 Digital resources Charts Realia Play items Computing devices	Oral questions Oral Report Observation	
	<b>2</b>		How to store preserved meat at home	By the end of the sub-strand, the learner should be able to: <ul style="list-style-type: none"> <li>Name storage equipment's used to store food at home</li> <li>Watch a video showing how to store food</li> <li>Demonstrate how to</li> </ul>	What is the use of a freezer?	Learners are guided to Name storage equipment's used to store food at home In groups, learners are	KLB Visionary Home Science Learner's Book Grade 6 pg. 46-47 Digital resources Charts Realia	Oral questions Oral Report Observation	

				<div>store food in a freezer</div> <ul style="list-style-type: none"><li>Have fun storing preserved meat</li><li>Discuss importance of preserving meat</li></ul>		<div>guided to</div> <div>Demonstrate</div> <div>how to store</div> <div>food in a freezer</div>	<div>Play items</div> <div>Computing</div> <div>devices</div>		
	3		Revision	<div>By the end of the sub-strand,</div> <div>the learner should be able to:</div> <ul style="list-style-type: none"><li>Answer questions at the end of the sub-strand</li></ul>		<div>In groups,</div> <div>learners are</div> <div>guided to</div> <div>answer all</div> <div>questions</div> <div>correctly</div>	<div>KLB Visionary</div> <div>Home Science</div> <div>Learner’s Book</div> <div>Grade 6 pg.48</div> <div>Digital resources</div> <div>Charts</div> <div>Realia</div> <div>Play items</div> <div>Computing</div> <div>devices</div>	<div>Oral</div> <div>questions</div> <div>Oral Report</div> <div>Observation</div>	