**EMERALD ROYAL INTERNATIONAL SCHOOL, MPAPE ABUJA**

**LESSON PLAN AND NOTE FOR WEEK 3 ENDING 27TH JANUARY, 2023**

**TERM:** SECOND TERM

**WEEK:** WEEK 2

**DATE** : 23RD - 27TH January 2023

**SUBJECT:** HOME ECONOMICS

**CLASS : J S 2**

**TOPIC:**  Meals and Snacks

**SUB - TOPIC: 1** .definitions

1. Factors to consider when planning a meal.
2. Differences between meals and snacks

**PERIOD : 5th**

**TIME :** 11: 10 - 11: 50

**DURATION**: 40 minutes

**AVERAGE AGE**: 12 years

**SEX:** mixed

**LEARNING OBJECTIVES:** by the end of the lesson,the students, should be able to;

1. Explain terms used in pattern drafting
2. State the uses of pattern drafting
3. State the tools for body measurement and their uses.

**RATIONALE:** the students should understand the differences between meals and snacks

**PREVIOUS KNOWLEDGE:** The students have been taught pattern drafting.

**INSTRUCTIONAL MATERIALS:** chart showing examples of meals and snacks.

**Reference Material:** comprehensive Home Economics Book 2 for junior secondary schools by R.A Ogunjimie etal

**LESSON DEVELOPMENT**

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| --- | --- | --- | --- |
| **STAGES** | **TEACHER’S ACTIVITIES** | **PUPILS ACTIVITIES** | **LEARNING POINT** |
| **INTRODUCTION** | The teacher introduces the lesson by reviewing the previous lesson. | The students were active. | To arouse the students interest. |
| **PRESENTATION**  **STEP 1** | The teacher defines meals and snacks. | The students pay attention. | To keep them focus. |
| **STEP 2** | The teacher explains the factors to consider when planning a meal. She asks the students to repeat after her. | The students repeat after her. | To encourage retention ability. |
| **STEP 3** | The teacher asks the students to differentiate between meals and snacks. | The students states the differences between meals and snacks. | To encourage critical thinking. |
| **BOARD SUMMARY** | MEALS AND SNACKS  A meal is the food eaten at a regular time of the day. Examples are breakfast, lunch, dinner or supper.meal is usually large enough to satisfy hunger.  FACTORS TO CONSIDER WHEN PLANNING A MEAL.   1. Age of the members of the family. 2. Size of the family. 3. Money available. 4. Health status of the family. 5. Food in season.   A meal should look attractive and tasty and it should contain all the food nutrients in the right proportion. Examples of meals are yam, rice, beans e.t.c.  SNACKS - These are light refreshment eaten in between meals.they are usually small and should not been eaten too much at any given time.they help to replenish energy which gets low as a result of daily activities.examples of snacks found in Nigeria are roasted groundnut, plantain chips, pop corn, boiled or roasted corn, roasted plantain, cake, meat pie, biscuits e.t.c.  DIFFERENCES BETWEEN A MEAL AND SNACKS   1. A meal is heavy or bulky. While a snack is light. 2. Meals are very nutritious while snacks contains little nutrients 3. Meals are eaten at a particular time of the day while snacks are eaten in between meals. 4. Meals can not be used as snacks while snacks can not be used as meals. 5. Meals nourishes the body while snacks restores used energy. 6. Meals contains all the classes of food while snacks are mostly starchy foods. | The students ask questions for further clarification | To create room for slow learners. |
| **Evaluation** | The teacher evaluates the students with the following questions;   1. Define the following 2. Meal 3. snacks 4. State at least 5 factors to consider when planning a meal. 5. State at least 5 differences between a meal and a snack. | The students attempt the questions. | To ascertain their level of understanding. |
| **Conclusion** | The teacher concludes by coping the note on the board. She checks and marks the note. | The students copy the note into their notes books. | For future use. |
| **Assignment** | State 5 examples each of meals and snacks. | The students did and submit their assignment for marking and correction. | To encourage the students to study at home. |



27TH JANUARY, 2023

DEPUTY HEAD INSTRUCTOR ADMIN

NB: APPROVED