**EMERALD ROYAL INTERNATIONAL SCHOOL, MPAPE ABUJA**

**LESSON PLAN AND NOTE FOR WEEK 4 ENDING 3RD FEBRUARY, 2023**

**TERM:** SECOND TERM

**WEEK:** WEEK 4

**DATE** : 30TH JANUARY - 3RD FEBRUARY, 2023

**SUBJECT:** HOME ECONOMICS

**CLASS : J S 1**

**TOPIC:**  The healthy feeding habit

**SUB - TOPIC: 1** .definition

1. Examples of healthy feeding habits.
2. Effect of unhealthy feeding habits.

**PERIOD : 6th**

**TIME :** 11: 50 - 12: 30

**DURATION**: 40 minutes

**AVERAGE AGE**: 11 years

**SEX:** mixed

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

1. Define healthy feeding habits .
2. Sate examples of unhealthy feeding habits
3. State the effect of unhealthy feeding habits.

**RATIONALE:** the students should understand the examples and effect of unhealthy feeding habits.

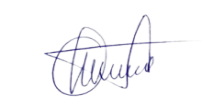
**PREVIOUS KNOWLEDGE:** The students have been taught cosmetics and deodorant.

**INSTRUCTIONAL MATERIALS:** chart showing different uses of textile

**Reference Material:** comprehensive Home Economics Book 1 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 healthy feeding habit. | The students pay attention. | To keep them focus. |
| **STEP 2** | The teacher asks the students to state examples of healthy feeding habits. | The students state the examples. | To encourage critical thinking. |
| **STEP 3** | The teacher states the effects of unhealthy feeding habits. | The students pay attention. | To keep them focus. |
| **BOARD SUMMARY** | THE HEALTHY FEEDING HABITS  Healthy feeding habits - it is a routine of eating that helps individuals maintain a healthy weight and normal growth.  HEALTHY FEEDING HABIT   1. washing hands before and after eating. 2. Eat slowly. 3. Take a small quantity of food at a time. 4. Chew food properly. 5. Do not talk with food in your mouth. 6. Serve food with water instead of juice.   UNHEALTHY FEEDING HABIT - Unhealthy feeding habit are eating method that cause sickness in individuals.  The effect of unhealthy feeding habits may be ;   1. Nutrient deficiency like 2. Obesity 3. Kwashiorkor 4. Diabetes 5. High blood pressure 6. Cancer 7. Marasmus e.t.c. 8. stomach ache 9. Vomiting 10. Discomfort because you can not go the toilet regularly. 11. Dullness and dizziness. | 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 healthy feeding habit. 2. State at least 5 examples of healthy habits 3. Define unhealthy feeding habits. 4. State at least 5 effect of unhealthy feeding habits. | 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** | 1. Define the following terms; 2. Food additives 3. Give at least 5 examples of food additive. 4. Define food contaminant. 5. Give at least 5 examples of food contaminant. | The students did and submit their assignment for marking and correction. | To encourage the students to study at home. |



3RD FEBRUARY 2023

DEPUTY HEAD INSTRUCTOR ADMIN

NB: APPROVED!