**EMERALD ROYAL INTERNATIONAL SCHOOL, MPAPE ABUJA**

**LESSON PLAN AND NOTE FOR 1 ENDING FRIDAY 5TH MAY,2023.**

**TERM : THIRD**

**WEEK : 1**

**DATE : 2ND - 5TH MAY, 2023**

**CLASS : JS I**

**SUBJECT: HOME ECONOMICS**

**TOPIC: HEALTHY FEEDING AND EATING PRACTICES**

**SUB-TOPIC: 1. Definition of healthy feeding .**

**2. definition of food.**

**3. Functions of food**

**TIME: 11:50 – 12:30**

**DURATION:**  **40 minutes**

**PERIOD: 6th**

**NUMBER IN CLASS:**  **18**

**AVERAGE AGE: 11 years**

**SEX: mixed**

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

1. Define healthy feeding .
2. Define food.
3. State the functions of food.

**RATIONALE:** The students should understand the definition and functions of food.

**PREVIOUS KNOWLEGDE:** The students have been taught food nutrients .

**INSTRUCTIONAL MATERIALS:** chart showing healthy feeding practices .

**REFERENCE MATERIALS: Comprehensive Home Economics Book 1 for Junior Secondary schools by Ogunjimi etal.**

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| **STEPS** | **TEACHER’S ACTIVITIES** | **STUDENTS’ ACTIVITIES** | **LEARNING POINTS** |
| **INTRODUCTION** | The teacher introduces the lesson by reviewing the previous lesson. | The students were active during the review. | To arouse the students interested. |
| **PRESENTATION**  **STEP 1** | The teacher defines healthy feeding practices | The students pay attention. | To keep them focus. |
| **STEP 2** | The teacher asks the students to define food | The students defines food. | To encourage critical thinking. |
| **STEP 3** | The teacher states the functions of food. | The students pay attention. | To keep them focus. |
| **SUMMARY** | **HEALTHY FEEDING AND EATING PRACTICES.**  **Healthy feeding is eating** right**. Adequate diet is important for good health.**  Meaning of food – Food is any liquid or solid material which when eaten and digested can provide the body with nourishment.  Function of food  1.It provides the body with energy and heat.  2.It helps in the growth and repair of body tissues  3.It protects the body against diseases.  4.Food is necessary for good health and vitality.  5.Roughage in food helps bowel movement and prevents constipation. | The students asks questions for more clarification. | To create room for slow learners. |
| **EVALUATION** | The teacher evaluates the students with the following questions;  1.define the following terms  a. healthy feeding  b. food  2. state at least 5 functions of food. | The students attempt the questions. | To ascertain their level of understanding. |
| **CONCLUSION** | The teacher concludes by coping note on the board. She checks and makes the note. | The students copy the note on the board. | For future reference. |
| **ASSIGNMENT** | State at least 2 sources of Roughage in food. | The students did and submit their assignment for marking and correction. | To encourage the students to study at home. |



5th may 2023

DEPUTY HEAD INSTRUCTOR ADMIN

Approved!