**EMERALD ROYAL INTERNATIONAL SCHOOL, MPAPE ABUJA**

**LESSON PLAN AND NOTE FOR 5 ENDING FRIDAY 10TH FEBRUARY 2023.**

**TERM : SECOND TERM**

**WEEK : 5**

**DATE : 6TH - 10TH FEBRUARY, 2023**

**CLASS : J S 2**

**SUBJECT: HOME ECONOMICS**

**TOPIC: PREPARATION OF MEAL**

**SUB-TOPIC: 1. Advantages of cooking methods.**

**2. Disadvantages of cooking methods .**

**3. Guidelines for cooking methods**

**TIME: 11:50 – 12:30**

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

**PERIOD: 6th**

**NUMBER IN CLASS:**  **12**

**AVERAGE AGE: 12 years**

**SEX: mixed**

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

1. State the advantages of cooking methods.
2. State the disadvantages of cooking method.
3. State the guidelines for cooking methods .

**RATIONALE:** The students should understand the advantages and disadvantages of cooking methods.

**PREVIOUS KNOWLEGDE: The students have been taught cooking methods.**

**INSTRUCTIONAL MATERIALS: chart showing types of family and family tree**

**REFERENCE MATERIALS: Comprehensive Home Economics Book 2 for Junior Secondary schools by OgunjimI etal.**

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| **STAGES/STEPS** | **TEACHER’S ACTIVITIES** | **PUPILS’ 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 states the advantages of different cooking methods. | The students pay attention. | To keep them focus. |
| **STEP 2** | The teacher asks the students to state the disadvantages of the cooking methods. | The students state the disadvantages of cooking methods. | To encourage critical thinking. |
| **STEP 3** | The teacher states the guidelines for cooking methods. | The students pay attention. | To keep them focus. |
| **SUMMARY** | **ADVANTAGES OF COOKING METHODS**  **Advantages of boiling**  1.boiling is a moist method and therefore soften tough cuts of foods.  2.It is a simple and quick method of cooking food.  3.It is suitable for all health conditions.  **Disadvantages of boiling**  1.water soluble nutrient like vitamins C and B complex and mineral are removed from food and lost if the water is not used as stock.  2.Food may break into pieces during cooking.  3.Food often look unattractive.  **Advantages of stewing**  1.stewed food are easily digested.  2.It conserved food nutrients.  3.Flavour of foods are retained in stewing.  **Disadvantages of stewing**  1.It is a long and slow method of cooking.  2.It requires longer time than boiling.  3.Some times vitamins C is destroyed due to the prolonged cooking time.  **Advantages of steaming**  1.Steamed foods are easily digested so steaming is suitable for cooking food for children, invalid, convalescents and the aged.  2.It renders food delicate in flavour.  3.it is a healthy method of cooking food because the nutrients are preserved.  **Disadvantages of steaming**  1.It takes longer time therefore it consume fuel.  2.Not many types of food can be cooked by steaming.  3.Steamed food are not as palatable as food cooked by other methods.  **Advantages of frying 1.**Fried food are attractive and tasty.  2. it is a fast method of cooking  3. No loss of soluble nutrient if the food is coated before frying.  **Disadvantages of frying**  1.Fried food are not easily digested.  2.frying requires careful and constant attention.  3. it is only suitable for the expensive cut of meat.  GUIDELINES FOR COOKING METHODS  1.Types of food being cooked – various food requires different methods of cooking examples cakes are baked while moi moi is steamed.  2.Facilities available for cooking – for instance an oven is required for baking.  3. Age and health of persons to be feed – for instance children and sick persons needs foods to be cooked by the most easily digested methods such as steaming, boiling.  4. Time available - Some methods require longer time and attention than others.  5.loss of nutrients - some nutrients are lost by certain methods of cooking for instance water soluble vitamins in food will be lost if the food are boiled and the cooking water is discarded. | The students asks questions for more clarification. | To create room for slow learners. |
| **EVALUATION** | The teacher evaluates the students with the following questions ;  1.state at least 3 advantage and disadvantages of the following cooking methods;  a. Boiling  b. Stewing  c. Steaming  d. Frying  2. state at least 5 guidelines for cooking methods | 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 the advantages and disadvantages of cooking methods  1.baking  2.Roasting. | The students did and submit their assignment for marking and correction. | To encourage the students to study at home. |

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**10TH FEBRUARY 2023**

**DEPUTY HEAD INSTRUCTOR ADMIN**

**NB: APPROVED!**