**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 2**

**TOPIC:**  PREPARATION OF MEALS.

**SUB - TOPIC: 1.**reasons for preparing food.

1. Food preparation term.
2. Method of cooking.

**PERIOD : 6th**

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

**DURATION**: 40 minutes

**AVERAGE AGE**: 12 years

**SEX:** mixed

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

1. State the reasons for food preparation.
2. Explain the terms used in food preparation.
3. State cooking method.

**RATIONALE:** the students should understand the cooking method.

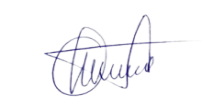
**PREVIOUS KNOWLEDGE:** The students have been taught meals and snacks.

**INSTRUCTIONAL MATERIALS:** chart showing different cooking method and the equipment used in each cooking method.

**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 states the reasons for cooking food. | The students pay attention. | To keep them focus. |
| **STEP 2** | The teacher asks the students to state terms used in cooking food. | The students state the cooking terms. | To encourage critical thinking. |
| **STEP 3** | The teacher states and explains the process of manufacturing silk. | The students were active. | To keep them focus. |
|  | FOOD PREPARATION.  **Reasons for food preparation**   1. To make it soft and easier swallower and digest. 2. To make safe to safe to consume so that bacteria which can cause illness can be destroyed. 3. To make it more attractive or improve its appearance. 4. To preserve food for later use. 5. To destroy micro-organism that cause food deteriorate. 6. To develop new flavours and stimulate appetite and the flow of digestive juice.   **FOOD PREPARATION TERMS**  Some word have special meaning when used in food preparation. Examples are;   1. MIXING TERMS - They are used to combine food ingredients or bring about a change in texture.   They are;   1. Stir - To use a spoon and a circular motion to turn food. 2. Blend, mix,combine - To stir two or more ingredients together thoroughly. 3. Beat - To make mixtures smooth by beating egg with a quick , over and over motion with a spoon or whisk.   d.Cream - To use a spoon, beater or mixer to combine ingredients until soft and creamy  e.Fold - use a rubber or plastic scraper to gently combine a delicate mixture such as beaten egg with other ingredients.  2. cutting terms - It is use for cutting ingredients such as vegetable , fruit, e.t.c.  a. Chop - To cut food in to small irregular piece e.g onion.  b. Mince - To chop food into small piece that are as small as possible.  c. Dice - cutting into evenly shaped piece.  METHODS OF COOKING   1. Boiling - This is cooking of food in boiling water until it becomes tender. 2. Stewing - It is a moist method of cooking by steam from boiling water. 3. Baking - It is a method of cooking food in dry heat in an enclosed space. 4. Roasting - It is method of cooking food in dry heat. 5. Frying - It is cooking in hot oil or fat. 6. Grilling - This is the method of cooking food either over, under or in front of a smokeless fire. | The students ask questions for further clarification | To create room for slow learners. |
| **Evaluation** | The teacher evaluates the students with the following questions;   1. State at least 5 reasons for preparing food. 2. State at least 3 cooking terms. 3. State and explain at least 5 cooking method. | 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 at least 3 foods cooked with the following method;   1. Boiling 2. Frying 3. Stewing 4. Baking. | 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!