**EMERALD ROYAL INTERNATIONAL SCHOOL, MPAPE ABUJA**

**LESSON PLAN AND NOTE FOR 5 ENDING FRIDAY 26TH MAY,2023.**

**TERM : THIRD**

**WEEK : 1**

**DATE : 22ND - 26TH MAY, 2023**

**CLASS : JS I**

**SUBJECT: HOME ECONOMICS**

**TOPIC: HEALTHY FEEDING AND EATING PRACTICES**

**SUB-TOPIC: 1. Definition of drug abuse.**

**2. classes of drug abuse.**

**3. Common signs and symptoms of drug abuse.**

**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 drug abuse | The students pay attention. | To keep them focus. |
| **STEP 2** | The teacher asks the students to state the classes of drug abuse. | The students states the classes of drug abuse. | To encourage critical thinking. |
| **STEP 3** | The teacher states the common signs and symptoms of drugs abuse. | The students pay attention. | To keep them focus. |
| **SUMMARY** | **DRUG ABUSE**  This is the intentional improper use of drugs.  **CLASSES OF ABUSED DRUGS**  1.prescription drugs or legal drugs.  2.illegal drugs like cocaine, marijuana and heroin.  3.alcohol and tobacco.  **COMMON SIGNS AND SYMPTOMS OF DRUG ABUSE**  1.sudden mood swings.  2.change in normal behaviors.  3.lack of hygiene and personal grooming.  4.unusual withdrawal from friends and family.  5.bloodshot eyes.  6.constant sniffles or runny nose.  7.change in sleep patterns. | 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 drug abuse.  2.state the classes of drugs abused.  3.state at least 5 common signs and symptoms of drugs abuse. | 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 common effects of drug abuse. | The students did and submit their assignment for marking and correction. | To encourage the students to study at home. |



26th may 2023

Deputy Head Instructor Admin

APPROVED!