**EMERALD ROYAL INTERNATIONAL SCHOOL, MPAPE ABUJA**

**LESSON PLAN AND NOTE FOR 9 ENDING FRIDAY 10TH MARCH, 2023.**

**TERM : SECOND TERM**

**WEEK : 9**

**DATE : 3RD - 10TH MARCH, 2023**

**CLASS : J S 3**

**SUBJECT: HOME ECONOMICS**

**TOPIC: FOOD HYGIENE**

**SUB-TOPIC: 1. Importance of food hygiene.**

**2. guidelines for food hygiene .**

**3. sources of food contaminates and poisoning and sensory signs of food spoilage .**

**TIME: 11:50 – 12:30**

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

**PERIOD: 6th**

**NUMBER IN CLASS:**  **13**

**AVERAGE AGE: 13 years**

**SEX: mixed**

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

1. State the importance of food hygiene.
2. Explain the guidelines for food hygiene .
3. State the sources of food contaminates and poisoning .

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

**PREVIOUS KNOWLEGDE:** The students have been taught the sewing machine.

**INSTRUCTIONAL MATERIALS:** Chart showing types of food contaminates.

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

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| **STAGES/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 states the importance of food hygiene. | The students pay attention. | To keep them focus. |
| **STEP 2** | The teacher asks the students to state the guidelines for food hygiene. | The students state the guidelines for food hygiene | To encourage critical thinking. |
| **STEP 3** | The teacher explains the source of food contaminates and poisoning and sensory signs of food spoilage. | The students pay attention. | To keep them focus. |
| **SUMMARY** | **FOOD HYGIENE**  Food hygiene is maintaining cleanliness in storage, in preparation, cooking and serving of food to prevent germs from entering the body.  IMPORTANCE OF FOOD HYGIENE  Food hygiene is very important in that anything that goes into the stomach cannot be taken out. Keeping The kitchen, cooking utensils, plates and your hands must be kept clean.  **GUIDELINES FOR FOOD HYGIENE**  1.wash hands, cooking utensils before preparing food and after preparation.  2.All places for storage of utensils should be kept clean.  3.perishable foods should be kept in refrigerator.  4.fresh fruits and vegetables must be washed thoroughly before eating.  5.wash plates before serving food in them.  6.left over food should be stored in the refrigerator.  7.if you have to sneeze or cough, cover your nose or mouth with tissue and turn away from the food.  **SOURCES OF FOOD CONTAMINATES AND PIOSIONING.**  **Food contaminates** is the process of making food item unstable for consumption by bacteria or other substances that can be harmful to the consumer.  **Food poisoning** is a situation where food becomes contaminated and made unsafe for human consumption.  Symptoms associated with food poisoning may include nausea, vomiting, diarrhea, fever and some times cramps.  **Sources and causes of food contaminates and poisoning are**  1.micro organisms or bacteria.  2.poor handling of food  3.poor food hygiene practices.  4.harmful chemicals such as agro chemical.  5.physical hazards such as piece of metal, glass.  6.dirty environment.  7.poor personal hygiene.  8.flies leeching on food and food utensils.  **Sensory signs of food spoilage -** They are those things you can perceive with your sense of touch, sight, feeling and hearing . such food can change in  1.colour  2.flavour  3.odour  4.texture  5.general appearance  6.there could be mold growing on the food. | 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 food hygiene.  2. state the importance of food hygiene.  3.state at least 5 guidelines for food hygiene.  4.state at least 5 sensory signs of food spoilage. | 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 agencies that are in charge of food and drinks in Nigeria and their functions | The students did and submit their assignment for marking and correction. | To encourage the students to study at home. |



10TH MARCH 2023

DEPUTY HEAD INSTRUCTOR ADMIN

NB: APPROVED!