**EMERALD ROYAL INTERNATIONAL SCHOOL, MPAPE ABUJA**

**LESSON PLAN AND NOTE FOR 2 ENDING FRIDAY 12TH MAY,2023.**

**TERM : THIRD**

**WEEK : 2 AND 3**

**DATE : 8TH – 12TH MAY, 2023**

**CLASS : JS I**

**SUBJECT: HOME ECONOMICS**

**TOPIC: HEALTHY FEEDING AND EATING PRACTICES**

**SUB-TOPIC: 1. Groups 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. List the group of food.
2. Give examples of the groups of food.
3. State the uses of Roughage in food .

**RATIONALE:** The students should understand the groups of food.

**PREVIOUS KNOWLEGDE:** The students have been taught definition and functions of food.

**INSTRUCTIONAL MATERIALS:** chart showing the groups of food.

**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 lists the groups of food. | The students pay attention. | To keep them focus. |
| **STEP 2** | The teacher asks the students to give examples of the groups of food. | The students give examples of the groups of food. | To encourage critical thinking. |
| **STEP 3** | The teacher states the uses of Roughage. | The students pay attention. | To keep them focus. |
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| **SUMMARY** | **GROUP OF FOOD**  Food can be grouped according to the nutrients they contain and the functions they perform in the body. Groups of food are  1.Body building food – These are proteins. They include meat, fish, eggs, milk, beans etc.  2.Energy foods – These are carbohydrates and fats. Examples are starchy foods such as yam, potatoes, cassava , bread, rice, palm oil, groundnut oil etc.  3.Protective foods – These protects the body against diseases. They are vitamins and minerals. Sources includes vegetables and fruits.  4. Roughage - This is an important food item. It is indigestible part of food such as cellulose.  **USES**  1.It increases the bulk of food.  2.It helps digestion and bowel movement.  3.It helps to prevent 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.state the 4 groups of food  2.give at least 2 examples of each group.  3. state at least 3 uses of Roughage. | 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 3 sources each of the groups of food. | The students did and submit their assignment for marking and correction. | To encourage the students to study at home. |



12th may 2023

DEPUTY HEAD INSTRUCTOR ADMIN

Approved!