**EMERALD ROYAL INTERNATIONAL SCHOOL, MPAPE ABUJA**

**LESSON PLAN AND NOTE FOR 4 ENDING FRIDAY 19TH MAY,2023.**

**TERM : THIRD**

**WEEK : 4**

**DATE : 15TH - 19TH MAY, 2023**

**CLASS : JS I**

**SUBJECT: HOME ECONOMICS**

**TOPIC: HEALTHY FEEDING AND EATING PRACTICES**

**SUB-TOPIC: 1. Importance of healthy feeding.**

**2. Guidelines for healthy feeding.**

**3. Table manners.**

**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. State Importance of healthy feeding
2. State Guidelines for healthy feeding.
3. State the table manners .

**RATIONALE:** The students should understand the importance and guidelines of healthy feeding .

**PREVIOUS KNOWLEGDE:** The students have been taught group of food.

**INSTRUCTIONAL MATERIALS:** chart showing the table manners .

**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 states the importance of healthy feeding. | The students pay attention. | To keep them focus. |
| **STEP 2** | The teacher asks the students to state the guidelines for healthy feeding. | The students state the guidelines for healthy feeding. | To encourage critical thinking. |
| **STEP 3** | The teacher states the table manners and asks the students to repeat after her. | The students repeat after the teacher. | To encourage retention ability. |
| **SUMMARY** | **IMPORTANCE OF HEALTHY FEEDING**  1.To look and feel better.  2. To have more energy.  3.To prevent you from getting some diseases like diabetes, obesity and heart disease.  4.To have better body equipped to heal fast and properly than a poorly nourished one.  **GUIDELINES FOR HEALTHY FEEDING AND EATING PRACTICES**  1.Always eat three balanced meal every day.  2.Eat food from all the groups of food.  3.Balance the food you eat with physical activity.  4.Choose diet with plenty of grains, vegetables and fruits.  5.Do not over eat.  6.Use food in season.  **TABLE MANNERS**  1.Always wash your hands before and after eating.  2.Sit upright at the dinning table but do not allow your body to touch the table.  3.Do not hurry over meal.  4.Do not talk with food in your mouth.  5.Close the mouth when chewing the food.  6.Never use knife to put food in your mouth. | The students asks questions for more clarification. | To create room for slow learners. |
| **EVALUATION** | The teacher evaluates the students with the with the following questions ;  1.state at least 4 importance of healthy feeding.  2.state at least 5 guidelines for healthy feeding.  3.state at least 5 table manners you know. | 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 5 other table manners you know that is not in your note. | The students did and submit their assignment for marking and correction. | To encourage the students to study at home. |



19th may 2023

DEPUTY HEAD INSTRUCTOR ADMIN

Approved!