GRADE 10 HOME SCIENCE LESSON PLANS - TERM 1

WEEK 1: LESSON 1

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
	GRADE 10	HOME SCIENCE			

TERM 1

Strand: 1.0 Foods and Nutrition

Sub Strand: 1.1 Overview

Specific Learning Outcomes: By the end of the lesson, the learner should be able to explain the importance of foods and nutrition.

Key Inquiry Question: How can the knowledge of foods and nutrition inform career opportunities?

Core competencies	Values	PCIs
Critical thinking, Communication	Responsibility	Health Education

Learning Resources: Curriculum Design (2024) pg 1; Textbooks.

Organisation of Learning:

Introduction (5 minutes):

Teacher introduces the new learning area: Home Science.

Ask learners what they understand by "Foods" and "Nutrition".

Lesson Development (30 minutes):

Step 1: Define the terms 'Foods' and 'Nutrition'.

Step 2: Discuss the importance of studying foods and nutrition (e.g., maintaining health, preventing disease, proper growth).

Step 3: Brainstorm how food choices affect daily life and long-term well-being.

Step 4: Learners write down five reasons why foods and nutrition is an important area of study.

Conclusion (5 minutes):

Summary of the definition and importance.

Extended Activities:

Ask a parent why they chose to cook a specific meal for dinner.

Teacher Self-Evaluation:

WEEK 1: LESSON 2

SCHOOL	LEVEL	LEARNING AREA	DATE	TIME	ROLL
	GRADE 10	HOME SCIENCE			

Strand: 1.0 Foods and Nutrition

Sub Strand: 1.1 Overview

Specific Learning Outcomes: By the end of the lesson, the learner should be able to identify careers related to foods and nutrition.

Key Inquiry Question: What careers are available in this field?

Core competencies	Values	PCIs
Digital literacy, Self-efficacy	Hard work	Career Guidance

Learning Resources: Curriculum Design (2024) pg 1; Digital devices.

Organisation of Learning:

Introduction (5 minutes):

Review the importance of Foods and Nutrition.

Lesson Development (30 minutes):