

2025 GRADE 7 RATIONALISED AGRICULTURE AND NUTRITION SCHEMES OF WORK TERM 2

SCHOOL..... TEACHER'S NAME..... 2025

WE EK	LESSO N	STRAND	SUB- STRAND	SPECIFIC LEARNING OUTCOME	Learning experiences	KEY INQUIRY QUESTIONS	LEARNING RESOURCES	ASSESSME NT METHOD	REFLEC TION
1	1	Food Productio n Processes	Cooking Methods.	By the end of the lesson, the learner should be able to: a) List the factors that determine the choice of a cooking method. b) Identify the methods of cooking different types of food. c) Describe the methods of cooking different types of foods. d) Search the internet for information on the cooking methods; Grilling, Roasting and Steaming. e) Acknowledge the different methods of cooking food.	In groups or in pairs, learners are guided to: • Brainstorm on the factors that determine the choice of a cooking method. • List the different cooking methods. • Discuss the different methods of cooking food. • Search the internet for more information on the cooking methods.	What types of cooking methods do you know? what factors should you consider when choosing a cooking method?	Photos. Pictures. Teacher's Notes. Digital devices. <u>MTP Home Science pg 46-47.</u>	Oral questions. Assessment rubric. Written tests.	
	2	Food Productio n Processes	Cooking Methods: Grilling Method.	By the end of the lesson, the learner should be able to: a) State the guidelines for cooking food by Grilling method. b) Discuss the safety measures to observe during grilling of food. c) Prepare posters showing the guidelines for cooking food by grilling method. d) Appreciate the guidelines and safety measures to observe during grilling.	In groups, pairs, learners are guided to: • List the foods suitable for grilling. • Outline the guidelines for grilling method. • Discuss the importance of adhering to each of the guideline. • Prepare posters showing the guidelines for grilling. • Discuss the safety measures to be observed during grilling of food.	What guidelines should one observe during grilling? What is the importance of adhering to the guidelines during grilling?	<u>MTP Home Science pg 54.</u> Posters Teacher's Notes.		
	3	Food Productio	Cooking Methods:	By the end of the lesson, the learner should be able to:	In groups, learners are guided to:	What are the advantages	MTP Home Science pg 57.	Assessment rubric.	

		n Processes .	Grilling.	a) Identify the requirements and ingredients of a selected food to be cooked using grilling method b) Prepare recipes of food to be grilled. c) Discuss the advantages and disadvantages of grilling method of cooking. d) Appreciate the use of grilling method in cooking.	<ul style="list-style-type: none"> • Select a suitable food to cook by grilling method. • List the necessary requirements and ingredients to use in cooking by grilling method. • Prepare recipes of food to be grilled. • Discuss the advantages and disadvantages of grilling food. • Search the internet for recipes of grilled food. 	and disadvantages of grilling food? Which equipment are used in grilling method?	Digital devices. Teacher's Notes.	Written text Checklists. Oral questions.	
	4	Food Production Processes .	Cooking Methods: Grilling Method.	By the end of the lesson, the learner should be able to: a) Prepare and cook the selected food using the grilling method. b) Serve the food prepared using grilling method. c) Enjoy grilling food .	In groups,learners are guided to: <ul style="list-style-type: none"> • Gather the tools, equipment and materials to be used for grilling. • Follow the recipes prepared to prepare and cook the selected food using grilling method. • Record using digital devices as they cook. • Observe safety when cooking. • Serve the prepared food. 	How did you observe safety when grilling? Why should we turn food when grilling?	Recipes. School Kitchen. Selected food for grilling. Grilling Equipment and Tools.	Observation schedule. Checklists. Assessment rubric.	
2	1	Food Production Processes .	Cooking Methods: Roasting	By the end of the lesson, the learner should be able to: a) Identify the equipment and tools used in roasting. b) Outline the guidelines for cooking food by roasting. c) Prepare posters showing the guidelines for cooking food by roasting. d) Acknowledge the safety measures to observe during roasting.	In groups,pairs,learners are guided to: Identify the tools and equipment used in roasting. Draw the equipment used in roasting. Discuss the guidelines for cooking food by roasting and their importance. Outline the safety measures to observe during roasting.	What types of food are prepared using the roasting method?	Teacher's Note. MTP Home Science pg 54 & 49. Posters. Pictures.	Oral questions. Written tests. Assessment rubric.	
	2	Food Productio	Cooking Methods.	By the end of the lesson,the learner should be able to;	In groups,learners are guided to:	How do you prepare food	Teacher's Method.	Checklists. Observation	