

**SCHEME OF WORK
HOME SCIENCE
GRADE 7 2023
TERM II**

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WK	LSN	STRAND	SUB-STRAND	SPECIFIC LEARNING OUTCOMES	KEY INQUIRY QUESTIONS	LEARNING EXPERIENCES	LEARNING RESOURCES	ASSESSMENT METHODS	REFLECTION
1	1	Food and Nutrition	Small Kitchen Tools and Equipment	By the end of the lesson, the learner should be able to: Identify the kitchen tools and equipments shown in	Which kitchen equipment do you use mostly?	Individually, in groups or in pairs, learners are guided to: - Identify the kitchen tools and equipments shown in the learner	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
	2	Food and Nutrition	Small Kitchen Tools and Equipment	By the end of the lesson, the learner should be able to: Identify the kitchen tools and equipments shown in	Which kitchen equipment do you use mostly?	Individually, in groups or in pairs, learners are guided to: - Identify the kitchen tools and equipments shown in the learner	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
	3	Food and Nutrition	Describing the uses of various small kitchen tools and equipments	By the end of the lesson, the learner should be able to: Identify the materials used to make pans and pots. Give examples of baking utensils, pans and pots. Describe the uses of baking utensils, pans and pots. Draw the baking utensils, pans and pots. Appreciate the uses of baking utensils, pans and pots.	What are the uses of baking utensils, pans and pots?	Individually, in groups or in pairs, learners are guided to: - Identify the materials used to make pans and pots. -Give examples of baking utensils, pans and pots. -Describe the uses of baking utensils, pans and pots. -Draw the baking utensils, pans and pots.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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2	1	Food and Nutrition	Describing the uses of various small kitchen tools and equipments	<p>By the end of the lesson, the learner should be able to:</p> <p>Identify the materials used to make cutting tools, measuring and weighing tools and shaping and molding tools. Give examples of cutting tools, measuring and weighing tools and shaping and molding tools. Describe the uses of cutting tools, measuring and weighing tools and shaping and molding tools. Draw the cutting tools, measuring and weighing tools and shaping and molding tools. Appreciate the uses of cutting tools, measuring and weighing tools and shaping and molding tools.</p>	What are the uses of cutting tools, measuring and weighing tools and shaping and molding tools?	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Identify the materials used to make cutting tools, measuring and weighing tools and shaping and molding tools. -Give examples of cutting tools, measuring and weighing tools and shaping and molding tools -Describe the uses of cutting tools, measuring and weighing tools and shaping and molding tools. -Draw the cutting tools, measuring and weighing tools and shaping and molding tools.</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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	2	Food and Nutrition	Describing the uses of various small kitchen tools and equipments	<p>By the end of the lesson, the learner should be able to:</p> <p>Identify the materials used to make cutting tools, measuring and weighing tools and shaping and molding tools. Give examples of cutting tools, measuring and weighing tools and shaping and molding tools. Describe the uses of cutting tools, measuring and weighing tools and shaping and molding tools. Draw the cutting tools, measuring and weighing tools and shaping and molding tools. Appreciate the uses of cutting tools, measuring and weighing tools and shaping and molding tools.</p>	What are the uses of cutting tools, measuring and weighing tools and shaping and molding tools?	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Identify the materials used to make cutting tools, measuring and weighing tools and shaping and molding tools. -Give examples of cutting tools, measuring and weighing tools and shaping and molding tools -Describe the uses of cutting tools, measuring and weighing tools and shaping and molding tools. -Draw the cutting tools, measuring and weighing tools and shaping and molding tools.</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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	3	Food and Nutrition	Describing the uses of various small kitchen tools and equipments	<p>By the end of the lesson, the learner should be able to:</p> <p>Identify the materials used to make separating tools, lifting tools and mixing tools. Give examples of separating tools, lifting tools and mixing tools. Describe the uses of separating tools, lifting tools and mixing tools. Draw the separating tools, lifting tools and mixing tools. Appreciate the uses of separating tools, lifting tools and mixing tools.</p>	What are the uses of separating tools, lifting tools and mixing tools?	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Identify the materials used to make separating tools, lifting tools and mixing tools. -Give examples of separating tools, lifting tools and mixing tools. -Describe the uses of separating tools, lifting tools and mixing tools. -Draw the separating tools, lifting tools and mixing tools.</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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3	1	Food and Nutrition	Describing the uses of various small kitchen tools and equipments	<p>By the end of the lesson, the learner should be able to:</p> <p>Identify the materials used to make turning tools, scooping tools and traditional utensils. Give examples of turning tools, scooping tools and traditional utensils. Describe the uses of turning tools, scooping tools and traditional utensils. Draw the turning tools, scooping tools and traditional utensils. Appreciate the uses of turning tools, scooping tools and traditional utensils.</p>	What are the uses of turning tools, scooping tools and traditional utensils	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Identify the materials used to make turning tools, scooping tools and traditional utensils. -Give examples of turning tools, scooping tools and traditional utensils. -Describe the uses of turning tools, scooping tools and traditional utensils. -Draw the turning tools, scooping tools and traditional utensils</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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	2	Food and Nutrition	Describing the uses of various small kitchen tools and equipments	<p>By the end of the lesson, the learner should be able to:</p> <p>Identify the materials used to make turning tools, scooping tools and traditional utensils. Give examples of turning tools, scooping tools and traditional utensils. Describe the uses of turning tools, scooping tools and traditional utensils. Draw the turning tools, scooping tools and traditional utensils Appreciate the uses of turning tools, scooping tools and traditional utensils.</p>	What are the uses of turning tools, scooping tools and traditional utensils	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Identify the materials used to make turning tools, scooping tools and traditional utensils. -Give examples of turning tools, scooping tools and traditional utensils. -Describe the uses of turning tools, scooping tools and traditional utensils. -Draw the turning tools, scooping tools and traditional utensils</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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4	1	Food and Nutrition	Factors to consider when choosing small kitchen tools and equipment	<p>By the end of the lesson, the learner should be able to:</p> <p>Identify the factors to consider when choosing small kitchen tools and equipment. Read the story on learner</p>	Which factors do you consider when buying small kitchen tools and equipments?	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Identify the factors to consider when choosing small kitchen tools and equipment. -Read the story on learner</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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	2	Food and Nutrition	Factors to consider when choosing small kitchen tools and equipment	By the end of the lesson, the learner should be able to: Identify the factors to consider when choosing small kitchen tools and equipment. Read the story on learner	Which factors do you consider when buying small kitchen tools and equipments?	Individually, in groups or in pairs, learners are guided to: - Identify the factors to consider when choosing small kitchen tools and equipment. -Read the story on learner	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
	3	Food and Nutrition	Car for small kitchen tools and equipments used at home	By the end of the lesson, the learner should be able to: Identify the ways to clean and store small kitchen tools and equipments. Practise how to clean and store small kitchen tools and equipments. Appreciate the importance of storing small kitchen tools and equipments safely.	How many ways are there to clean and store small kitchen tools and equipments.	Individually, in groups or in pairs, learners are guided to: - Identify the ways to clean and store small kitchen tools and equipments. -Practise how to clean and store small kitchen tools and equipments.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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5	1	Food and Nutrition	Improvisation of small kitchen tools and equipments	By the end of the lesson, the learner should be able to: List kitchen tools and equipments that can be improvised using available materials. Improvise small kitchen tools and equipments using available materials. Have fun and enjoy improvising kitchen tools and equipments.	Which kitchen tools and equipments can be improvised?	Individually, in groups or in pairs, learners are guided to: - List kitchen tools and equipments that can be improvised using available materials. -Improvise small kitchen tools and equipments using available materials.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
	2	Food and Nutrition	Improvisation of small kitchen tools and equipments	By the end of the lesson, the learner should be able to: List kitchen tools and equipments that can be improvised using available materials. Improvise small kitchen tools and equipments using available materials. Have fun and enjoy improvising kitchen tools and equipments.	Which kitchen tools and equipments can be improvised?	Individually, in groups or in pairs, learners are guided to: - List kitchen tools and equipments that can be improvised using available materials. -Improvise small kitchen tools and equipments using available materials.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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	3	Food and Nutrition	Project; Making a flour dredger	<p>By the end of the lesson, the learner should be able to:</p> <p>List the ingredients used to make a flour dredger. Outline the procedure of making a flour dredger. Make a flour dredger. Have fun making a flour dredger.</p>	How do you make a flour dredger?	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- List the ingredients used to make a flour dredger. -Outline the procedure of making a flour dredger. -Make a flour dredger.</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
6	1	Food and Nutrition	Cooking Food; Methods of cooking different types of foods	<p>By the end of the lesson, the learner should be able to:</p> <p>Define the term grilling. Identify the foods that can be grilled. Discuss grilling as a method of cooking food. Appreciate grilling as a method of cooking</p>	What is grilling?	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Define the term grilling. -Identify the foods that can be grilled. -Discuss grilling as a method of cooking food.</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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	2	Food and Nutrition	Cooking Food; Methods of cooking different types of foods	By the end of the lesson, the learner should be able to: Define the term grilling. Identify the foods that can be grilled. Discuss grilling as a method of cooking food. Appreciate grilling as a method of cooking	What is grilling?	Individually, in groups or in pairs, learners are guided to: - Define the term grilling. -Identify the foods that can be grilled. -Discuss grilling as a method of cooking food.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Oral Observation	
	3	Food and Nutrition	Cooking Food; Methods of cooking different types of foods	By the end of the lesson, the learner should be able to: Define the term grilling. Identify the foods that can be grilled. Discuss grilling as a method of cooking food. Appreciate grilling as a method of cooking	What is grilling?	Individually, in groups or in pairs, learners are guided to: - Define the term grilling. -Identify the foods that can be grilled. -Discuss grilling as a method of cooking food.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Oral Observation	

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7	1	Food and Nutrition	Equipments used for grilling food	By the end of the lesson, the learner should be able to: Identify grilling equipments used for grilling. Draw the equipments used for grilling. Appreciate the equipments used for grilling.	What tools and equipments do you use to grill food in your locality?	Individually, in groups or in pairs, learners are guided to: - Identify grilling equipments used for grilling. -Draw the equipments used for grilling.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
	2	Food and Nutrition	Equipments used for grilling food	By the end of the lesson, the learner should be able to: Identify grilling equipments used for grilling. Draw the equipments used for grilling. Appreciate the equipments used for grilling.	What tools and equipments do you use to grill food in your locality?	Individually, in groups or in pairs, learners are guided to: - Identify grilling equipments used for grilling. -Draw the equipments used for grilling.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
	3	Food and Nutrition	Improvising grilling equipment	By the end of the lesson, the learner should be able to: Identify the equipment in learner	How else is grilling equipment improvised in your locality?	Individually, in groups or in pairs, learners are guided to: - Identify the equipment in learner	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
8	MID TERM ASSESSMENT AND MID TERM BREAK								

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9	1	Food and Nutrition	Guidelines for cooking food by grilling	By the end of the lesson, the learner should be able to: Outline the guidelines for grilling food. Discuss the safety precautions taken when grilling. Appreciate the safety precautions to observe when grilling. Observe safety when grilling.	What else should you ensure when grilling food?	Individually, in groups or in pairs, learners are guided to: - Outline the guidelines for grilling food. -Discuss the safety precautions taken when grilling.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
	2	Food and Nutrition	Guidelines for cooking food by grilling	By the end of the lesson, the learner should be able to: Outline the guidelines for grilling food. Discuss the safety precautions taken when grilling. Appreciate the safety precautions to observe when grilling. Observe safety when grilling.	What else should you ensure when grilling food?	Individually, in groups or in pairs, learners are guided to: - Outline the guidelines for grilling food. -Discuss the safety precautions taken when grilling.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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	3	Food and Nutrition	Planning, preparing, cooking and presenting grilled food	By the end of the lesson, the learner should be able to: Outline a recipe of a grilled food item. Prepare to make a grilled food item. Grill a food item. Have fun grilling food. Enjoy eating the grilled food.	Why should the meat be cut and spread?	Individually, in groups or in pairs, learners are guided to: - Outline a recipe of a grilled food item. -Prepare to make a grilled food item. -Grill a food item.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
10	1	Food and Nutrition	Describing roasting as a method of cooking food	By the end of the lesson, the learner should be able to: Define roasting. Identify equipments used for roasting food. Draw the equipments used for grilling. Appreciate the equipments used for roasting.	What other equipment can you use to roast food?	Individually, in groups or in pairs, learners are guided to: - Define roasting. -Identify equipments used for roasting food. -Draw the equipments used for grilling.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
	2	Food and Nutrition	Describing roasting as a method of cooking food	By the end of the lesson, the learner should be able to: Define roasting. Identify equipments used for roasting food. Draw the equipments used for grilling. Appreciate the equipments used for roasting.	What other equipment can you use to roast food?	Individually, in groups or in pairs, learners are guided to: - Define roasting. -Identify equipments used for roasting food. -Draw the equipments used for grilling.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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	3	Food and Nutrition	Describing roasting as a method of cooking food	<p>By the end of the lesson, the learner should be able to:</p> <p>Define roasting. Identify equipments used for roasting food. Draw the equipments used for grilling. Appreciate the equipments used for roasting.</p>	What other equipment can you use to roast food?	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Define roasting. -Identify equipments used for roasting food. -Draw the equipments used for grilling.</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
11	1	Food and Nutrition	Improvised roasting equipments	<p>By the end of the lesson, the learner should be able to:</p> <p>Discuss how tools and equipments can be improvised when roasting food. Outline the guidelines for roasting food. Discuss the safety precautions taken when roasting. Appreciate the importance of improvising equipment and tools for roasting. Observe safety when roasting.</p>	How else can roasting equipment be improvised in their locality? What else should you ensure when roasting food?	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Discuss how tools and equipments can be improvised when roasting food. -Outline the guidelines for roasting food. -Discuss the safety precautions taken when roasting.</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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	2	Food and Nutrition	Improved roasting equipments	<p>By the end of the lesson, the learner should be able to:</p> <p>Discuss how tools and equipments can be improvised when roasting food. Outline the guidelines for roasting food. Discuss the safety precautions taken when roasting. Appreciate the importance of improvising equipment and tools for roasting. Observe safety when roasting.</p>	<p>How else can roasting equipment be improvised in their locality? What else should you ensure when roasting food?</p>	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Discuss how tools and equipments can be improvised when roasting food. -Outline the guidelines for roasting food. -Discuss the safety precautions taken when roasting.</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
	3	Food and Nutrition	Planning, Preparing, and Presenting roasted food	<p>By the end of the lesson, the learner should be able to:</p> <p>Outline a recipe of a roasted food item. Prepare to make a roasted food item. Roast potatoes. Have fun roasting food. Enjoy eating the roasted potatoes.</p>	<p>Why do we parboil potatoes before roasting?</p>	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Outline a recipe of a roasted food item. -Prepare to make a roasted food item. -Roast potatoes.</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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12	1	Food and Nutrition	Describing steaming as a method of cooking food	By the end of the lesson, the learner should be able to: Define steaming. Identify equipments used for steaming food. Draw the equipments used for steaming food. Appreciate the equipments used for steaming.	What else can you use to steam food?	Individually, in groups or in pairs, learners are guided to: - Define steaming. -Identify equipments used for steaming food. -Draw the equipments used for steaming food.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
	2	Food and Nutrition	Describing steaming as a method of cooking food	By the end of the lesson, the learner should be able to: Define steaming. Identify equipments used for steaming food. Draw the equipments used for steaming food. Appreciate the equipments used for steaming.	What else can you use to steam food?	Individually, in groups or in pairs, learners are guided to: - Define steaming. -Identify equipments used for steaming food. -Draw the equipments used for steaming food.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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	3	Food and Nutrition	Improvising tools and equipments for steaming	<p>By the end of the lesson, the learner should be able to:</p> <p>Discuss how tools and equipments can be improvised when steaming food.</p> <p>Outline the guidelines for steaming food.</p> <p>Discuss the safety precautions taken when steaming food</p> <p>Appreciate the importance of improvising equipment and tools for steaming food.</p> <p>Observe safety when steaming.</p>	<p>How else is a steamer improvised in their locality?</p> <p>What else should you ensure when steaming food?</p>	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Discuss how tools and equipments can be improvised when steaming food.</p> <p>-Outline the guidelines for steaming food.</p> <p>-Discuss the safety precautions taken when steaming food</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
13	1	Food and Nutrition	Planning, preparing, cooking and presenting steamed food	<p>By the end of the lesson, the learner should be able to:</p> <p>Outline a recipe of a roasted food item.</p> <p>Prepare to make a roasted food item.</p> <p>Roast potatoes.</p> <p>Have fun roasting food.</p> <p>Enjoy eating the roasted potatoes.</p>	<p>Why should you ensure that the water is maintained at boiling point?</p>	<p>Individually, in groups or in pairs, learners are guided to:</p> <p>- Outline a recipe of a roasted food item.</p> <p>-Prepare to make a roasted food item.</p> <p>-Roast potatoes.</p>	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	

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	2	Food and Nutrition	Planning, preparing, cooking and presenting steamed food	By the end of the lesson, the learner should be able to: Outline a recipe of a roasted food item. Prepare to make a roasted food item. Roast potatoes. Have fun roasting food. Enjoy eating the roasted potatoes.	Why should you ensure that the water is maintained at boiling point?	Individually, in groups or in pairs, learners are guided to: - Outline a recipe of a roasted food item. -Prepare to make a roasted food item. -Roast potatoes.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
	1-3	Food and Nutrition	Planning, preparing, cooking and presenting steamed food	By the end of the lesson, the learner should be able to: Outline a recipe of a roasted food item. Prepare to make a roasted food item. Roast potatoes. Have fun roasting food. Enjoy eating the roasted potatoes.	Why should you ensure that the water is maintained at boiling point?	Individually, in groups or in pairs, learners are guided to: - Outline a recipe of a roasted food item. -Prepare to make a roasted food item. -Roast potatoes.	KLB; Top Scholar; Home Science Learner	Oral questions Oral Report Observation	
14	END TERM ASSESSMENT AND CLOSING								

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