

FIRST TERM

WEEKLY LESSON NOTES

WEEK 1

Week Ending: 13-10-2023	Day:	Subject: Career Technology	
Duration: 60MINS		Strand: Health And Safety	
Class: B8	Class Size:	Sub Strand: Personal Hygiene	
Content Standard: B8.1.1.1 Demonstrate understanding of basic practices that depict personal and food hygiene		Indicator: B8.1.1.1.1: Demonstrate skills of personal hygiene	Lesson: 1 of 2
Performance Indicator: Learners can demonstrate skills of personal hygiene.		Core Competencies: CP 6.5: CI 5.4: CI 5.2: CI 6.10:	
Reference: Career Technology Curriculum Pg. 41			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	Revise with learners to review their understanding in the previous lesson. Share performance indicators with learners.		
PHASE 2: NEW LEARNING	Have learners to think-pair-share on the causes of bad body odor. E.g., not bathing well. Engage learners to prepare personal hygiene cards/posters in groups to show causes of bad body odor. Guide learners to identify the appropriate materials used to prevent bad body odor. E.g., Lime/lemon, deodorant. Demonstrate how to prevent bad body odor using the materials. Let learners plan and organize campaigns to educate the school community on the elimination of bad body odor. <u>Assessment</u> 1. What is meant by Personal hygiene? 2. Mention any four Personal hygiene practices.	Pictures and charts of food	
PHASE 3: REFLECTION	Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson. Take feedback from learners and summarize the lesson. Ask learners how the lesson will benefit them in their daily lives.		

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Content Standard: B8.1.1.1 Demonstrate understanding of basic practices that depict personal and food hygiene	Indicator: B8.1.1.1.1: Demonstrate skills of personal hygiene	Lesson: 2 of 2
Performance Indicator: Learners can demonstrate skills of personal hygiene.		Core Competencies: CP 6.5: CI 5.4: CI 5.2: CI 6.10:
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