

SECOND TERM LESSON PLAN

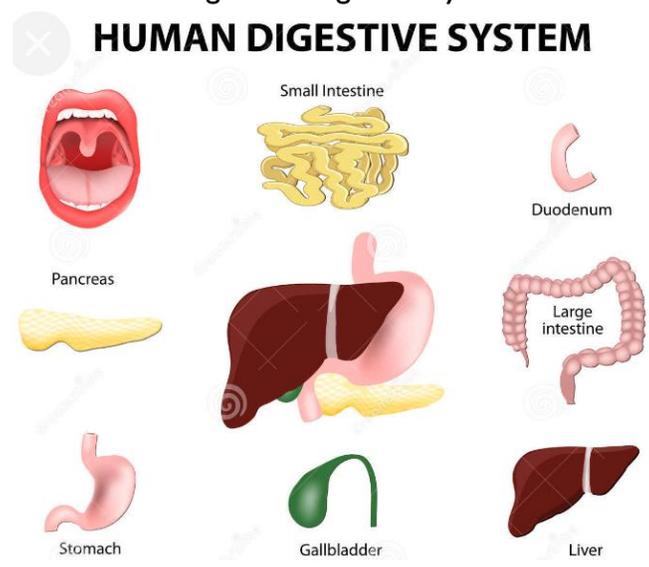
SCIENCE – B7

WEEK 1

Date: 13 TH MAY, 2022	Period:	Subject: Science
Duration: 50MINS		Strand: Systems
Class: B7	Class Size:	Sub Strand: The Human Body Systems
Content Standard: B7.3.1.1 Show an understanding of the concept of food, and the process of digestion and appreciate its importance in humans		Indicator: B7.3.1.1.1 Explain the concept of food and the need for humans to eat.
		Lesson: 1 of 3
Performance Indicator: Learners can explain why humans need to eat.		Core Competencies: DL 5.1: CP 5.1: DL 5.1: DL 6.6: CP 5.8: CP 5.1.:
References: Science Curriculum Pg. 16-17		
Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	<p>Revise with learners to find out what they already know about food and food nutrients.</p> <p>Share performance indicators and introduce the lesson.</p>	
PHASE 2: NEW LEARNING	<p>Guide learners to explain what food is.</p> <div style="text-align: center;">  </div> <p>Revise with learners on the categories of food. i.e. Energy foods – cassava, bread, rice, etc. Body Building foods – cheese, eggs, milk, fish, etc. Maintenance foods – vitamins, minerals and water.</p> <p>Learners to discuss the nutrients found in food and talk about their sources. Examples: carbohydrates, vitamins, water, fats and oils, protein</p>	<p>Illustrations, the human body charts, etc.</p>

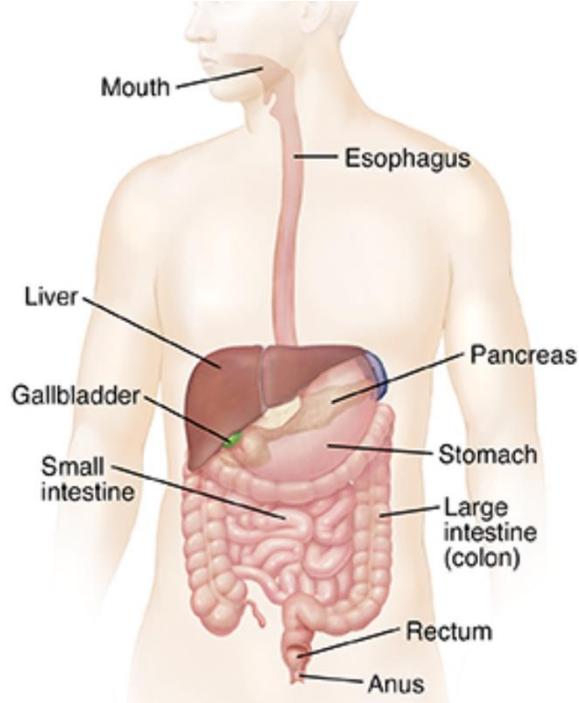
	<p>Have learners talk about the importance of food nutrients</p> <p>Example:</p> <ol style="list-style-type: none"> i. Carbohydrates are source of energy to the body. ii. Fats deposit under the skin insulate the body against lost heat. <p>Teacher compares and contrast the appearance of people who have been starved for some period of time with those who have been eating and look healthy and strong.</p> <p>Deduce from the comparison the importance of feeding in humans.</p> <p><u>Assessment</u></p> <ol style="list-style-type: none"> 1. State all the food nutrients needed in a balanced diet. 2. What are food nutrients? 3. State three importance of food to the body. 	
<p>PHASE 3: REFLECTION</p>	<p>Use peer discussion and effective questioning to find out from learners what they have learnt during the lesson.</p> <p>Take feedback from learners and summarize the lesson.</p>	

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Class: B7	Class Size:	Sub Strand: The Human Body Systems
Content Standard: B7.3.1.1 Show an understanding of the concept of food, and the process of digestion and appreciate its importance in humans	Indicator: B7.3.1.1.2 Examine what happens to food at the stages of digestion in humans	Lesson: 2 of 3
Performance Indicator: Learners can describe the stages of the digestive system.	Core Competencies: DL 5.1: CP 5.1: DL 5.1: DL 6.6: CP 5.8: CP 5.1.:	
References: Science Curriculum Pg. 16-17		

Phase/Duration	Learners Activities	Resources
PHASE 1: STARTER	<p>Review topics on digestion in humans from Primary 6.</p> <p>Observe and identify the parts of the alimentary canal of humans from models and charts.</p> <p>Share performance indicators and introduce the lesson.</p>	
PHASE 2: NEW LEARNING	<p>Brainstorm to bring out the meaning of the term digestion.</p> <p>Guide learners to explain why a digestive system is necessary in humans.</p> <p>Guide learners to identify the parts of the alimentary canal in a drawing of the digestive system.</p> <div style="text-align: center;">  <p>HUMAN DIGESTIVE SYSTEM</p> </div> <p>Guide learners to research and describe what happens to food e.g. a piece of boiled yam / cassava / plantain / cocoyam / bread, egg, meat, orange, palm</p>	<p>Illustrations, the human body charts, etc.</p>

oil and many others when it gets into the mouth, stomach, large and small intestines.

Draw and label the digestive system of humans.



Assessment

1. What is digestion?
2. Identify the organs of the digestive system.
3. State the functions of any three organs of the digestive system.

**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.