

WEEK 2

Date:	Day:	Subject: Career Technology	
Duration: 100mins		Strand: Health and Safety	
Class: B7	Class Size:	Sub Strand: Personal Hygiene & Food Hygiene	
Content Standard: B7.1.1.1 Demonstrate knowledge of basic concept of staying healthy		Indicator: B7.1.1.1.2: Describe ways of maintaining personal hygiene	Lesson: 2 of 3
Performance Indicator: Learners can identify some personal hygiene practices		Core Competencies: CC 8.1, CC 8.2, CP5.1, PL6.2	
References: Career Tech. Curriculum Pg.2			
Keywords: personal hygiene,			
Phase/Duration	Learners Activities	Resources	
PHASE 1: STARTER	<p>Using questions and answers, find out what learners already know about personal hygiene.</p> <p>In turns, let learners mention some of the personal hygiene practices they observe at home.</p> <p>Share with learners the performance indicators.</p>	Pictures, Posters and illustrations	
PHASE 2: NEW LEARNING	<p>Brainstorm the meaning of Personal hygiene from learners.</p> <p>In groups, engage learners to discuss ways of maintaining personal hygiene. E.g., - Wash the body often. - Clean the teeth at least twice a day. - Wash hands after visiting the toilet.</p> <p>Guide learners to demonstrate the personal hygiene practices in groups. E.g., Care of finger nails, hair, nose, ear, mouth and teeth</p> <p><u>Assessment</u> 1. What is personal hygiene? 2. Mention any four personal hygiene practices.</p>		
PHASE 3: REFLECTOIN	<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> <p>Ask learners how the lesson will benefit them in their daily lives.</p>		