

WEEKS	TOPICS	Learning Objectives: By the end of the lessons, students should be able to:
1.	Revision of second term's work	Resumption test revision of some topics
2	Uses of personal and family resources	Meaning , list and state uses of personal and family resources , discuss importance or reasons
3	Care of personal belongings	Meaning , items, examples, state guidelines and discuss the reasons for care
4	Food safety	Discuss meaning, justify the importance , write food safety rules
5	Food contamination	Meaning , state types and examples of food contamination
6	Cooking of food	Meaning of cooking, state common methods of cooking , state reasons for cooking
7	Mid- Term break / Mid-term Test	Mid-term test / Continuous assessment / Open day
8	Cooking methods – boiling , steaming	Discuss the meaning of method of cooking , state the merits and demerits, choose suitable method
9	Cooking method – baking , roasting and frying	Meaning , compare, merits and demerits of baking , roasting and frying method of cooking
10	Cooking methods – experiment each of cooking method	Experiment each of the cooking method, evaluate the outcome recommend method of cooking , suitable for particular food
11	Revisions	Revisions and Final Examinations
12	Revisions	Revisions and Final Examinations

REFERENCES

1. NERDC
2. UNIFIED SCHEME OF WORK
3. ONLINE SOURCES ETC.

WEEK: 2 **DAY:** **SUBJECT:**
DATE: **TOPIC:**
SUBTOPIC: **PERIODS:** **DURATIONS:**

LEARNING OBJECTIVES: By the end of the lesson, pupils should be able to:

- Explain the meaning of resources
- List personal resources and family resources
- Examine personal resources and personal belongings

Learning Activities

- Pupils as a class discuss the meaning of resources
- Pupils in small groups classify resources and family resources
- Pupils as individuals enumerate personal belongings
- Pupils in pairs compare personal resources and personal belongings

Embedded Core Skills

- Critical thinking and problem solving
- Digital Literacy
- Communication and Collaboration
- Leadership and Personal Development
- Critical thinking and problem solving
- Personal Development

Learning Resources

- wall charts showing personal belongings
- pictures
- flash cards
- Samples of some personal belongings



INSTRUCTIONAL TECHNIQUES:

- Identification,
- explanation,
- questions and answers,
- demonstration,
- story-telling,
- videos from source

Content

The meaning of personal resources

Personal resources refer to the skills, abilities, qualities, and assets that a person possesses that help them achieve their goals and handle challenges in life. These resources can be physical, mental, emotional, or financial in nature.

Examples of personal resources for grade 6 pupils include:

1. **Physical resources:** Examples of physical resources include good health, athletic ability, and dexterity. For example, a child who is good at running is a valuable resource to their school's track and field team.
2. **Mental resources:** Examples of mental resources include intelligence, creativity, and problem-solving skills. For example, a child who is good at math can use their skills to help classmates with their math homework.
3. **Emotional resources:** Examples of emotional resources include resilience, empathy, and a positive attitude. For example, a child who is able to stay calm and level-headed during a crisis is a valuable resource to their family and friends.
4. **Financial resources:** Examples of financial resources include savings, investments, and inheritance. For example, a child who has saved up money for a trip to the amusement park has valuable financial resources.

It's important for pupils to understand and recognize their own personal resources, as it can help boost their confidence and give them a sense of self-worth. Additionally, identifying their personal resources can help pupils make informed decisions about their future and set achievable goals.

The meaning of family resources

Family resources refer to the skills, abilities, qualities, and assets that a family possesses that help them achieve their goals and handle challenges as a unit. These resources can be physical, mental, emotional, or financial in nature, and may be shared or unique to each individual family member.

Examples of family resources include:

1. **Physical resources:** Examples of physical resources include a family's home, cars, and shared tools or equipment. For example, a family with a large backyard can use their physical resources to grow a vegetable garden and enjoy fresh produce.
2. **Mental resources:** Examples of mental resources include the education and knowledge of family members. For example, a family with a teacher or engineer can use their mental resources to help others with school work or home repairs.
3. **Emotional resources:** Examples of emotional resources include love, support, and shared values. For example, a family that values hard work and determination can use their emotional resources to encourage each other to pursue their goals and overcome obstacles.
4. **Financial resources:** Examples of financial resources include a family's combined income, savings, and investments. For example, a family with a large savings account can use their financial resources to pay for a family vacation or make a major purchase.

It's important for pupils to understand and recognize their family's resources, as it can help the family work together towards common goals and handle challenges more effectively. Additionally, recognizing family resources can help pupils understand how their family is unique and how they can contribute to the family's overall success.

Compare and Contrast Personal Resources and Personal Belongings

Personal resources and personal belongings are related concepts, but they have different meanings.

Personal resources refer to the skills, abilities, qualities, and assets that a person possesses that help them achieve their goals and handle challenges in life. Examples of personal resources include physical resources like good health or athletic ability, mental resources like intelligence or problem-solving skills, emotional resources like resilience or empathy, and financial resources like savings or investments.

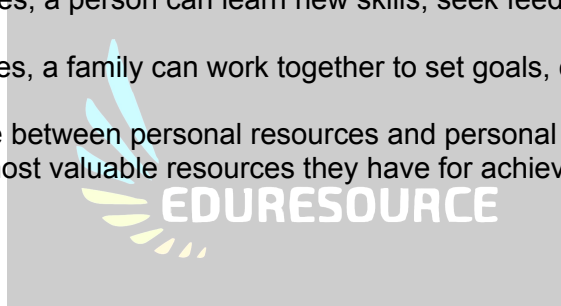
Personal belongings, on the other hand, are physical objects or possessions that are owned by an individual. Examples of personal belongings include clothing, toys, books, and electronics. Personal

belongings can also have emotional value, but they do not have the same impact on a person's ability to succeed and handle challenges as personal resources do.

It's important for pupils to understand the difference between personal resources and personal belongings because personal resources are more valuable in helping a person achieve their goals and handle challenges. Personal resources can be developed and improved over time, while personal belongings are limited in what they can provide. Additionally, personal resources can be more important than personal belongings when it comes to building confidence, self-esteem, and a sense of self-worth.

Summary

1. Personal resources are skills, abilities, qualities, and assets that a person possesses that help them achieve their goals and handle challenges in life.
2. Family resources are the combined skills, abilities, qualities, and assets that a family possesses that help them achieve their goals and handle challenges as a unit.
3. Personal belongings are items a person owns, such as furniture, clothing, and toys.
4. Personal resources and personal belongings are different because personal resources are intangible assets that help a person achieve their goals and handle challenges, while personal belongings are just things a person owns.
5. A T-chart is a tool used to compare and contrast personal resources and personal belongings.
6. Examples of personal resources include intelligence, creativity, communication skills, and determination.
7. Examples of family resources include cooking skills, financial stability, and a support network.
8. To improve personal resources, a person can learn new skills, seek feedback and practice, and cultivate positive qualities.
9. To strengthen family resources, a family can work together to set goals, communicate effectively, and support each other.
10. Understanding the difference between personal resources and personal belongings is important because it helps a person identify the most valuable resources they have for achieving their goals and handling challenges.



EVALUATION

1. What are personal resources? a. Physical objects or possessions owned by an individual b. Skills, abilities, qualities, and assets that a person possesses c. A family's combined income and savings d. The emotional value of a person's belongings
2. What are family resources? a. Physical objects or possessions owned by an individual b. Skills, abilities, qualities, and assets that a family possesses c. A person's combined income and savings d. The emotional value of a family's belongings
3. What is the difference between personal resources and personal belongings? a. Personal resources are more valuable in helping a person achieve their goals and handle challenges b. Personal belongings are more valuable in helping a person achieve their goals and handle challenges c. There is no difference between the two d. Personal resources and personal belongings are the same thing
4. What are examples of personal resources? a. Clothing and toys b. Good health and athletic ability c. Savings and investments d. Love and support
5. What are examples of family resources? a. Clothing and toys b. Good health and athletic ability c. A family's home and shared tools d. Resilience and empathy
6. Which of the following is a personal resource? a. A person's books b. A person's intelligence c. A person's car d. A person's home
7. Which of the following is a family resource? a. A family's books b. A family's combined income c. A family's car d. A family's values

8. What can personal resources provide to a person? a. Physical objects or possessions b. Help in achieving goals and handling challenges c. Money and savings d. Emotional support
9. What can family resources provide to a family? a. Physical objects or possessions b. Help in achieving goals and handling challenges as a unit c. Money and savings d. Emotional support for each individual family member
10. Why is it important to understand the difference between personal resources and personal belongings? a. To build confidence, self-esteem, and a sense of self-worth b. To make informed decisions about personal finances c. To know what possessions to keep and what to get rid of d. To understand the emotional value of personal belongings



WEEK: 3 **DAY:** **SUBJECT:**

DATE: **TOPIC:**

SUBTOPIC: **PERIODS:** **DURATIONS:**

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. Meaning of Personal belonging
2. Care of personal belongings
3. State guidelines
4. Discuss the reasons

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT: CARE OF PERSONAL BELONGINGS

LESSON 1 – INTRODUCTION

There are items that general and belong to everyone but there are items that are not. Everyone has the right to have personal items for safety purposes.

These items are called personal belongings.

MEANING OF PERSONAL BELONGINGS

Personal belongings are items (things) that are belong to one person.

For example – clothes, shoes, towel, underwear, toothbrush, wristwatch, etc.

These items are used everyday and not to be shared with anyone.

CHOICE OF PERSONAL BELONGINGS

Choice of personal belongings is an act of choosing particular items many alternatives.

The choice you made describe what belongs to you.

LIST OF PERSONAL BELONGINGS

1. Clothes
2. Shoes
3. Books
4. Towel
5. Underwear
6. Toothbrush
7. Wristwatch, etc.

LESSON 2 – ITEMS THAT ARE NOT PERSONAL BELONGINGS

The items or things that are not personal belongings are –

1. Television
2. Radio
3. Chair
4. Cutlery
5. Fan
6. Classroom, etc.

USES OF PERSONAL BELONGINGS

1. Toothbrush

It is used for brushing the teeth.

2. Hair brush and comb

It is used for bushing or combing the hair.

3. Soap and Sponge

It is used for washing the body.

4. Towel

It is used for cleaning the body.

5. Shoes

It is used for protecting the feet against sharp objects and other harmful things.

6. Clothes

It is used for covering, protecting and beautifying the body.

7. Bags

It is used for carrying personal items from place to place.

GUIDELINES FOR CARE OF PERSONAL BELONGINGS

1. Keeping personal belongings in an orderly manner
2. Keeping personal belongings in their proper places
3. Keeping personal belongings clean
4. Using soap and water e.g. Washing, airing, drying, dusting

EVALUATION

1. Define personal belongings.
2. Mention five examples of personal belongings as well as their uses.
3. State five factors that influence the choice of personal belongings.

4. Mention four ways by which you can care for your personal belongings.

WEEK: 4 **DAY:** **SUBJECT:**
DATE: **TOPIC:**
SUBTOPIC: **PERIODS:** **DURATIONS:**
LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. Discuss the meaning
2. Justify the importance
3. Write food safety rules

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT: FOOD SAFETY

What is food safety? Food safety are things that we do to ensure that what we eat, drink or take into our body is not harmful to our health.

WHY WE MUST KEEP OUR FOOD SAFE

We must keep our food safe because food is a very sensitive substance and if it is not preserved it can cause health hazards such as cholera, typhoid, dysentery etc.

WAYS OF MAKING SURE THAT FOOD IS SAFE FOR EATING

1. Food should be properly cooked
2. Wash and clean the food items before cooking
3. Food should be preserved in a safe place to prevent pest like rat.
4. Our environment should be always clean.

GUIDE TO FOOD SAFETY

1. Read food label
2. Observe signs of food spoilage and what causes it
3. Wash your hand properly
4. Check the manufacturing and expiring date of food items like milk, sardines etc.

EVALUATIVE ACTIVITIES: The teacher ask the learners to:

- Define food safety
- State 3 importance or reason for food safety
- Mention two food safety guide



WEEK: 5 **DAY:** **SUBJECT:**

DATE: **TOPIC:**

SUBTOPIC: **PERIODS:** **DURATIONS:**

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. Meaning of food contaminations
2. Examples of types of food contamination

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT: FOOD CONTAMINATION

MEANING OF CONTAMINATED FOOD

Contaminated foods are foods that are not good for consumption.

EXAMPLES OF HARMFUL SUBSTANCES

1. Stale food
2. Poorly cooked food
3. Rotten food
4. Infested food
5. Expired food
6. Expired drugs
7. Unripe fruits
8. Impure water.



EFFECTS OF EATING CONTAMINATED FOOD

1. Running stomach
2. Vomiting
3. Weaken body
4. Contact diseases
5. Sickness
6. Stooling

FOOD CONTAMINATION

This refers to the presence of harmful microorganism or chemical that can cause illness in the body.

Causes of food contamination or poisoning

Food can be contaminated at any stage during its production, processing or cutting.

It is caused by eating food contaminated by bacteria.

Symptoms of Food Contamination or Poisoning

- Stomach pains
- Vomiting
- Fever

- Feeling weak
- Diarrhoea

Sources of Food Contamination

- Eating spoilt food
- Drinking polluted water
- Unhygienic handling of food
- Eating food not properly cooked



Food	Types of spoilage	Micro organism
Bread	Mouldy,	Rhizopus, Bacillus
Fresh fruits and vegetables	Bacterial soft rot, mouldy rot	Rhizopus
Fish	Discolouration	Pseudomonas



SUMMARY

Causes of Food Contamination and Poisoning

The causes of food contamination and poisoning include:

1. Contamination of food by micro-organisms e.g. bacteria (*Escherichia coli*, salmonella), virus (norovirus, rotavirus, sapovirus etc.)
2. Parasites: they derive nourishment from their host, e.g. round worms, tape worms etc.
3. Toxins and contaminants: some bacteria produce toxin or poison outside their cells when they are growing and multiplying in food, these toxins are known as exotoxins; poisonous chemicals are less easily destroyed by heating than the bacteria from which they come. Heating of food may kill bacteria, but the toxins may still survive and still cause food poisoning when the food is eaten.
4. Yeast: this is responsible for decomposition of food with high sugar content.
5. Allergens: food allergens are an abnormal response to food triggered by one's body immune system.

SOURCES OF FOOD CONTAMINATION AND POISONING

The major sources of food poisoning and contamination are:

1. Air
2. Dust
3. Sewage
4. Rodents
5. Flies
6. Dirty equipment
7. Insects
8. person

WEEK: 6 **DAY:** **SUBJECT:**

DATE: **TOPIC:**

SUBTOPIC: **PERIODS:** **DURATIONS:**

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. Meaning of Cooking
2. Reasons for cooking
3. Methods of cooking

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT: COOKING OF FOOD

Cooking is the art preparing food by heating.

There are different methods of cooking.

COMMON COOKING METHODS

1. Boiling
2. Steaming
3. Stewing
4. Frying
5. Roasting
6. Grilling
7. Broiling



REASONS FOR COOKING FOOD

- Cooking makes food easier to eat.
- It makes food more appetizing and palatable.
- It makes food easier to digest.
- It makes food safe to eat. ...
- Some foods keep longer when cooked. ...
- Cooking improves the appearance of food.
- It improves the taste of food.

EVALUATION

1. Define cooking
2. State 3 reasons for cooking

3. State 5 methods of cooking

WEEK: 7 **MID-TERM BREAK** **MID-TERM TEST** **OPEN DAY**

WEEK: 8 **DAY:** **SUBJECT:**

DATE: **TOPIC:**

SUBTOPIC: **PERIODS:** **DURATIONS:**

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. Meaning of boiling and steaming
2. Discuss methods of cooking
3. Advantages and disadvantages
4. Choose suitable method

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT: COOKING METHODS

COMMON METHOD OF COOKING FOODS



Food is cooked because many of our food cannot be eaten raw. Cooking brings out the taste in our food. Cooking makes food attractive which brings about the desire to eat.

Some food if not cooked can cause discomfort of the stomach e.g. beans, yam, etc. Cooking can make it easy to get a balanced meal. This is because the ingredients used in give different nutrients.

Common Method of Cooking Foods

- Boiling
- Steaming
- Frying
- Roasting
- Stewing
- Grilling
- Baking

Boiling: This is the process of cooking food in boiling water until it is tender e.g. rice, yam. The food and the water is placed on the stove and cooked until it gets soft.

Examples of Food Cooked By Boiling

- Beans
- Corn
- Cocoyam
- Rice
- Yam

Advantages

- It is an easy and quick method
- It makes food soft and easy to digest
- Many food can be cooked by boiling

Disadvantages

- Some food nutrient can be lost in boiling water e.g. water soluble vitamins.

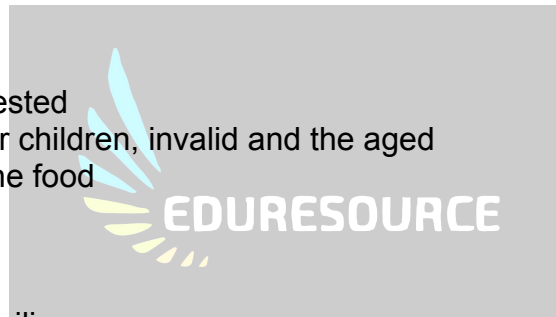
Steaming: It is a method of cooking food in the steam from boiling water. No direct contact between the food and the boiling water

Advantages

- Steam food are easily digested
- It is suitable for cooking for children, invalid and the aged
- Nutrients are retained in the food

Disadvantages

- It takes longer time than boiling
- It consume more fuel
- It tends to lack flavour



EVALUATION

1. Name five food that can be cooked by boiling.
2. List two advantages and one disadvantages of boiling.
3. State two advantages of steaming.

WEEK: 9

DAY:

SUBJECT:

DATE:

TOPIC:

SUBTOPIC:

PERIODS:

DURATIONS:

LEARNING OBJECTIVES: At the end of the lesson, students should be able to

1. Meaning of Baking and roasting , frying
2. Discuss about it
3. Compare them
4. State advantages and disadvantages

KEY VOCABULARY WORDS:

INSTRUCTIONAL MATERIALS: Wall charts, Pictures, Related Online Video, Flash Cards

CONTENT: COOKING METHODS

Cooking is the art preparing food by heating.

There are different methods of cooking.

COMMON COOKING METHODS

1. Boiling
2. Steaming
3. Stewing
4. Frying
5. Roasting
6. Grilling
7. Broiling

BOILING METHOD

Boiling method is the process of cooking food in boiling water.

Examples of foods that can be boiled are rice, beans, yam, egg, meat, etc.

ADVANTAGES OF BOILING METHOD

1. It is easy and quick method.
2. It makes food soft.
3. It makes food easy for digesting.
4. Many foods can be cooked by boiling.

DISADVANTAGES OF BOILING METHOD

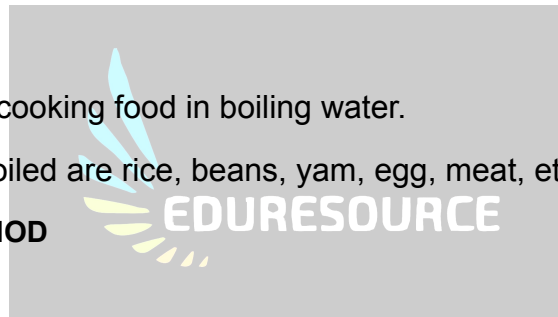
Some foods nutrients can be lost in boiling water, e.g. vitamin.

LESSON 2 – PRACTICE AND DEMONSTRATE HOW TO BOIL EGGS

PRESENTATION: To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the previous lesson. Based on this, he/she asks the pupils some questions;
2. Displays sample of boiled egg and fried egg.
3. Asks pupils to differentiate between boiled egg and fried egg.

Pupil's Activities – Differentiate between boiled egg and fried egg.



4. Uses the sample and pupil's responses to introduce and explains the meaning of boiling method.

Pupil's Activities – Pay attention to the lesson introduction.

5. Asks pupils foods that can be boiled.

Pupil's Activities – State foods that can be boiled.

6. Discuss the advantages and disadvantages of boiling method.

Pupil's Activities – List the advantages and disadvantages of boiling method.

7. Summarizes the lesson on the board.

Pupil's Activities – Participate actively in the lesson summary and write as instructed.

LESSON EVALUATION: Asks pupils to:

1. List five common methods of cooking.
2. Cook using boiling method of cooking.
3. State 2 advantages of boiling method.
4. State 2 disadvantages of boiling method.

LESSON TWO : ROASTING METHOD

Roasting method is the method of cooking food in dry heat by any of:

1. Open fire – maize, fish, etc.
2. Heated sand – groundnut

ADVANTAGES OF ROASTING METHOD

1. It is quick to digest.
2. It retains flavour.

DISADVANTAGES OF ROASTING METHOD

1. Food tends to shrink during roasting.
2. Requires constant attention.

PRESENTATION: To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the [previous lesson](#). Based on this, he/she asks the pupils some questions;
2. Guides discussion on roasting methods of cooking.

Pupil's Activities – Participate in the discussions.

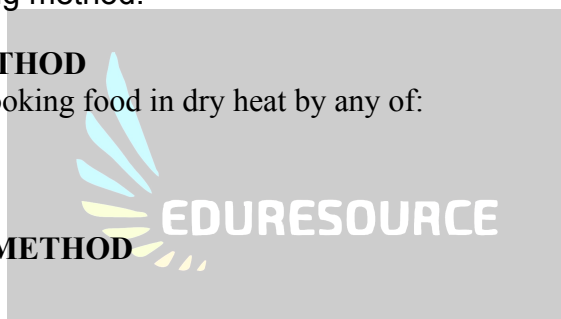
3. Gives a board summary.

Pupil's Activities – Copy the board summary.

FRYING METHOD

Frying method is the method of cooking food in hot oil, e.g. fish, meat, plantain, etc.

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TYPES OF FRYING

1. Shallow frying – is frying in a little oil or fat, e.g. pan cake, egg, etc.
2. Deep frying – is frying in plenty oil or fat, e.g. bean cake, chin chin, etc.

ADVANTAGES OF FRYING METHOD

1. It is a quick method of cooking.
2. It is very tasty and flavoured.

DISADVANTAGES OF FRYING METHOD

1. It requires careful and attention.
2. It is not suitable for infant and aged.

PRESENTATION: To deliver the lesson, the teacher adopts the following steps:

1. To introduce the lesson, the teacher revises the *previous lesson*. Based on this, he/she asks the pupils some questions;
2. Guides discussion on frying methods of cooking.

Pupil's Activities – Participate in the discussions.

3. Gives a board summary.

Pupil's Activities – Copy the board summary.

WEEK: 10

Experiment each of the cooking method , evaluate the outcome recommend method of cooking suitable for particular practical

WEEK: 11

REVISIONS

WEEK: 12

EXAMINATIONS

