

GRADE 10 HOME SCIENCE SCHEMES OF WORK FOR TERM 1

NAME OF THE TEACHER:.....

SCHOOL:..... YEAR:.....

Week	Lesson	Strand	Sub-strand	Specific Learning Outcomes	Key Inquiry Questions	Learning Experiences	Learning Resources	Assessment	Reflection
1	1	1.0 Foods and Nutrition	1.1 Overview	By the end of the lesson, the learner should be able to explain the importance of foods and nutrition.	How can the knowledge of foods and nutrition inform career opportunities?	Learner guided to discuss the importance of foods and nutrition as an area of study.	Curriculum Design (2024) pg 1; Textbooks	Oral questions	
	2			By the end of the lesson, the learner should be able to identify careers related to foods and nutrition.		Learner guided to search for information on various career opportunities.	Curriculum Design (2024) pg 1; Digital devices	Observation	
	3			By the end of the lesson, the learner should be able to appreciate the role of foods and nutrition.		Learner guided to design a career wheel and mount it on the classroom wall.	Curriculum Design (2024) pg 1; Charts	Project	
	4		1.2 Kitchen Layouts and Equipment	By the end of the lesson, the learner should be able to analyze kitchen	How does a good kitchen layout enhance efficiency?	Learner guided to illustrate L-shaped	Curriculum Design (2024) pg 2; Layout diagrams	Written quiz	

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				layouts (L-shaped).		kitchen layouts.			
	5		Kitchen layouts (U-shaped/Corridor)	By the end of the lesson, the learner should be able to analyze kitchen layouts (U-shaped/Corridor).		Learner guided to illustrate U-shaped and Corridor kitchen layouts.	Curriculum Design (2024) pg 2; Layout diagrams	Written quiz	
	6		Kitchen layouts (One wall/Island).	By the end of the lesson, the learner should be able to analyze kitchen layouts (One wall/Island).		Learner guided to illustrate One wall and Island kitchen layouts.	Curriculum Design (2024) pg 2; Layout diagrams	Written quiz	
2	1			By the end of the lesson, the learner should be able to describe tools used in the kitchen.	How do kitchen tools enhance effectiveness ?	Learner guided to observe pictures or realia to identify kitchen tools.	Curriculum Design (2024) pg 2; Realia/Pictures	Identification	
	2		Equipment used in the kitchen.	By the end of the lesson, the learner should be able to describe equipment used in the kitchen.		Learner guided to observe pictures or realia to identify kitchen equipment.	Curriculum Design (2024) pg 2; Realia/Pictures	Identification	
	3			By the end of the lesson, the learner should be able to classify kitchen		Learner guided to classify tools (glass, wood,	Curriculum Design (2024) pg 2; Kitchen tools	Classification task	

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				tools based on material.		plastic, metal).			
	4			By the end of the lesson, the learner should be able to care for wooden/plastic tools.		Learner guided to clean and store wooden and plastic tools.	Curriculum Design (2024) pg 2; Cleaning agents	Practical	
	5			By the end of the lesson, the learner should be able to care for metallic/glass tools.		Learner guided to clean and store metallic and glass tools.	Curriculum Design (2024) pg 2; Cleaning agents	Practical	
	6			By the end of the lesson, the learner should be able to improvise kitchen tools.		Learner guided to improvise kitchen tools using safe and locally available materials.	Curriculum Design (2024) pg 2; Local materials	Project	
3	1		1.3 Food Hygiene and Safety	By the end of the lesson, the learner should be able to explain the importance of food hygiene.	Why is food spoilage a concern?	Learner guided to discuss the importance of food hygiene and safety.	Curriculum Design (2024) pg 4; Textbooks	Oral questions	
	2		Food spoilage and poisoning.	By the end of the lesson, the learner should be able to differentiate food spoilage and poisoning.		Learner guided to search for differences between food spoilage and poisoning.	Curriculum Design (2024) pg 4; Digital devices	Written table	

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	3		Food spoilage and poisoning.	By the end of the lesson, the learner should be able to identify signs of food spoilage.		Learner guided to observe spoilt food and identify signs of spoilage.	Curriculum Design (2024) pg 4; Spoilt food samples	Observation	
	4		Causes of food poisoning	By the end of the lesson, the learner should be able to identify causes of food poisoning.		Learner guided to discuss causes like chemicals and micro-organisms.	Curriculum Design (2024) pg 4; Charts	Discussion	
	5		Personal Hygiene	By the end of the lesson, the learner should be able to apply hygiene practices (Personal).	How can we adopt safe habits?	Learner guided to practice personal hygiene when handling food.	Curriculum Design (2024) pg 4; Soap/Water	Practical	
	6		Hygiene in the Kitchen	By the end of the lesson, the learner should be able to apply hygiene practices (Kitchen).		Learner guided to practice hygiene in the kitchen environment.	Curriculum Design (2024) pg 4; Cleaning tools	Practical	
4	1		Hygiene Practice	By the end of the lesson, the learner should be able to adopt high hygiene standards.		Learner guided to demonstrate high hygiene standards during food preparation.	Curriculum Design (2024) pg 4; Food items	Practical	

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	2		1.4 Methods of Cooking	By the end of the lesson, the learner should be able to classify methods of cooking.	Why is knowledge on cooking methods important?	Learner guided to search on categories of cooking methods (moist vs dry).	Curriculum Design (2024) pg 6; Chart	Classification task	
	3		Prepare food for cooking	By the end of the lesson, the learner should be able to prepare food for cooking (Cutting).		Learner guided to prepare food using cutting, chopping, slicing.	Curriculum Design (2024) pg 6; Knives/Vegetables	Practical	
	4		Prepare food for cooking	By the end of the lesson, the learner should be able to prepare food for cooking (Mixing).		Learner guided to prepare food using blending, kneading, mixing.	Curriculum Design (2024) pg 6; Bowls/Flour	Practical	
	5		Cooking	By the end of the lesson, the learner should be able to cook food using boiling.		Learner guided to cook food using boiling method observing safety.	Curriculum Design (2024) pg 6; Pot/Water/Food	Practical	
	6		Cooking	By the end of the lesson, the learner should be able to cook food using stewing.		Learner guided to cook food using stewing method observing safety.	Curriculum Design (2024) pg 6; Pot/Ingredients	Practical	

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5	1		Cooking	By the end of the lesson, the learner should be able to cook food using steaming.		Learner guided to cook food using steaming method observing safety.	Curriculum Design (2024) pg 6; Steamer/Food	Practical	
	2		Cooking Shallow/Deep	By the end of the lesson, the learner should be able to cook food using frying (Shallow/Deep).		Learner guided to cook food using frying method observing safety.	Curriculum Design (2024) pg 6; Pan/Oil/Food	Practical	
	3		Cooking roasting	By the end of the lesson, the learner should be able to cook food using roasting.		Learner guided to cook food using roasting method observing safety.	Curriculum Design (2024) pg 6; Oven/Fire	Practical	
	4		Cooking Baking	By the end of the lesson, the learner should be able to cook food using baking.		Learner guided to cook food using baking method observing safety.	Curriculum Design (2024) pg 6; Oven/Baking tray	Practical	
	5			By the end of the lesson, the learner should be able to adopt different cooking methods.		Learner guided to select appropriate methods for	Curriculum Design (2024) pg 6; Various foods	Menu planning	

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						different foods.			
	6		1.5 Nutritive Value of Foods	By the end of the lesson, the learner should be able to classify food nutrients.	How does knowledge on nutrients promote health?	Learner guided to discuss classification (carbohydrates, proteins, etc.).	Curriculum Design (2024) pg 8; Food charts	Classification task	
6	1		Role of nutrients.	By the end of the lesson, the learner should be able to analyse the role of nutrients.		Learner guided to discuss functions of nutrients in the body.	Curriculum Design (2024) pg 8; Textbooks	Oral questions	
	2		Nutrients	By the end of the lesson, the learner should be able to group nutrients by function.		Learner guided to group nutrients (energy giving, protective, body building).	Curriculum Design (2024) pg 8; Food samples	Grouping task	
	3		Nutrients	By the end of the lesson, the learner should be able to explain fortification of foods.		Learner guided to discuss fortification and enrichment of foods.	Curriculum Design (2024) pg 8; Resource person	Report writing	
	4		Nutritional deficiencies.	By the end of the lesson, the learner should be able to	Why does food choice affect health?	Learner guided to search for info on	Curriculum Design (2024) pg 8; Digital devices	Research notes	

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				identify nutritional deficiencies.		nutritional deficiencies and disorders.			
	5		Planning Meals	By the end of the lesson, the learner should be able to plan meals for proper nutrition.		Learner guided to formulate meal plans to address deficiencies.	Curriculum Design (2024) pg 8; Meal plan template	Practical Planning	
	6			By the end of the lesson, the learner should be able to appreciate local foods.		Learner guided to use locally available foods in meal planning.	Curriculum Design (2024) pg 8; Local food items	Exhibition	
7	MID-TERM BREAK								
8	1	2.0 Home Management	2.1 Hygiene During Puberty	By the end of the lesson, the learner should be able to explain personal hygiene practices.	How can we maintain hygiene during puberty?	Learner guided to search for information on personal hygiene practices (boys/girls).	Curriculum Design (2024) pg 12; Textbooks	Oral discussion	
	2			By the end of the lesson, the learner should be able to review changes during puberty.		Learner guided to review physical, hormonal, and emotional changes.	Curriculum Design (2024) pg 12; Charts	Written quiz	
	3		Hygiene During Puberty	By the end of the lesson, the learner should be able to		Learner guided to maintain a	Curriculum Design (2024) pg 12; Logbook	Self-assessment	

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				apply hygiene practices.		log on personal hygiene practices.			
	4		Menstrual hygiene.	By the end of the lesson, the learner should be able to discuss menstrual hygiene.		Learner guided to discuss measures for managing menstrual hygiene (kits, disposal).	Curriculum Design (2024) pg 12; Samples	Discussion	
	5		2.2 Safety in the Home	By the end of the lesson, the learner should be able to explain causes of accidents.	How can we ensure safety in the home?	Learner guided to share experiences on causes of accidents at home.	Curriculum Design (2024) pg 14; Pictures of hazards	Oral sharing	
	6		First Aid kit.	By the end of the lesson, the learner should be able to describe the First Aid kit.		Learner guided to search for information on contents of the First Aid kit.	Curriculum Design (2024) pg 14; First Aid Kit	Identification	
9	1		First Aid kit. (Burns/Scalds).	By the end of the lesson, the learner should be able to carry out First Aid (Burns/Scalds).		Learner guided to simulate First Aid for burns and scalds.	Curriculum Design (2024) pg 14; Simulation props	Practical simulation	
	2		First Aid kit. (Cuts/Bruises).	By the end of the lesson, the learner should be able to		Learner guided to simulate First	Curriculum Design (2024) pg 14; Bandages	Practical simulation	

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				carry out First Aid (Cuts/Bruises).		Aid for cuts and bruises.			
	3		First Aid kit. (Fractures/Sprains).	By the end of the lesson, the learner should be able to carry out First Aid (Fractures/Sprains).		Learner guided to simulate First Aid for fractures and sprains.	Curriculum Design (2024) pg 14; Splints	Practical simulation	
	4		First Aid kit	By the end of the lesson, the learner should be able to carry out First Aid (Fainting/Chocking).		Learner guided to simulate First Aid for fainting and chocking.	Curriculum Design (2024) pg 14; Simulation props	Practical simulation	
	5		First Aid kit	By the end of the lesson, the learner should be able to safely dispose of First Aid materials.		Learner guided to safely dispose of used first aid materials.	Curriculum Design (2024) pg 14; Waste bins	Observation	
	6		First Aid kit	By the end of the lesson, the learner should be able to appreciate safety measures.		Learner guided to discuss importance of observing safety measures at home.	Curriculum Design (2024) pg 14; Safety posters	Discussion	
10	REVISION	Revision	Term 1 Revision	Revision of Strand 1.0 concepts.		Review of past papers and notes.	Past papers	Written Practice	
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11	REVISION	Revision	Term 1 Revision	Revision of Strand 2.0 concepts.		Review of practicals and theory.	Past papers	Practical Practice	

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12&13	END TERM ONE ASSESSMENT								