

Unit 302: Supervise and monitor own section

Sample lesson plan 3

Course number: _____ Course title: _____

Tutor's name: _____ Date: _____ Time: _____ Lesson length: 8 hours Room: _____

Lesson topic: Managing pressure by solving problems in own section.

Aims:

- To gain an understanding of the procedures for reducing personal and operational pressures
- To develop an understanding of how to check for personal and operational problems
- To demonstrate problem solving techniques in own section.

Learning outcomes

To enable learners to understand how to:

- implement procedures for reducing personal and operational pressure
- check for potential personal and operational problems
- apply problem solving techniques within own section.

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
3 hours	Procedures for reducing personal and operational pressure	<p>Registration.</p> <p>Facilitate class discussion on way of reducing:</p> <ul style="list-style-type: none"> - personal pressures - operational pressures. <p>Introduce Activity 18 – reducing pressures.</p> <p>Present PowerPoint 3 on reducing pressures.</p> <p>Introduce individual part of Activity 18 on personal strategies for reducing pressure and planning procedures for reducing personal and operational pressures.</p>	<p>Listen and ask questions.</p> <p>Participate in class discussion.</p> <p>Complete Activity 18.</p> <p>Share ideas on strategies for reducing pressure.</p> <p>Contribute to group activities.</p>	<p>PowerPoint presentation 3</p> <p>Activity 18</p>

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
2.5 hours	Personal and operational problems	<p>Facilitate class discussion on checking for personal and operational problems.</p> <p>Introduce small group Activity 19 – personal and operational problems.</p> <p>Introduce individual part of Activity 19 – managing personal and operational problems.</p>	<p>Listen and ask questions.</p> <p>Participate in class discussion.</p> <p>Complete Activity 19.</p> <p>Share ideas on strategies for managing personal and operational problems.</p> <p>Contribute to group activities.</p>	<p>PowerPoint presentation 3</p> <p>Activity 19</p>

Timing (mins)	Work to be covered	Teaching activity/assessment	Learner activity	Resources
2.5 hours	Problem solving	<p>Present PowerPoint 3 on problem solving with group discussion points.</p> <p>Introduce individual part of Activity 20 – problem solving techniques.</p> <p>Facilitate sharing of problem-solving techniques from Activity 20.</p> <p>Issue Handout 7.</p> <p>Introduce a group discussion on problems incurred and solutions applied in practical kitchen.</p> <p>Issue Worksheet 3.</p>	<p>Listen and ask questions.</p> <p>Participate in class discussion.</p> <p>Complete Activity 20.</p> <p>Share suggestions on problem solving techniques.</p> <p>Contribute to group discussion on problems and solution.</p> <p>Complete Worksheet 3.</p> <p>Read Handout 7.</p>	<p>PowerPoint presentation 3</p> <p>Handout 7</p> <p>Activity 20</p> <p>Worksheet 3</p>

<p>How learning is to be measured:</p> <ul style="list-style-type: none"> • Q&A during the session • Completion of Activities 18–20 and Worksheet 3. 	
<p>Homework/research work:</p> <ul style="list-style-type: none"> • Review Worksheet 3 and class notes • Read handout to reinforce learning and understanding of problem solving. • Reflect on problem solving techniques. 	
<p>Lesson evaluation (delete as appropriate)</p>	<ul style="list-style-type: none"> • Was the lesson better than expected • As expected • Worse than expected
<p>Lesson evaluation/comments:</p>	
<p>Suggestions/modifications for next lessons:</p>	