

Lesson plan template – completed example

This resource supports the development of level 1, stage 1 design capabilities.

This resource is referred to in the **Plan a lesson** resource.

A blank version of this template is also available in the TVET Toolkit.



COMMONWEALTH
of LEARNING

This resource was created by
Commonwealth of Learning for the
TVET Professional Development
Toolkit for the Pacific

Lesson	Fry two eggs sunny side up	Date	9 am to 3 pm, 1 May 20xx
Venue	ABC aged residential care hall and kitchen	Learners	Aleki, Sefina, Fetu and Alani

Learning objectives

1	Prepare a frying pan on an electric stove
2	Use cracking techniques to distribute two eggs evenly into the pan
3	Complete the cooking process for the eggs to be sunny side up
4	Use a spatula to remove the eggs from the pan to serve

Materials

<input type="checkbox"/>	Oil
<input type="checkbox"/>	50 eggs
<input type="checkbox"/>	Salt and pepper
<input type="checkbox"/>	2 stoves, 4 aprons, 4 pans, 4 spatulas, 4 plates
<input type="checkbox"/>	Plastic toy patties to practice spatula techniques
<input type="checkbox"/>	Feedback forms
<input type="checkbox"/>	Projector and screen
<input type="checkbox"/>	Computer and PowerPoint presentation
<input type="checkbox"/>	Pen and paper for learners to make notes

Time	Topic	Details
09:00 – 09:30	Introduction	<p>Introduce yourself</p> <p>Learners' introductions</p> <p>Ice breaker</p> <p>Check what learners know already</p> <p>Tell learners what to expect (learning objectives)</p>
09:30 – 10:00	Trainer demonstration 1	<p>Practical: The trainer demonstrates how to cook two eggs sunny side up.</p> <p>Learners observe and make notes on safety considerations, ingredients and equipment.</p>
10:00 – 10:30	Cooking preparation	<p>Quiz: A pop quiz to see if learners can identify safety considerations, ingredients and equipment.</p> <p>PowerPoint: A presentation on safety considerations, equipment and ingredients.</p>
10:30 – 11:00	Cracking techniques	<p>Video: Learners watch a slow-motion video to show technique.</p> <p>Group discussion: The trainer explains the technique, and learners discuss it.</p>
11:00 – 11:30	Give it a crack	<p>Activity in pairs: Each learner gets four eggs to practice cracking techniques.</p>
11:30 – 12:00	Spatula techniques	<p>Video: Learners watch a slow-motion video to show technique.</p> <p>Group discussion: The trainer explains the technique, and learners discuss it.</p>
12:00 – 12:30	Give it a flip	<p>Activity in pairs: Each learner gets a spatula and a pan. They practice using spatulas, pans and plastic toy patties.</p>
12:30 – 1:00	Lunch	

Time	Topic	Details
13:00 – 13:30	Trainer demonstration 2	Practical: Trainer demonstrates how to cook two eggs sunny side up. Learners must instruct the trainer on how to do it correctly.
13:30 – 14:30	Practice	Practical: Learners all practice cooking their eggs (on their own) while being supervised. Note: Pair more experienced learners with learners that might need more help and supervision. This may help overcome barriers.
14:30 – 15:00	Assessment	Assessment: The trainer observes learners cooking their eggs. For learners to be successful, they must: Prepare a frying pan on an electric stove. Use cracking techniques to distribute two eggs evenly into the pan. Complete the cooking process for the eggs to be sunny side up. Use a spatula to remove the eggs from the pan to serve.
3:00 – 3:30	Closing	Summarise learning for the day. Thank learners and hand out feedback forms.