

COOKERY NC II

INTEGRATION OF LOCAL HERITAGE THEME: SILAY LOCAL FOOD & PRODUCTS



Teacher's Material



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Published by the
LEARNING RESOURCE MANAGEMENT AND DEVELOPMENT SYSTEM (LRMDS)
Department of Education
Region VI-Western Visayas
SCHOOLS DIVISION OF SILAY CITY
Silay City

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SILAY LOCAL FOOD AND PRODUCTS PUSO SANG SAGING (TLE-Cookery)

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This first digital edition has been produced for print and online distribution within the Department of Education, Philippines via the Learning Resources (LR) Portal by the Division of Silay City, deped.silay@deped.gov.ph


CONTEXTUALIZED LESSON PLAN

Integration of Local Heritage Theme: Silay Local Food and Products

Puso Sang Saging

COOKERY NC II

School:	Doña Montserrat Lopez Memorial High School
Teacher:	LILIBETH G. VILLEGAS
Designation:	Teacher - III
Learning Area:	TLE/H.E. - COOKERY NC II
Grade Level:	Grade 9-12 Cookery
Date & Time:	
I. OBJECTIVES:	
A. Content Standard	1. The learners demonstrate an understanding on how to prepare sandwiches.
B. Performance Standard	1. The learner independently prepares sandwiches.
C. Learning Competencies	LO1. Prepare and present hot sandwiches. 1.1 Select local ingredients for filling of hot sandwiches. 1.2 Prepare suitable filling of hot sandwiches using <i>puso sang saging</i> . 1.3 Follow the recipe of <i>Puso Burger Patties</i> .
CONTEXTUALIZATION	
Competency Code	TLE_HECK 9-12SW-IIIb-g-12
II. CONTENT	Preparation of PUSO BURGER PATTIES for Hot Sandwiches
Integration Across Learning Area:	Ratio and Proportion/Measurements Mathematics II
III. Learning Resources:	
Teacher's Guide	Competency-Based Learning Material (CBLM) IV Food Trades, NC II, Curriculum Guide Cookery NC II
Learners' Manual	Cookery Module I Lesson I
Other References	Video clip on Preparation of <i>Puso Burger Patties</i>
IV. PROCEDURE	A. Pre-Activity <ul style="list-style-type: none"> • Prayer • Greetings • Checking of Attendance

<p>A. Reviewing previous lesson or presenting the new lesson</p>	<p>1. What are the varieties of sandwiches? Varieties of sandwiches: a. Cold Sandwich- regular, multi-decker or club house and pinwheel b. Hot sandwich—regular, grilled, fried and open-faced 2. What makes a sandwich a favorite snack food? a. Easy to prepare, affordable and delicious</p>
<p>B. Establishing a purpose for the lesson</p>	<p>Motivation: Collage a Picture</p> <p>Ask volunteer students to assemble the pictures and create the picture of a Hamburger.</p>  <p>Guide questions: a. What can you say about the picture? b. How can you relate this picture to our lesson today?</p> <p>Unlocking of difficulties:</p> <ol style="list-style-type: none"> 1. Sandwich – one or two pieces of bread with filling. 2. Filling – mixture of ingredients placed between the slices of bread. 3. Layering – placing in layers over or under another bread. 4. Patty – meat compacted and shaped, cooked and served; filling to burgers or any hot sandwiches.
<p>C. Presenting examples/instances for the new lesson</p>	<p>Show a video clip demonstrating the preparation of a sandwich.</p> <p>Guide Questions: 1. What are the ingredients used in making a sandwich? 2. How will you prepare <i>puso sang saging</i> as burger patties?</p>

D. Activity

Guide Questions:

1. What is the recipe to be prepared today?
2. What are the ingredients needed in *puso* burger patties for sandwich filling?
3. Are these ingredients available in our locality?
4. How will you prepare the *puso* burger?

RECIPE OF *PUSO* BURGER PATTIES FOR HOT SANDWICH



Ingredients:

2 cups banana blossoms (<i>Puso sang Saging</i>)	1 teaspoon salt
2 pieces eggs	½ cup flour
4 cloves garlic (minced)	½ tsp. black pepper
1 medium white onion (minced)	1 cup cooking oil for frying

Procedure:

1. Perform *mise en place*.
2. Remove the mature layers of the banana blossom.
3. Slice into quarters.
4. Cook them in 1 liter of boiling water until soft and tender.
5. Chop into small pieces. Drain and remove excess water.
6. Combine the banana blossoms together with the rest of the ingredients, mix well until desired consistency.

7. Mold into patties and fry in heated oil until cooked and golden brown.
8. Ready to fill your sandwiches.

Activity Proper:

1. Setting of Standards

- A. The class will be divided into 2 groups.
- B. Group 1 will be given an information sheet and a task card to demonstrate the preparation of *puso* burger patties.
- C. Group II will be the observer, will answer guide questions and do the reporting.
- D. Both groups will have 40 minutes to perform their designated tasks.
- E. Each group will be graded by their teacher based on the activity performance rubric.

Activity Performance Rubric for Group I

Criteria for Evaluation:	20	40	60	80	100	Total
1. Neatness of presentation						
2. Appropriate combination of ingredients						
3. Uniformity of size and shape						
4. Attractiveness of garnishing						
Score						

Activity Performance Rubric for Group II

Criteria	96-100 points	91-95 points	86-90 points
Participation in preparation and presentation	Always willing and focused	Sometimes willing and focused	Rarely willing and focused

	Presentation and delivery	Show mastery and full understanding of the report	Show less mastery and limited understanding of the report	No mastery and wrong understanding of the report
Score:				
E. Analysis	<p>a. What makes <i>puso</i> burger patties nutritious, affordable and easy to prepare?</p> <p>b. How will you prepare a sandwich that is locally available and nutritious?</p>			
F. Abstraction	Why should we use Banana blossom or <i>puso</i> sang saging as substitute for meat in sandwich fillings?			
G. Finding practical applications of concepts and skills in daily living	<p>a. How will you produce locally available fillings for sandwiches?</p> <p>b. How can this learned skill be of help to your family?</p>			
H. Evaluating learning	<p>Paper and Pen Test:</p> <p>Multiple Choice:</p> <p>Directions: Choose the letter of the correct answer:</p> <p>1. Which of the following food items consists of two or more slices of bread having filling between them? A. cake B. cookie C. custard D. sandwich</p> <p>2. Which of the following ingredients are locally available for sandwich fillings? A. banana blossom B. ham C. roasted lamb D. salmon</p> <p>3. What should be done to soften the banana blossom? A. add salt B. cook in boiling water C. drain D. mix with flour</p> <p>4. How will you increased the protein content of <i>puso</i> burger patties? A. add water B. increased amount of flour C. mix with eggs D. season with salt</p> <p>5. Ana learned the skills in making <i>puso</i> burger patties in her Cookery class. How can she help augment her family income? A. Prepare <i>puso</i> burger patties for friends B. Prepare <i>puso</i> burger patties for herself C. Prepare <i>puso</i> burger patties for sale</p>			

	D. Teach her family members the skill
I. Additional activities for application for remediation	<p>1. The class will prepare more patties for <i>puso</i> burger and ready for sale.</p> <p>2. Make a list of other locally available ingredients that can be made into sandwich fillings.</p>
V. REMARKS	
VI. REFLECTION	
A. No. of learners who earned ___% in the evaluation.	
B. No. of learners who require additional activities for remediation who scored below ___%.	
C. Did the remedial lessons work? No. of learners who have caught up with the lesson.	
D. No. of learners who continue to require remediation	
E. Which of my teaching strategies worked well? Why did these work?	
F. What difficulties did I encounter which my principal or supervisor can help me solve?	
G. What innovation or localized materials did I use/discover which I wish to share with other teachers?	<i>Puso sang Saging for Burger Patties</i>