

Chapter 6

Lesson 1: Jucing

Lesson: Cold Pressed Juces		
Time	Instructions	Materials Needed
Learning Objectives	identify the benefits of juicing.	Pg. 1 content
Activities	1. Read the content. 2. Students match definitions with the benefits.	Workbook/content
Wrap Up/ Reflection	Discuss the different benefits	Verbal
Assessment	Verbal assessment of the discussion	Assessment checklist
Notes & Check for Understanding		