



Home Economics

This course is aimed at high school girls to gain the knowledge (in theory) and skill (in practice) to be able to become skilled workers at home. This is a very practical course, but supported by the backbone of the theoretical side also.

Student Preparation:

THEORY:

The Material is covered over 3 weeks; each student needs to complete the theory for each week. Each week will cover 3/4 lessons, which includes 2 reviews/quizzes, 1 self check and 1 unit test at the end. These are all completed at home and will be marked weekly by the facilitator.

PRACTICAL:

Every 4th week - 4 hours of practical work based on the previous theoretical work

Subjects/Themes:

- Nutrition
- Wise Shopping for Food Ingredients
- Food Preparation
- Basics of Sewing
- Hand Sewing Skills
- Basics of Sewing Machine Operation
- Sewing Home and Clothing Items
- Keeping a Home Clean

Assessments:

Based on the Practicals (counting towards 70% of their total mark) and Theory (counting towards 30% of their total mark)

Required Textbook	Home Economics 1 Light Unit Set (10 Units) <u>Christian Light</u>
Course Credit	1.0 Credit