

My Journey Option Subjects Info Sheet

(Each field should be between 50 – 60 words)

HOME ECONOMICS

Option Subject: Home Economics

Kindly indicate route offered:

Applied: _____

Academic: X

Vocational: _____

General introduction to the subject:

Home Economics includes the learning and mastery of knowledge, skills and competences related to food, financial, consumer, health and environment literacies. All these contribute towards developing confident learners through the promotion of well-being for learning and life. Home Economics aims to help learners lead effective sustainable lives, not only as individuals, but also, as members of a family and the community, within the context of a culturally, socially and economically diverse society.

List topics studied: Home Economics is based on the following six subject foci:

- a. **Food, Nutrition and Health** including the nutrients, healthy lifestyle, food commodities, food labelling, cooking methods and planning meals for different dietary needs.
- b. **Practical Interventions** including the planning, preparation, cooking, serving of food and evaluation.
- c. **Home and Family Well-Being** including the family unit, child care development, senior citizens in the society and people with disability.
- d. **Safety and Risk Assessment** including simple first aid, safe and correct use of Food Lab equipment, safety inside and outside the home.
- e. **Financial Literacy and Consumer Awareness** including consumer rights and responsibilities, needs and wants, budgeting, shopping practices and methods of payment.
- f. **Sustainable Resource Management** including efficient use of resources, respecting the environment, separation of waste, food miles, carbon footprint and food waste.

Class activities involved: Class activities may be carried out on an individual and/or group level. These include ice breakers, case scenarios, discussions, quizzes, experiments, research, presentations, energisers, investigations, demonstrations and practical sessions.

Homework assigned: Home work may include creative work, planning for and evaluating a practical session, research and tasks related to the different topics.

Assessment given: Home Economics uses a variety of assessment modes which include practical assignments, short tasks and investigation work to allow assessment of knowledge, skills and competences with emphasis on formative assessment. Through this on-going assessment the teacher and the learner can determine the progress achieved. Feedback given by the teacher will help the students to improve their work and reach the objectives set. A summative assessment is also used to provide the teacher and students with information to evaluate student learning, skill acquisition and academic achievement.

List skills acquired studying the subject: Textiles Studies gives the students practical aesthetic experience as well as basic knowledge and skills of textiles and their qualities. relevant and transferable skills to include knowledge, comprehension and application, investigation, evaluation and expression (communication).

Textiles Studies provides opportunities for students to develop skills and competencies associated with:

- communication
- measurement
- organisation
- experimental and investigation
- illustration techniques and sketching
- pattern cutting and draping techniques
- tailoring/ sewing
- good eye for colour, texture and shape
- technical skills like pattern cutting and sewing
- the ability to spot and develop trends
- drawing
- the use of digital technology in fashion

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