

Home Economics

Aims

To help to prepare the boys for some of the important aspects of everyday living and the adult responsibilities of family life, and to make informed choices in matters of food and nutrition, health and hygiene and the home and family.

Since September 1986, all boys in years 1-3 study an integrated Home Economics/ Personal and Social Development Course.

The timetable as follows: 1st Year 2 x 45 mins. for $\frac{1}{2}$ year
2nd Year 2 x 45 mins. for $\frac{1}{2}$ year
3rd Year 3 x 45 mins. for 9 weeks

Courses followed in 4th and 5th Years are as follows:

EAEB - CSE Mode 1 Home Economics
EAEB - CSE Mode 2 Catering
City and Guilds Cookery Certificate 794-2

The EAEB Home Economics and City and Guilds Cookery Certificate 794-2 were both introduced as new courses in September 1986. The Home Economics course was introduced to provide a broader base as recommended by the HMI Inspectors; and the City and Guilds Cookery Certificate as a means of achievement for boys with an interest in following a career in the catering industry.

Homework - prep is not set for years 1-3, - a considerable amount of written work is now done as an integrated part of the course. Two 40 minute preps are set for years 4 and 5.

A simple scheme of self assessment is being introduced.

Examination Results 1985

CSE Catering	1	2	3	4	5	U	Entry
	-	1	3	3	1	-	8

Staffing

The Home Economics Department is run solely by Mrs. Dawson - a part time - Scale 1 teacher. There is no ancillary help, and Mrs. Dawson does all the shopping for food and equipment.

All groups throughout are mixed ability.

Finance

£500 was received from Equal Opportunities for the purchase of equipment -
leaving a total for the year of £510 running costs
£250 capital expenditure

Approximately £100 must be allowed for public examinations, leaving little more than £2 per head per year per boy - this is a very difficult situation and must be remedied. A microwave cooker has been obtained in January of this year.

The Future

It is hoped that the decorating and maintenance will be completed this year.

GCSE will be introduced when available.

It is hoped that some ancillary help will be forthcoming and a more realistic approach to be financing of the department.

It is hoped to acquire TV and video for use in the Home Studies Department so more use can be made of the AVA.

Activities

Cookery Club - is very popular and continues to be well supported by the boys.

Soft Toymaking - particularly well supported by 1st and 2nd years. Boys make soft toys of their own choice. It is hoped to expand into other needlecrafts.

Saturday Lunch Club - small groups enjoy making their own lunch and eating in pleasant surroundings with the table nicely set. This is an opportunity to enjoy multi-ethnic dishes.

Activities Week - In July, a very successful session of continental and foreign dishes. It is hoped to repeat this again this year.

1st year Home Economics/Personal and Social Development.

Content

1. Myself -

Introductions, about myself, likes and dislikes, characteristics
"Seven days of myself" - Diary to be kept by pupils for one week.

2. Families -

Groups I belong to; members of your family
Happy families - Role play in small groups- family experiences.
Helping yourself and others
Jobs in the home - Who does what.
Word search.

3. Friends -

Beautiful friendships
Discussion work, questionnaire
Interests
Understanding friends
Trust games - in pairs and in circle.

4. Safety and Hygiene -

Safety in the home
First aid
Safety in the kitchen - find the faults
Kitchen hygiene
Personal hygiene VIDEO Germ War / A tale of two microbes.
Washing up

Practical Work - making a cup of tea safely and washing up correctly afterwards.

"Suzie in the kitchen" - discussion.

5. Equipment -

Cupboards and drawers in the Home Economics room
"Kitchen equipment" - work sheet
"In your cupboard" - work sheet

Practical Work - Making a cheese sandwich using the equipment in the cupboards and drawers.

6. Cookers -

Types of cookers - worksheet
Transference of heat - worksheet
Electric cookers - worksheet

Practical Work - Hot Dogs using the grill

7. Weighing Solids -

Different types of scales - worksheet Imperial / metric terms
Use of spoons to measure - worksheet
"Now try for yourself" - worksheet on weighing

Practical Work - Chocolate Crisps

8. Measuring Liquids -

The Measuring Jug - worksheet

Practical - Measuring liquids
Abbreviations used in cookery recipes

9. Practical Session - to test work done so far - SCONES.

10. Organisation of work - worksheet

Practical work - Cheese and Potato Pie.

11. Preparation of Food.

Comparison of equipment used in food preparation.

Practical work - Coleslaw.

12. Using different pieces of equipment

Separating an egg - 3 methods. Chart results.
Grating
Whisking

Practical work - Lemon Chiffon

13. Thinking about food -

Why do we eat food
Likes and dislikes in food - survey
Experiments on taste and smell

Customs and festivals

Practical - Carrot juice drink

14. Culture through food -

The foods people eat and how they are served in different countries.

Practical work - Basmati rice, chapattis, vegetable curry, yoghurt raita.

2nd Year Home Economics/Personal and Social Development

2 x 45 min. periods for 1/2 year

Content

1. Diet and Food groups -

A balanced diet (from Nutrition Guidelines)
Dividing food into groups - work sheet
Selecting meals for one day for yourself and putting them into the correct groups - worksheet.

Practical - Shepherd's Pie

2. Nutrients & How they work -

Information sheet
Discussion
Parts of the body & the nutrients each part needs to function properly - worksheet.

Practical - Macaroni Cheese

3. Food Choice and Health -

Disease related to foods eaten
Worksheet
Poster - to help people to choose foods low in fat, high in fibre, low in sugar.

Practical - Salads - various

4. Eating less fat -

Sources of fat
Hidden fat

Practical - Experiments cooking sausages to reduce the fat content.

5. Eating more fibre -

How to change the diet to get more fibre

Practical - Apple and raisin crumble (using wholemeal flour & brown sugar)

6. Eating less sugar -

Hidden sugar

Worksheet

VIDEO - Dr Sweet Tooth (Good Health series)

Practical - Experiments with sugar reduced cake recipes

7. Care of myself - Skin / personal hygiene

Laundrywork

Film - Some of your bits ain't nice.

8. Hands and feet

9. Eyes and ears

10. Hair

11. Teeth

12. Relationships with others

13. Care of the family.

3rd year Home Economics / Personal & Social Development

It was intended to be 1 1/2 periods (75mins) for half year. However as these sessions were split before and after lunch it was totally unworkable for practical sessions. A variety of alternatives have been tried.

This has been a most unsatisfactory arrangement and must be ammended in th future. -----

Topics covered for PSD

1. Home and the family
2. Relationships with others - sex education
3. Use of leisure time
4. Smoking, drinking & drugs

VIDEOS & FILMS

Love your lungs - ATV Good Health series
The Drag - Concord

The smoking machine

Dying for a smoke

The Pastfinders

Living and Growing ITV

Family Affairs

Home Economics Topics

Meal Planning

Breakfast

Importance of, use of microwave
Eggs practical

Morning Coffee -

Setting a tray, flower arrangement

Shortbread

Coffee - jug method / instax

Lunch -

Quick meals - use of convenience foods

Spaghetti Bolognaise

Minced Beef Curry

High Tea -

Scone based pizza

Pastry making - Cheese & Onion pasties

Dinner -

Casserole cookery - Chicken casserole, Chilli con carne

Sweet dishes -

Bread and butter pudding

Queen of puddings

Fresh fruit salad

4th/5th year Home Economics

CSE Home Economics N/3/-/- (North) East Anglian Examination Board.

City and Guilds Cookery Certificate 794-2