

Home Economics
Form 3
(2019 – 2020)

Date	Teaching contents
(First term) September to January	Herringbone Stitch Western table manners Clothes management Knowledge of Chinese Tea Functions and nutrients of different food groups Practical lessons: - eggs, meat, poultry, noodles, fish - baking method, stir-frying method - food and nutrients - meal planning

* 2nd term same as 1st term

Types of assignments:

1. Practical work
2. Dictations
3. Tests
4. Presentations

Assessments :

An average mark according to the attitude, performance and assignments.