

Home Economics F. 3  
(2020 – 2021)

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

\* 2<sup>nd</sup> term same as 1<sup>st</sup> term

**Types of assignments:**

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

**Assessments :**

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