

Home Economics  
Form One  
(2021 – 2022)

Date	Teaching contents
(First term) September to October	Making of an apron - basic sewing equipment - simple embroidery stitches - fabric knowledge
(First term) November to December	Personal hygiene, manner, physical changes during puberty
(First term) December to January	- Functions and nutrients of different food groups  - Practical lessons: - milk, eggs, meat, poultry - steaming 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.