

Form 1 Home Economics
(2025 – 2026)

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

* 2nd term same as 1st term

Types of assignments:

1. Practical work
2. New words
3. Presentations

Assessments :

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