

Form 2 Home Economics
(2025 – 2026)

Date	Teaching contents
(First term) September	Choice of clothes - figure types Manners - personal manners - table manners (Chinese meal) Vegetables - types
(First term) October to January	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. New words
3. Presentations

Assessments :

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