**S3 Scheme of Work – Home Economics**

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| **Unit of work** | **Structure** | **E’s and O’s covered** | **Resources** | **Assessment** |
| **REHIS**  **Areas covered:**   * An introduction to Food Hygiene * Bacteria and their characterisics * The incidence of Food Poisoning and it’s Prevention   **Practical Cookery & Theory**   * Cookery Skills, Processes and Techniques * Weighing and Measuring * Food Preparation Equipment * Food Preparation Techniques * Cookery Processes   **Sewing**  **Areas covered:**   * Safety in textiles * Sewing Terms * Ironing * Cutting * Pinning * Tacking * Embroidery | **August – Dec (10 weeks)**  Practical Cookery & Theory  **Jan – Easter (7 weeks)**  Sewing  **Easter – June (10 weeks)**  Practical Cookery & Theory | **Practical Cookery & Theory**  HWB 3-30a/HWB 4-40a  HWB 3-31a/HWB 4-41a  HWB 3-32a/HWB 4-32a  HWB 3-33a/HWB 4-33a  HWB 3-34a/HWB 4-34a  HWB3- 36a/HWB 4-36a  TCH 3-10b/ TCH 4-10b  TCH 3-11a/TCH 4-11a  MNU 3-11a/MNU 4-11a  LIT 3-13a/LIT 4-13a  **Sewing**  TCH 4-10a  TCH 4-10c  TCH 4-11a | **REHIS**   * REHIS info book * REHIS question book * REHIS exam paper   **Practical Cookery and Theory**   * S3 workbook * S3 Recipes   **Sewing**   * Sewing patterns * Needles * Thread * Sewing machines * Task sheets | REHIS exam  Practical – Apple Tart   * Practical – Phone Cover * Written assessment |