**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 4-40aHWB 3-31a/HWB 4-41aHWB 3-32a/HWB 4-32aHWB 3-33a/HWB 4-33aHWB 3-34a/HWB 4-34aHWB3- 36a/HWB 4-36aTCH 3-10b/ TCH 4-10bTCH 3-11a/TCH 4-11aMNU 3-11a/MNU 4-11aLIT 3-13a/LIT 4-13a**Sewing**TCH 4-10aTCH 4-10cTCH 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 examPractical – Apple Tart* Practical – Phone Cover
* Written assessment
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