

## Home Economics Broad General Education

<b>S1</b>	Term 1	Term 2	Term 3	Term 4
	<p style="text-align: center;"><u>Ready, steady, go!</u></p> <p>This unit will focus on the importance of hygiene and safety in the kitchen and home. This will also be an introduction to basic cookery skills and techniques.</p>	<p style="text-align: center;"><u>Ready, steady, sew!</u></p> <p>This unit will be an introduction to basic hand sewing. Pupils will design and make a small hand sewn item. If time, pupils may also take part in some Christmas baking.</p>	<p style="text-align: center;"><u>Healthy Living</u></p> <p>Throughout this unit, pupils will consider various factors which contribute to a healthy lifestyle.</p>	<p style="text-align: center;"><u>The Journey of Food</u></p> <p>This unit will focus on where our food comes from, and the journey from farm to fork.</p>
<b>S2</b>	Term 1	Term 2	Term 3	Term 4
	<p style="text-align: center;"><u>Getting the Balance Right</u></p> <p>During this unit, pupils will be introduced to the sources and functions of the main nutrients in the diet.</p>	<p style="text-align: center;"><u>Christmas Craft</u></p> <p>Pupils will design and make their own Christmas cushion. This will be followed by Christmas baking.</p>	<p style="text-align: center;"><u>Foods of the World</u></p> <p>Pupils will make a variety of dishes influenced by countries around the world.</p>	<p style="text-align: center;"><u>REHIS Food Hygiene</u></p> <p>The REHIS Food Hygiene Certificate is a practical course designed to give individuals a basic knowledge and understanding of the causes of food poisoning.</p>
<b>S3</b>	Term 1	Term 2	Term 3	Term 4
	<p style="text-align: center;"><u>Food Choice</u></p> <p>This will be an introduction to the main factors which influence our choice of food.</p>	<p style="text-align: center;"><u>Food Choice</u></p> <p>Pupils will continue to learn about factors which influence the choice of food of consumers.</p>	<p style="text-align: center;"><u>Consumer Rights</u></p> <p>This will focus on the organisations which protect the rights of consumers.</p>	<p style="text-align: center;"><u>Food Labelling</u></p> <p>Pupils will look at how food labelling can help consumers make informed choices.</p>