

 **Subject: Home Economics**

 **Class: JSS1**

 **Term: First Term**

 **Week 1**

 **Topic: Introduction to Home Economics**

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### **Lesson Objectives**

By the end of the lesson, students should be able to:

1. Define Home Economics.
  2. List and explain the major areas of Home Economics.
  3. Describe how Home Economics relates to other school subjects.
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### **I. Meaning of Home Economics**

**Home Economics** is a field of study that teaches how to manage the home and family life effectively. It focuses on the skills and knowledge needed to improve the quality of life in homes and communities.

It is both a **science and an art** that helps individuals make informed decisions about food, clothing, shelter, health, money management, and relationships.

◆ **Definition:** Home Economics is the study that equips individuals with knowledge and skills for managing personal, family, and community life.

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### **II. Areas of Home Economics**

Home Economics is a broad subject that includes several specialized areas:

1. **Food and Nutrition** – Teaches how to plan, prepare, and serve nutritious meals.
2. **Clothing and Textiles** – Involves sewing, designing, mending clothes, and fabric selection.
3. **Home Management** – Focuses on budgeting, organizing, and managing household tasks.

4. **Child Development and Care** – Teaches how to care for infants and young children.
5. **Family Living** – Deals with relationships, values, and communication within the family.
6. **Consumer Education** – Helps individuals become wise buyers and use resources responsibly.
7. **Housing and Interior Decoration** – Teaches how to beautify and maintain a living environment.

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### III. Relationship of Home Economics to Other Subjects

Home Economics is an interdisciplinary subject that relates to many other school subjects. Some examples include:

Related Subject	Connection to Home Economics
Biology	Understanding the human body, nutrition, hygiene, and child care.
Agricultural Science	Source of raw food materials (e.g., vegetables, grains, fruits) used in meal preparation.
Mathematics	Used in measurements, budgeting, and cooking proportions.
Chemistry	Understanding food nutrients, preservation, and cleaning agents.
Fine Arts	Useful in designing clothes, embroidery, and home decoration.
Economics	Budgeting, saving, spending wisely, and managing limited resources.

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### Importance of Home Economics

- Promotes good health and nutrition.
- Builds skills in cooking, sewing, cleaning, and childcare.
- Encourages wise use of money and resources.
- Helps individuals contribute positively to society and family life.
- Prepares students for careers (e.g., catering, fashion design, interior decoration, teaching).

