

**HOME ECONOMICS**  
**JUNIOR SECONDARY SCHOOL (JSS 1)**  
**FIRST TERM**

<b>WEEKS</b>	<b>TOPICS/CONTENT</b>
<b>1.</b>	<b>INTRODUCTION TO HOME ECONOMICS</b> I. Meaning of Home Economics II. Areas of Home Economics III. Relationship of Home Economics to Other Subjects
<b>2.</b>	<b>HOME ECONOMICS AND NATIONAL DEVELOPMENT</b> I. Career Opportunities in Home Economics II. Career Requirements in Home Economics III. Importance of Home Economics to the Individual, Family and Nation
<b>3.</b>	<b>THE HUMAN BODY</b> I. Structure and Parts of the Hair and Eyes II. Functions of the Hair and Eyes III. Care and Grooming of the Hair and Eyes
<b>4.</b>	<b>THE HUMAN BODY</b> I. Structure and Parts of the Ears and Nose II. Functions of the Ears and Nose III. Care and Grooming of the Ears and Nose
<b>5.</b>	<b>THE HUMAN BODY</b> I. Structure and Parts of the Skin II. Functions of the Skin III. Care of the Skin
<b>6.</b>	<b>THE HUMAN BODY</b> I. Structure of the Teeth, Hands and Feet II. Functions of the Teeth, Hands and Feet

- III. Care of the Teeth, Hands and Feet

**7. GOOD POSTURE AND EXERCISE**

- I. Meaning of Posture and Exercise
- II. Importance of Good Posture and Exercise
- III. Guidelines for maintaining Good Posture and Exercising the Body

**8. HEALTHY FEEDING AND EATING PRACTICES**

- I. Healthy feeding practices include eat adequate diet, use of food in season etc.
- II. Healthy Eating Habits like Washing hands before and after eating, Keeping mouth closed while eating, Chewing food properly, etc.

**9. HEALTHY FEEDING AND EATING PRACTICES**

- I. Effects of Unhealthy Feeding
- II. Practices e.g Margemus, Kwashiorkor, Obesity, etc.
- III. Food Activities - Uses, Misuse and Defection

**10. HEALTHY FEEDING AND EATING PRACTICES**

- I. Food Contaminants
- II. Harmful Substances that should not be consumed, e.g. banned additives, spoilt fruits, undercooked food, etc.
- III. Meaning of Drug Abuse
- IV. Effect of Drug Abuse in the Body

**11. | 12. REVISION AND EXAMINATION**

HOME ECONOMICS  
JUNIOR SECONDARY SCHOOL (JSS 1)  
SECOND TERM

WEEKS	TOPICS/CONTENTS
<b>1.</b>	<b>REVISION OF LAST TERM'S WORK</b> <ul style="list-style-type: none"><li>I. Introduction to Home Economics</li><li>II. The Human Body</li><li>III. Good Posture and Exercise</li><li>IV. Healthy Feeding and Eating Practices</li></ul>
<b>2.</b>	<b>THE FAMILY</b> <ul style="list-style-type: none"><li>I. Meaning of the Family</li><li>II. Types of Family</li><li>III. The Family Tree</li></ul>
<b>3.</b>	<b>THE HOME</b> <ul style="list-style-type: none"><li>I. Meaning and Characteristics of a Home</li><li>II. Difference between a Home and a House</li><li>III. Explain the Meaning of Domestic Violence</li><li>IV. Guide against Domestic Violence</li></ul>
<b>4.</b>	<b>CARE OF THE FAMILY HOUSE</b> <ul style="list-style-type: none"><li>I. Reasons for Care of the House</li><li>II. Equipment, Tools and Materials needed to Care for the House</li><li>III. Daily and Weekly Care of the Family</li><li>IV. Waste Disposal</li></ul>
<b>5.</b>	<b>PRODUCTION OF CLEANING AGENTS, DEODORANTS, COSMETICS</b> <ul style="list-style-type: none"><li>I. Types of Home Made Cleaning Agent</li><li>II. Uses of Cleaning Agents</li><li>III. Preparation of Cleaning Agents - Prepare Home Made Polish and different Types of Cleaning Agents</li></ul>

**6. USES OF HOME MADE POLISH AND CLEANING AGENTS**

- I. Types of Cosmetics
- II. Materials and Tools required for Making Cosmetics, e.g. Pomade, Cream and Deodorants
- III. Production of Cosmetics

**7. PRODUCTION OF HOME – MADE CLEANING AGENTS**

- I. Safety, Quality and Regulatory Control of Cosmetics Products in Nigeria
- II. Roles of Regulatory Bodies of NAFDAC, Son, etc.

**8. FAMILY NEEDS, GOALS AND STANDARDS**

- I. Meaning and Types of Family Needs and Wants
- II. Meaning of family Goals and Standards
- III. List Family Needs, e.g. Food, Clothing, Shelter, etc.

**9. FAMILY NEEDS, GOALS AND STANDARD**

- I. Relationship among Family Needs, Goals and Standards
- II. Explain Family Resource Management
- III. Uses of Family Needs, goals and Standard in Resource Management

**10. DECISION MAKING IN THE FAMILY**

- I. Meaning and Steps in Decision Making
- II. Simple Personal and Family Decisions

**11. | 12. REVISION AND EXAMINATION**

**JUNIOR SECONDARY SCHOOL (JSS 1)**

**THIRD TERM**

<b>WEEKS</b>	<b>TOPICS/CONTENTS</b>
<b>1.</b>	<b>BASIC SEWING PROCESSES</b> I. Permanent Stitches II. Temporary Stitches III. Make Different Types of Temporary Stitches, e.g. tailor’s tacking, oven hasting, etc. IV. Make Different Permanent stitches e.g. Running, Tack, Hemming, etc.
<b>2.</b>	<b>BASIC SEWING PROCESSES</b> I. Decorative stitches e.g. satin II. Stem, herringbone, cross, etc. III. Seams
<b>3.</b>	<b>PRODUCTION OF CLOTHING AND HOUSEHOLD ARTICLES/CRAFTS</b> I. List and explain simple relevant household articles and crafts II. Tools, Equipments and Materials for making a Simple Relevant Articles and Crafts
<b>4.</b>	<b>PRODUCTION OF CLOTHING AND HOUSEHOLD ARTICLES/CRAFTS</b> I. Construction of Simple Relevant, e.g. apron, cap, needlework, bag, headrest, table mat, puffs, purse, curtain holder, bibs, armrest, shopping bag, napkins, handkerchief, headtie., etc. II. Production of income yielding crafts e.g tie/dye, batik fabrics.
<b>5.</b>	<b>PUBERTY, ADOLESCENCE, SEXUALLY TRANSMITTED INFECTIONS (STIs), HIV/AIDS AND HUMAN RIGHTS</b> I. Meaning of Puberty and Adolescence II. Describe the signs of puberty in boys and girls
<b>6.</b>	<b>ADOLESCENCE, HUMAN RIGHTS</b> I. Needs and Challenges of the Adolescence II. Fundamental Human Rights and Rights of the Child

- 7. SEXUALITY TRANSMITTED INFECTION (STIs, HIV/AIDS)**
  - I. Explain the Meaning of STIs and HIV/AIDS
  - II. Explain the Causes, Signs and Prevention of STIs, HIV/AIDS
  
- 8. FUNDAMENTAL HUMAN RIGHT**

Fundamental Human Right and Rights of the Child
  
- 9. ENTERTAINMENT IN THE HOME**
  - I. Meaning of Entertainment, Host/Hostess and Guests
  - II. Writing of Invitation Letter
  - III. Table Laying (Lay Table for Entertainment)
  
- 10. ENTERTAINMENT IN THE HOME/ PREPARATION FOR ENTERTAINMENT**
  - I. Importance of Entertainment and Table Laying
  - II. Types of Entertainment Styles e.g. Buffet, Cocktail, Tray Service, and Table Service
  - III. Explain different Types of Entertainment Styles
  
- 11. REVISION**
  
- 12. EXAMINATION**