

HOME ECONOMICS
JUNIOR SECONDARY SCHOOL (JSS 2)
FIRST TERM

WEEKS	TOPICS/CONTENTS
1.	REVISION OF LAST SESSION'S WORK I. Puberty II. Family Needs, Goals and Standards III. Production of Clothing and Household IV. Healthy Feeding and Eating Practices, etc.
2.	MYSELF AS A HOME MAKER I. Explain the term - Home Maker II. Characteristics/Qualities of a Home Maker
3.	MYSELF AS A HOME MAKER I. Responsibilities of a home maker II. Home Making Activities, e.g. arranging flower, cleaning, trimming overgrown, flower bed, etc.
4.	THE FAMILY HOUSE I. Functional Areas in the Family House, e.g. toilet and bathroom, dinning room, Sitting room, kitchen and food store etc II. Uses of Functional Areas in the Family House
5.	THE FAMILY HOUSE I. Equipment and Materials for the Maintenance of the Family II. Guidelines for the Care of the House III. Procedure for the Maintenance of Functional Areas of the Family House
6.	FLOWER ARRANGEMENT I. Types of Flower Arrangement II. Uses of Flower in the Functional Areas of the Family House

III. Draw and Label the Different Types of Flower Arrangement

7. FLOWER ARRANGEMENT

Arrangement of Different Shapes of Flower for use in the Functional in the Family House, e.g.

- Oval
- Round
- Vertical
- Crescents
- Horizontal
- Triangular, etc.

8. CARE OF FAMILY CLOTHING AND HOUSEHOLD LINEN

- I. Types and uses of Household Clothing
- II. Factors that Enhance the Selection of Household Linen

9. CARE OF FAMILY CLOTHING AND HOUSEHOLD LINEN

- I. Clothing Repairs
- II. Equipments for Clothing Repairs

10. CARE OF FAMILY CLOTHING AND HOUSEHOLD

- I. Clothing Storage
- II. Maintenance of Household Linen

11. REVISION

12. EXAMINATIONS

HOME ECONOMICS
JUNIOR SECONDARY SCHOOL (JSS 2)
SECOND TERM

WEEKS	TOPICS/CONTENTS
1.	REVISION OF LAST TERM'S WORK <ul style="list-style-type: none">I. The Home MakerII. The family HouseIII. Care of Family Clothing and Household Linen
2.	IMPACT OF FAMILY VALUES ON LIFESTYLES <ul style="list-style-type: none">I. Family Values and Lifestyles, Meaning Types and ImportanceII. Factors Influencing Lifestyle
3.	FAMILY CONFLICTS AND CRISIS <ul style="list-style-type: none">I. Meaning of Family Conflicts and CrisisII. Causes of Conflicts and Crisis in FamilyIII. Types of Family Conflicts and Crisis, e.g Cultism, Bereavement, Divorce, Unemployment, Loss of Job, etc.
4.	FAMILY CONFLICTS AND CRISIS <ul style="list-style-type: none">I. Conflict Resolution Methods, e.g. Dialogue, Mediation, etc.II. Crisis Management Strategies, e.g. Changing Family, Roles, Communication
5.	HYGIENE AND PUBERTY <ul style="list-style-type: none">I. Causes and Prevention of Body OdourII. Importance of Personal Hygiene
6.	HYGIENE AND PUBERTY <ul style="list-style-type: none">I. Meaning of Puberty and MenstruationII. Body Change in Boys and GirlsIII. Menstrual CycleIV. Enumerate Ways of Maintaining Good menstrual hygiene

7. ADOLESCENCE AND SEXUALITY

- I. Meaning of Adolescence
- II. Characteristics of Adolescents
- III. Special needs and challenges of Adolescents
- IV. Meaning and Expression of Sexuality
- V. Sources and Utilization of Sexuality Related Information, e.g Internet, Home Videos, etc.

8. SEXUALITY TRANSMITTED INFECTIONS (STD) AND HIV/AIDS

- I. Meaning, Types of STIs, HIV/AIDS
- II. Causes and prevention of STIs, HIV/AIDS
- III. Management, Care and Support for infected Person
- IV. Consequences of Self Medication

9. BASIC PATTERN DRAFTING TECHNIQUES AND FASHION DESIGNING

- I. Meaning of Pattern Drafting and Fashion Designing
- II. Basic Pattern Drafting Tools and Equipment
- III. Using instructions to Sketch Styles

10. BASIC PATTERN DRAFTING TECHNIQUES AND FASHION DESIGNING

- I. Taking Body Measurements
- II. Drafting Basic Bodice and Skirt Patterns

11. REVISION

12. EXAMINATION

HOME ECONOMICS
JUNIOR SECONDARY SCHOOL (JSS 2)
THIRD TERM

WEEKS	TOPICS/CONTENTS
1.	REVISION OF LAST TERM'S WORK
2.	RESOURCES AND DECISION MAKING <ul style="list-style-type: none">I. Meaning and types of family resourcesII. Explain the meaning of decision makingIII. Steps in decision makingIV. Simple personal and family decision
3.	FOOD NUTRIENTS <ul style="list-style-type: none">I. Meaning of Food NutrientsII. Types of Food NutrientsIII. Food SourcesIV. Functions and Deficiency and Symptoms of Food Nutrients
4.	FOOD HYGIENE AND PREPARATION <ul style="list-style-type: none">I. Meaning and Importance of Food HygieneII. Guidelines for Food HygieneIII. Preparation of Simple Snacks and Drinks, e.g Fruit Drink, Chin Chin, Chips, etc.
5.	KITCHEN AND KITCHEN EQUIPMENT <ul style="list-style-type: none">I. Types of Kitchen LayoutII. Kitchen Equipments and UtensilsIII. Care of Kitchen Equipment
6.	PURCHASING, PROCESSING, PRESERVATION AND SAFETY <ul style="list-style-type: none">I. Meaning of Food Purchasing, Processing and PreservationII. Perishable and Non Perishable FoodsIII. Risk Factors in Purchasing

7. PURCHASING, PROCESSING, PRESERVATION AND SAFETY

- I. Factors to Consider when Buying Foods
- II. Wise Buying Practices
- III. Reasons for Food Preservation

8. FOOD PURCHASING, PROCESSING, PRESERVING AND SAFETY

- I. Preservation Methods e.g. Freezing, Sun – Drying, Salting, etc
- II. Food Processing Methods, e.g. Milling, Fermentation, etc.
- III. How to Keep Food Safe

9. EDGE FINISHES

- I. Explain the Meaning and Types of Edge Finishes
- II. Methods of Finishing Edges
- III. Make Different Edge Finishes

10. OPENING AND FASTENINGS

- I. Meaning of Openings and Fastenings
- II. Types of Openings and Fastenings
- III. Making of Simple Openings and Fastenings

11. | 12. REVISION AND EXAMINATION