HOME ECONOMICS

JSS THREE (FIRST TERM)

WEEKS. TOPICS /WEEKS

1. TEXTILES: TYPES, PROPERTIES, PRODUCTION, USES AND CARE

- Definition of textile with examples

- Basic textile terms e.g fibre, yarn, warp, weft.

- Reasons for studying textile

2. TEXTILES: PROPERTIES, CARE, USES

- Importance of textiles

- Differences between natural and synthetic fibres

- Properties, care and Uses of fibres

3. TEXTILES : PRODUCTION, USES, CARE

- Production of textiles e.g woven table mat.

- Laundering of fabrics

4. SEWING MACHINE

- Types and parts of the sewing machine

- Factors that influence choice of a sewing machine

- Explain the guidelines for choosing sewing machine

- Care of sewing machine

5. GARMENT CONSTRUCTION PROCESS

- Explain the meaning of some terms used in garment construction

- Term peculiar to garment construction e.g facing, hems, openings,

fastenings, etc

- Making of a simple baby dress using the sewing machine

6. BASIC STITCHES INVOLVED IN CUTTING AND JOINING OF CROSSWAY STRIPS

- Meaning of Crossway strips steps involved in cutting and joining of

crossway strips

7. ARRANGEMENT OF FULLNESS

- Identify gathers, pleats, tucks

- Explain the uses of gathers, pleats, tucks

8 . ARRANGEMENT OF FULLNESS

- Identify smocking, easing, darts

- Uses of smocking, easing, darts

- Produce smocking, easing, darts

9. DRESS SENSE

- Meaning of dress sense and figure

- List and explain figure types

- Describe suitable pattern designs for each figure types

10. TYPES OF OCCASION AND SUITABLE DRESS FOR EACH OCCASION.

- Describe suitable dress for each occasion

- Describe suitable accessories for each dress

11. REVISION

12. EXAMINATION

HOME ECONOMICS

JSS THREE (SECOND TERM)

WEEKS. TOPICS /CONTENTS

1. REVISION OF LAST TERM'S WORK

2. FOOD HYGIENE AND SAFETY

- Meaning of food hygiene

- Reasons for healthy food handling

- Ways of handling foods for safety

3. FOOD HYGIENE AND SAFETY

- Explain the meaning of causes of food spoilage

- Sources of food contamination and poisoning

- Discuss the consequences of consuming contaminated foods

- Sensory signs of spoilage and causative micro organisms

4. RESPONSIBLE FOOD MANAGEMENT

- Responsibilities of food safety manager to the consumers

- Hygiene food management strategies

- Differentiate between hygiene and unhygienic food handling

- Effect of hygiene and unhygienic food handling to the consumers.

5. PREPARATION, PACKAGING AND MARKETING OF FOOD ITEMS

- Differences between snacks and main meals

- Snacks and drinks available in the society

- Duties of food seller/provider for the public

6. PREPARATION, PACKAGING AND MARKETING OF FOOD ITEMS

- Preparation of snacks, drinks and meals

- Prepare and serve simple snacks, drinks and meals

- Enumerate marketing principles

7. SCIENTIFIC STUDY OF FOODS

- Tests and experiments on food nutrients e.g protein, carbohydrates,

fats and oils, etc

8. SCIENTIFIC STUDY OF FOOD NUTIENTS

- Effect of dry heat of food

- Effect of moist heat on food

9. FEEDING THE FAMILY

- Nutritional needs of family members e.g infants, children,

manual and sedentary workers etc.

10. FEEDING THE FAMILY

- Meaning of vegetarians

- Types of vegetarians

- Suggested meals for vegetarians - Plan balanced breakfast, Lunch

and dinner for vegetarians.

11. REVISION

12. EXAMINATION

HOME ECONOMICS

JSS THREE (THIRD TERM)

WEEKS. TOPICS /CONTENTS

1. REVISION OF LAST TERM'S WORK

- Food hygiene and safety

- Responsible food management preparation, packaging

and marketing of food items etc.

2. FAMILY LIVING AND RESOURCES MANAGEMENT

- Explain the meaning of pregnancy

- State symptoms of pregnancy

- Describe the ante - natal process

- List the baby Layette

3. CHILD DEVELOPMENT AND CARE

- Meaning and stages of child development

- Factors that influence child development

- Necessary conditions for child development

4. CHILD DEVELOPMENT AND CARE OF THE CHILD

- Describe the common childhood ailments

- Enumerate the different types of immunization

for a child.

5. CONSUMER CHALLENGES AND RIGHT

- Definition of consumer

- Rights of the consumer

- Challenges of the consumer

6. CONSUMER CHALLENGES AND RIGHTS

- Different types of Redress options for consumer

- Discuss procedures for seeking redress

7. PROJECT WORK