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