

HOME ECONOMICS CURRICULUM FOR MIDDLE SCHOOL STUDENTS

Dr. S. Prakash

Principal, Thiagarajar College of Preceptors, Madurai

Abstract

Home economics is an effort to teach students about care for a home and family and to open new career avenues. Modern home economics courses offer inclusive education to all students, including those in middle school. This paper attempts to construct a home economics curriculum for middle school students.

Keywords: Curriculum, Home Economics, Middle school students

Introduction

Home economics is an effort to teach students about care for a home and family and to open new career avenues. Modern home economics courses offer inclusive education to all students, including those in middle school. An attempt to construct a home economics curriculum for middle school students is presented as a paper. A syllabus for class 6-8 is constructed.

Class 6

Objectives

The objectives of Home Economics are:

1. to help students prepare themselves for home and family living;
2. to provide experiences that prepare for home economics employment;

Unit -1 Cooking

Flameless Cooking, decorating, vessel arrangements and maintenances, Strategies to cook a balanced meal, food safety, preservation. Properly setting a dining table and learned how to host meals.

(Suggested Activity: Surbat preparation, Flower Boutique preparation, Upmaa & Vadagam preparation)

Unit -2 Home Management and Design

Decorate and care for their homes, cleaning and organization, gardening, celebrating the festivals & holidays.

(Suggested Activity: Shelf & Cupboard Arrangements, Home gardening – stem cutting method)

Unit -3 Sewing and Textiles

Sewing clothes, Mending, Ironing the clothes, Embroidering, Weaving & Knitting, Art and Craft, Drawing, Painting, Folding & arranging the clothes.

(Suggested Activity: Stitches – Running, Basting, Cross, Backstitch, Slip Stitch, Blanket Stitch (Buttonhole Stitch), Standard Forward/Backward Stitch, Zigzag Stitch. Mending: Mehendi Preparation & design, Jute bag preparation, oil painting & Embroidering)

Unit - 4 Budgeting and Economics

Budget, family shopping, Marketing fair: listing and rating the households groceries, spending money wisely, Fund management, family and consumer science programs: properly budget, balance and invest income, Celebration of Sale Day.

(Suggested Activity: Savings at home, Collection of household groceries rate tags, Conduct Vegetable Fair)

Unit - 5 Health and Hygiene

Proper care for sick family members, sanitation, keeping the sick family member fed, quarantined from the healthy, at-home treatments for common illnesses, Herbal Gardening, Paattivaithiyam.

(Suggested Activity: Preparation of Tulsikasayam, Herbal gardening, Practicing Paattivaithiyam)

Class 7**Objectives**

- To encompasses the learning and mastery of knowledge and skills which enable students to develop and maintain lifelong healthful habits.
- To become productive citizens and adapt to a rapidly changing world.

Unit -1 Physical Fitness - Wise food choices and healthy snacks, Weighing and Measuring

Unit -2 Savings-Shops and Shopping Practices, Methods of Payment

Unit-3 The Choice and Management of Resources: Personal Finance – Monthly Budget Project, Budgeting and Ways of Saving Money

Unit -4 Food, Nutrition and Health: Safety and Hygiene in the Kitchen, Food Spoilage, Food waste management, Good practices in the Handling and preparation of food.

Unit -5 Family Well-being: First Aid and the First Aid Box, Safety in and outside the Home, The Selection, Safe Use and Care of Refrigerators and Freezers, Appearance Management (Good Grooming)

Class 8**Objectives**

- To prepare students to be self-reliant.
- To develop positive attitude within the family and stakeholders.
- To acquire and develop practical skills.

Unit - 1 Care of a Home - Ways of removing dust and dirt: gathering, dusting, wiping, sucking, mopping.

Unit - 2 Event planners – Home, School, Function, Celebrations etc.

Unit - 3 Improvisation of kitchen utensils – Preparing improvised utensils

Unit - 4 Daily time-management and time allocation – Reading Newspaper and Storybooks

Unit - 5 Present and future lifestyle -Self-Employment, Career Guidance

References

1. International Federation for Home Economics (IFHE): Position Statement in International Journal of Home Economics; Volume 1, Issue 1.
2. "FAQ". American Association of Family and Consumer Sciences. Archived from the original on 2015-01-11.
3. <https://www.legit.ng/1135123-importance-home-economics-individualsfamilies-nations.html>
4. <https://dailygazette.com/article/2018/06/01/students-learn-important-lifeskills-in-home-economics>