

YEAR 10 HOME ECONOMICS (HEC)

<p>SUBJECT DESCRIPTION</p>	<p>Home Economics focuses on the well-being of individuals and families in everyday activities especially in the areas of food and nutrition, living environments(housing) and textiles and is suitable for both boys and girls. Home Economics is an academic subject with a strong practical component. It is a cooking and sewing subject.</p>
<p>PREREQUISITES Level of junior achievement required to successfully complete the subject</p>	<p>No prerequisites, but a satisfactory performance in English would help students successfully complete this subject. Some cooking and textiles skills and knowledge would be helpful, but not essential.</p>
<p>EXPECTED OUTCOMES Aims of the subject</p>	<p>This subject will give students an understanding of Home Economics through a variety of activities that help students meet the challenges of everyday living such as</p> <ul style="list-style-type: none"> • Developing health promoting food habits • Choosing and preparing nutritious foods. • Choosing and creating textiles or clothing to meet student's needs
<p>COURSE OUTLINE/UNITS</p>	<p>The theme of this subject is cooking and sewing skill development as well as relevant knowledge.</p> <p>Boost Your Body Unit</p> <ul style="list-style-type: none"> • Examining a range of diets that Australians eat • Understanding the nutritional requirements of people. <p>Make it Your Own Unit</p> <ul style="list-style-type: none"> • Developing a range of common sewing and textiles skills that people can use. • Using sewing and textiles skills to create a range of articles suitable for students.
<p>ASSESSMENT/ WORKLOAD Expected work and study requirements</p>	<p>The students will gain an understanding of the assessment forms and content in Home Economics. Subject assessment includes</p> <ul style="list-style-type: none"> • Written tests (Criterion 1) • Writing an evaluation report on a dish the student cooked.(Criterion 2) • Creating an article for the students use or clothing for the students (Criterion 3)
<p>BENEFITS OF STUDYING THIS SUBJECT Career prospects / relevance to the future</p>	<p>By studying Home Economics students have the knowledge and skills to become better family members now and a good grounding for their own future family. Home Economics also gives an excellent preparation for many careers- such as</p> <ul style="list-style-type: none"> • Dietician, nutritionist • Interior decorator • Health promotions office • Designing and making textiles and clothing items
<p>CONTACT PERSON</p>	<p>Mrs Janet Sullivan (Head of Department)</p>