

## Week 1

Subject: Home Economics

Topic : Introduction to Home Economics: Meaning of Home Economics

Home Economics deals with many things.It draws Knowledge from many subject.

When the missionary came,they introduced formal education, They buil schools.Their wives taught young women how to cook,sew and clean houses.This is called domestic science.it was taught in special centres and teachers training college

Home Economics can be explained in different ways. It's a field that is concerned with improving family life.it does this by

1. Finding out the needs of individual
- 2 finding out ways to meet the needs of individual

Area of home Economics

- 1.Food and Nutrition
- 2.Clothing and textiles
- 3.Home management
- 4.Consumer Educational
5. Housing and Interior Decorations
- 6.Child Development and Care
- 7.Family Living

## Week 2

Topic: Home Economics Career

Home Economics prepares boys and girls for home making and other career

Career in Food and Nutrition:

- 1.Dietetics : They work in a hospital helping with diet and treatment of patients
- 2 Nutrition:They work in health department
3. Food Service: they work as catering manager s , supervisor a , Steward etc
4. Caterer : They prepare food for people.

5. Food Technology: A food technologist applies the principles of foods, science and engineering in the development of production, processing, packaging and distribution of foods

Career in clothing

1. Designer
2. Pattern illustration
3. Beauty care and hair dressing
4. Tailoring
5. Weaving

Importance of Home Economics

1. It teaches people how to live a good, healthy and happy life in the family, community, nation and the world.
2. It prepares people to use what they have (resources) to get what they want
3. It prepares boys and girls for home making.
4. It helps people to develop their abilities.
5. It can help people to start their own.

Week 3.

Topic: Puberty and Adolescent: Meaning and Menstruation

Meaning of Puberty.

Puberty is the short span of time which marks the beginning of sexual maturation. It differs between boys and girls.

Adolescent: Is the period in every person's life that lies between the end of the childhood and the beginning of adulthood

Signs of puberty in girls:

1. The breast develops
2. Body changes

3.Hair growth on armpits and pubic areas

4.Menstruation starts

5.skin changes

Signs of puberty in boys

1.Hair begins to grow on different parts of the body

2.Voice become thick

3.Sex organs develop

4.Muscle appearance

Menstruation: It is the monthly flow of blood from the the womb.

Body odour:it is the unpleasant smell I that comes from the body

Causes of body odor

1. Poor hygiene during menstruation

2.Accumulation of dirt's on the body

3.Failure to bath regularly and wearing dirty clothes

Prevention of body odor

1. Bath regularly 2.Wear clean clothes

3.Change your under wear every day.

Ways of maintaining good personal hygiene.

1.Daily brushing of teeth

2.Maintain clean hair ,hands and nails

3. Wash Hands before and after eating.

Week 4.

Topic: Characteristics of adolescent

Puberty usually occurs a little before the mid-point of adolescent. Therefore, all the signs of puberty already discussed in this chapter are also the characteristics of the adolescence period. It varies from family to family.

1. Family to family because of genetic factors
2. One socio-economic group to another because of difference in the environmental factors such as improved nutrition
3. One culture to another because of certain cultural beliefs and practices

Needs and changes of adolescent

The problems they face

1. Adjustment: often uncomfortable
2. Status: they want to behave like adults
3. Independence: they want to do things on their own.
4. Needs for achievement: they want to excel, they are not happy when they fail
5. Peer pressure: they often want to go along with their peers
6. Physical needs

Eg, foods, clothes, pants and boxers, brassiere for girls

7. Needs for parental understanding and support:

Parents should understand what their Adolescent wants

Communicate with them and meet their needs.

Week 5

Topic: Sexually Transmitted Infection (STIs/STDs) HIV /AIDs

STD is an illness spread from one person to another person through sexual contact.

Types of STDs

1. Gonorrhea: This is caused by BACTERIUM NEISSERIA GONORRHEA. It is spread through contact between infected person

Symptoms (signs) include:

1.Itching and discharge from penis and vagina

2.Painful urination

3.If pregnant woman has the disease,her child's eyes will be affected at birth.

Treatment: treat with antibiotics

Syphilis: it is caused by the BACTERIUM TREPONEMA PALLADIUM.it is spread through contact with infected person.

Symptoms (signs)

1.Sores on the sex organs .

2.Fever ,aches,rashesand hair loss's

3. It can affect the eyes and lead to death

Treatment: treat with antibiotics.

Acquired Immune Deficiency Syndrome (AIDs)

One of the most frightening of all STDsis AIDs.itbis caused by

1.A viruses called human immunodeficiency viruses (HIV)

2.It enters the body of a person and kill the immune system

3. It makes the body weak and unable to fight sickness

4.it results to death

How it is spread

1.Through multiple sex partners

2.through unsterilized objets

3.Mothers can pass it to their children

Prevention

1.Do not have sex until you are married

2.Avoid multiple sex partners

3.Avoid use of sharp objects,do not share

4.Avoid blood transfusion check before use

## Week 6

Topic: Human Rights

Meaning of Rights

Right is a statement showing the following

I .A natural dues

li.A moral claim

III.A legal entitlement

Fundamental Human Rights: They are Legal entitlement of everyone of us.Itbis written in the constitution of federal republic of Nigeria.chapter IV section 33-43,page18-26

It Includes:

1.Rights to life

2.Right to dignity of human person

3.Rights to fare hearing

4.Rights freedom of speech

5.Right to freedom of religion/movement etc

Right of a child

1.A child has right to life

2.A child has right to survive

3.A child has right to develop

4.A child has right to participate actively in the promotion of his/her rights

## Week7

Topic: Family needs,goals and standard

Family members need certain things in order to live,such as clothes, food, shelters, medical care, education and comfort etc.

Needs are things that are essential, that is very important for your health.The family members have physical, emotional mental and social needs

Wants are those things you desire though they are not essential for your health and wellness

## Types of Needs

1. Basic or primary needs are very important needs which the family cannot do without

They are food, Housing, clothing, shelter, health care needs.

Secondary needs: These are those things the family want, though not important it depends on the economic status eg . recreation, personal allowance or pocket money, family car etc.

## Week 8

### Family needs and goals

Resources are those things which the families can use to meet their needs and reach their goals

Goals are 1. aims , objectives, ends or things that individual or families are willing to work for or achieve. 2. Something you plan to be ,do or have and for which you are willing to work.

Standards: are measures of quality, quantity and method of goal attainments.

### Relationship among Needs, goals and standard

1. Needs , goals and standard are all related because they are all reason for our actions

2. Based on our needs we state goal as those things we need to achieve

3. Each time we set a goal ,we also set a standard that is acceptable to us.

## Week 9.

### Topic: Personal Clothing and House hold articles/crafts

Clothing is any article we place on the body to protect, beautify or adorn it including dresses, Shoes, jewelries, hair do, and make up.

### Reasons for wearing clothes

1. Protection of the body.

2. Modesty to cover our nakedness

3. Appearance to beautify and improve our appearance

4. Role identity. Clothes show the role people perform eg .Nurse ,Lawyers, police, soldiers etc

### Guidelines for choosing and wearing decent clothes

1. Occasion eg party, church or school.

2. Weather .

3.Activity or work

4.Washability of fabrics

5.Money and available

6.personal figure

7.personal complexion etc.

Week 10

Cleaning of shoes

1.Remove lace if available

2.Remove any loose dust and dirt.remove mud

3.Clean the inside with damp clothes

4.if wet allow it to dry

5.Apply the right color of Polish

6.Leave for sometime to dry and replace the lace

Week 11-12

Simple laundry equipment and agent

They are buckets ,pegs,lines,iron, ironing pads boards etc



