

Week1

Subject:Home Economics

Topic: Production of cleaning Agents

Cleaning can be classified as solvents, detergent, abrasive, alkaline, bleaches, polishes and Wax
Uses

Solvents: Dissolve dirt's,combines with detergent to remove greasy dirt

Detergent: Use for laundry

Abrasive:For scouring bath tubs,skins, pots,pans etc

Bleaches: For removing stains

Week 2

Topic: Guidelines for using cleaning Agents

- 1.Choose the correct cleaning agents for the surface to be cleaned
- 2.Read the labels and instructions
- 3.Follow the direction
- 4.Avoid wastages .
- 5.Store properly
- 6.Keepa away from children
- 7.Label all the cleaning agents properly
- 8.Cover the cleaning agents properly.

Week 3

Topic: Deodorant and Consmetics

Cosmetics are products which are applied in different parts of the body in order to improve natural features and protect the skin from dryness.

Guidelines for use

1. Take your bath and towel the skin dry before applying pomade
2. Apply pomade lightly on the skin.
3. Cover the pomade container thoroughly after use.
4. Read the information on the container of the product
5. Avoid bleaching cream and product
6. Ensure that the product you use have the approval of National for Food and Drug Administration and Control NAFDAC

Week 4.

Topic: The healthy feeding habits

Meaning of food

Food is any liquid or solid material which when eaten and digested can provide the body with nourishment.

Functions of food

1. It provides the body with heat and energy
2. It helps in the growth and repair of body tissues
3. It protects the body from diseases
4. Roughages in food help bowel movement and prevent constipation
5. Food is necessary for the good health and vitality.

Week 5

Topic: The family

A family is a group of persons who live together and are united by ties of marriage blood or adoption. Family members are each other's kin

Roles of family members

Father

1. He is the head of the family

2.He is the bread winner

3.He discipline the children

4.He teaches the children culture etc

Mother

1.She cooks for the family

2.She takes care of the family

3.She perform her civic responsibility etc

Children

1.Respect and obey the elders

2.Helps with household work

3.Learn the culture of the society

Week 6

Topic: Family Relationship

1.parents. Father and mother

2.Siblings Brothers and Sisters

3.Grand parents. Parent's parents

4.Great grand -parent. Great grand parents

5.Uncles mother's or father's sister etc

Week 7

Topic: The home

A home is a house in which a family lives .A home is therefore an abode or dwelling place for a family.It is more than a house .A home is the place where the family members can do many things together,such as

Share things,love and troubles

Can relax, and be at ease .

Live and work together for the benefits of each and the whole family

Prepare food and eat together.

Week 8.

Topic: Housing the family.

A house is just a building. Housing includes the many different types of shelter in which people can live . Housing can fulfill important needs of the individual and families. A house that offers opportunities to meet the needs of a family becomes a home.

Week 9

Topic: Care of the family houses

It is important to care for the family house

Reason for the care of family house

1. To maintain clean appearance
2. To maintain good hygiene
3. To maintain good health
4. To make for orderliness in the house
5. To prevent spoilage of the furniture.

Week 10.

Simple daily, weekly and seasonal cleaning of the house

In order to clean the house you need to sweep and dust the different functional areas , surfaces and object in the house. The functional areas are sitting room, kitchen, bedroom, toilet and bathroom