

Week 1

Topic: Home Economics

Topic: Basic Pattern drafting.

Taking body measurements: Tools needed.

1. Tape measure: for measuring parts of the body
2. Pencil : For writing down the measurements
3. Paper: For recording the measurements
4. A string: To be tied around the natural waistline.

Week 2

Topic: Pattern drafting

Drafted patterns: This is made to fit a particular person. A person's body measurements are first taken. Then the size pattern is drafted to fit his /her size

Advantages

1. It can be made to fit properly
2. It can be adapted to any type of style
3. It is cheaper than commercial pattern
4. It can help to check the fit of a design before it is made into garment
5. It is original, therefore can be unique
6. It does not require alteration

Week 3

Topic: Meals and Snacks

Meals are food items prepared and eaten, usually at a specific time as

Break fast. Morning meal

lunch After noon meal

Dinner evening/ night meal

Snacks : these are light food items eaten between meals it includes biscuits, fruits,beans balls (akara)ground nut ,banana, garden eggs ,cakes ,bread ,and other food items.

Week 4.

Topic : Preparations of meals and snacks

Prepare nutritious food for public consumption

Maintain high level food hygiene

Maintain high level of hygiene

Keep meal preparations environment clean

Avoid spoiled food

Cover food properly to avoid contamination

Week 5

Topic: Food hygiene

Food hygiene means preventing harmful substances and micro- organisms or bacteria from growing in food by keeping the food clean and safe.It is also called food sanitation

Reason for healthy food handling

- 1.Harmful substance can grow inside.
- 2.It is necessary to prevent the spread of food born disease
- 3.Food is easily contaminated
- 4.Healthy food handling improves safety.

Week 6

Topic: Food Nutrients

Nutrition refers to the way the body uses the food we eat.

Nutrients are the chemical substances in the food we eat. These are carbohydrates,fats ,and oil,

protein, minerals and vitamins

Week 7 - 8

Sources of food nutrients

Carbohydrates, eg rice, garri etc

Protein eg .egg, fish meat etc

Fats and oil. Eg palm oil butter etc

Mineral

Vitamins fruits

Week 9-10

Preparations of meals