**MINISTRY OF GENERAL EDUCATION**

**SOUTHERN PROVINCE**

**SCHEMES OF WORK**

SUBJECT: HOME ECONOMICS

**GRADE**: 7 **TERM**: 1 **YEAR**: 2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK** | **TOPICS/CONTENTS** | **GENERAL OUTCOMES** | **METHODS** | **L/T RESOURCES** | **REFERENCE** |
| 1 | **THE KITCHEN*** Improvisation- make your own utensils
* Cups
* Ladles and spoons
* Funnel, plates and grater
 | Demonstrate the ability to apply Principles of Home Economics Management | * Demonstration
* Group Discussion
 | * Kitchen Utensils
* A chart showing different utensils
 | * Grade 7 Home Economics Pupils Book Pages 5-6
* - Home Economics Syllabus page 20
 |
| 2 | **THE KITCHEN*** Improvisation- make your own utensils
* Grinder or mortar and pestle
* Rolling pin, winnow, bottle opener, sieve and baking tin
* *Assessment*
 | Demonstrate the ability to apply Principles of Home Economics Management  | * Demonstration
* Group Discussion
 | * Kitchen Utensils
* A chart showing different utensils
 | * Grade 7 Home Economics Pupils Book Pages 7-8
* - Home Economics Syllabus page 20
 |
| 3 | **FOOD PREPARATION*** Cooking Methods
* Grilling
* Recipes (Grilled fish, grilled spring chicken and grilled vegetables)
 | Demonstrate the ability to apply principles of Food and Nutrition | -Demonstration- Group Discussion | - Kitchen UtensilsA chart showing grilled and steamed dishes | * Grade 7 Home Economics pupils book pages 9 -12
* H.E Syllabus page 20
 |
| 4 | **FOOD PREPARATION*** Cooking methods
* Steaming (steamed egg custard, steamed custard sauce and simple pudding)
 | * Demonstrate the ability to apply Principles of Food and Nutrition
 | - Demonstration- Group Discussion | - Kitchen UtensilsA chart showing grilled and steamed dishes | * Grade 7 Home Economics pupils book pages 12-15
* H.E Syllabus page 20
 |
| 5 | **FOOD PREPERATION*** Demonstrate the ability to apply Principles of Food and Nutrition
 | Demonstrate the ability to apply Principles of Food and Nutrition | - Demonstration- Group Discussion | - Kitchen UtensilsA chart showing steamed and steamed vegetables | * Grade 7 Home Economics pupils book pages 17-18
* H.E Syllabus page 20
 |
| 6 | **FLOUR MIXTURES*** Sources of flour (wheat, maize, millet, beans and sorghum)
 | Demonstrate the ability to apply Principles of Food and Nutrition | - Demonstration- Group Discussion | - Flour, bans, wheat, maize, millet and sorghum | * Grade 7 Home Economics pupils book pages 19

H.E Syllabus page 20 |
| 7 | **FLOUR MIXTURES*** Raising agents (Air, Baking Powder, Bicarbonate Soda and yeast)
* Recipes for flour mixtures using baking powder, air and yeast
* **MIDTERM TESTS**
 | Demonstrate the ability to apply Principles of Food and Nutrition | - Demonstration- Group Discussion | - Eggs, baking powder, bicarbonate soda and yeast | - Grade 7Home Economics page 20-23Home Economics syllabus page 20 |
| 8 | **FLOUR MIXTURES*** Recipes for flour mixtures using baking powder, air and yeast
* *Assessment*
 | Demonstrate the ability to apply Principles of Food and Nutrition | - Demonstration- Group Discussion | - Eggs, baking powder, bicarbonate soda, yeast and baking pan | - Grade 7Home Economics page 24-29Home Economics syllabus page 20 |
| 9 | **HOME MANAGEMENT*** Sanitation
* Kitchen sink
* Parts of the Kitchen sink
 | Demonstrate the ability to apply Principles of Food and Nutrition | - Demonstration- Group Discussion | A chart showing a sinkReal sink | * Grade 7 Home Economics Pupil’s Book Page 24- 29
* Home Economics Syllabus page 20
 |
| 10 | **SANITATION*** Care and cleaning of Kitchen sink
* Unblocking a Kitchen sink
 | Demonstrate the ability to apply Principles of Food and Nutrition | - Demonstration- Group Discussion | A chart showing a sinkReal sink | * Grade 7 Home Economics Pupil’s Book Pages 35-38
* Home Economics Syllabus page 21
 |
| 11 | **HOME*** Floor coverings
* Care of carpets, mats and traditional mats
 | Demonstrate the ability to apply Principles of Food and Nutrition | - Demonstration- Group Discussion | - ChartsCarpets, traditional mats and rugs | * Grade 7 Home Economics Pupil’s Book Pages 39-42
* Home Economics Syllabus page 21
 |
| 12 | **HOSPITALITY*** Flower arrangement
* Prepare the flower and materials
* Make the arrangement
 | Demonstrate the ability to apply Principles of Food and Nutrition | - Demonstration- Group Discussion | - VaseFlowers, grass, big leaves, paper and scissors | * Grade 7 Home Economics Pupil’s Book Pages 43-46
* Home Economics Syllabus page 21
 |
| 13 | * **END OF TERM TESTS AND REVISION**
 |

**NB: FOR MIDTERM , TESTTWO SUBJECTS PER DAY AND TEACH THE OTHER SUBJECTS THAT APPEAR ON THE TIME TABLE THAT DAY.**

**MINSTRY OF GENERAL EDUCATION**

**SOUTHERN PROVINCE**

**SCHEMES OF WORK**

SUBJECT: HOME ECONOMICS

**GRADE**: 7 **TERM**: 2 **YEAR**: 2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK** | **TOPICS/CONTENTS** | **GENERAL OUTCOMES** | **METHODS** | **L/T RESOURCES** | **REFERENCE** |
| 1 | **HOSPITALITY*** Linen
* Dish cloths and drying cloths
* Table Linen
* Bed Linen
 | Demonstrate the ability to apply Principles of Home Management | * Demonstration
* Discussions
 | * Cloths, bed sheets, duvet covers, pillow-lips, table cloths and cushion covers
 | * Grade 7 Home Economics Pupil’s Book pages 47- 50
* - Home Economics syllabus page 21
 |
| 2 | **HOSPITALITY*** Decoration and Accessories
* Assessment
 | Demonstrate the ability to apply Principles of Home Management | * Demonstration
* Discussions
 | * Mirrors, brightly colored cushions, carpets
 | * Grade 7 Home Economics Pupil’s Book pages 50-52
* - Home Economics syllabus page 21
 |
| 3 | **TIME MANAGEMENT*** Managing a household
* Daily Tasks
* Materials and equipment
* Time allocation
 | Demonstrate the ability to apply Principles of Home Management | * Demonstration
* Discussions
 | * Wall Clocks
 | * Grade 7 Home Economics Pupil’s Book pages 53-55
* Home Economics syllabus page 21
 |
| 4 | **TIME MANAGEMENT*** Managing a household
* Daily Tasks
* Materials and equipment
* Time allocation
 | Demonstrate the ability to apply Principles of Home Management | * Demonstration
* Discussions
 | * Wall Clocks
 | * Grade 7 Home Economics Pupil’s Book pages 55-57
* Home Economics syllabus page 21
 |
| 5 | **LAUNDRY*** Care of white cotton
* Launder white garments
* Laundry labels
* Assessment
 | Demonstrate the ability to apply Principles of Home Management | * Demonstration
* Discussions
* Question and Answer
* Practicals
 | * Soap, iron, clothes, wash linen, basins and chalkboard
 | * Grade 7 Home Economics Pupil’s Book pages 58-61
* Home Economics syllabus page 21
 |
| 6 | **GARDENING*** Kitchen Garden
* How to maintain a Kitchen Garden
* **MID TERM TESTS**
 | Demonstrate the ability to apply Principles of Home Management | * Demonstration
* Discussions
* Question and Answer
* Practicals
 | * Gardening tools
* Displaying Crops suitable for Kitchen gardens
* Learner’s Books
* Chalkboard
 | * Grade 7 Home Economics Pupil’s Book pages 62-64
* Home Economics syllabus page 21
 |
| 7 | **GARDENING*** Organic insect repelling pesticides
* Insect repelling plants
* **MIDTERM TEST**
 | Demonstrate the ability to apply Principles of Home Management | * Group Discussion
* Demonstration
* Question and Answer
* Explanations
 | * Sprayer
* Waters, pesticides, insecticides and buckets
 | * Grade 7 Home Economics Pupil’s Book pages 65-69
* Home Economics syllabus page 21
 |
| 8 | **HEALTH EDUCATION** * Personal Hygiene
* The skin
* Functions of the skin
* Structure of the skin
 | Demonstrate the ability to apply Principles of Health Education  | * Group Discussion
* Brainstorming
* Demonstration
 | * A chart showing the skin (Human)
* Text Book
 | * Grade 7 Home Economics Pupil’s Book pages 70-73
* Home Economics syllabus page 21
 |
| 9 | **PERSONAL HYGIENE*** Care of your skin
* Assessment
 | Demonstrate the ability to apply Principles of Health Education  | * Brain storming
* Demonstration
* Group Discussion
 | * A chart)
* Text Books
* Soap, water and lotion
 | * Grade 7 Home Economics Pupil’s Book pages 74-76
* Home Economics syllabus page 21
 |
| 10 | **HEALTH EDUCATION AND PUBERTY*** Puberty
* Personal Hygiene
* Cure of the skin
* Assessment
 | Demonstrate the ability to apply Principles of Health Education  | * Brain storming
* Demonstration
* Question and Answer
 | * Charts
* Learner’s Text Books
 | * Grade 7 Home Economics Pupil’s Book pages 77-78
* Home Economics syllabus page 21
 |
| 11 | **HEALTH EDUCATION AND PUBERTY*** Personal Hygiene during Menstruation
* Home -made sanitary pads
 | Demonstrate the ability to apply Principles of Health Education  | * Demonstration
* Explanations
* Group Discussions
 | * Cotton wool
* Chitenge materials, old towels and sanitary pads
 | * Grade 7 Home Economics Pupil’s Book pages 79-81
* Home Economics syllabus page 21
 |
| 12 | **HUMAN DEVELOPMENT*** Bodily Integrity
* Ways of promoting privacy and bodily Integrity
* Fullness arranging
 | Demonstrate the ability to apply Principles of Health Education  | * Demonstration
* Explanations
* Group Discussions
 | * Learner’s books
* Chalkboard
* Sewing needles
* Sewing threads
* Cotton Materials
 | * Grade 7 Home Economics Pupil’s Book pages 82-87
* Home Economics syllabus page 21
 |
| 13 | * **END OF TERM TESTS AND REVISION**
 |

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**SOUTHERN PROVINCE**

**SCHEMES OF WORK**

**SUBJECT**: HOME ECONOMICS

**GRADE**: 7 **TERM**: 3 **YEAR**: 2018

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEEK** | **TOPICS/CONTENTS** | **GENERAL OUTCOMES** | **METHODS** | **L/T RESOURCES** | **REFERENCE** |
| 1 | **NEEDLE WORK*** Arranging fullness
* Mending different clothing
 | * Demonstrate the ability to apply
 | * Group Discussions
* Demonstrations
* Explanations
* Question and Answer
 | * Sewing Needles, sewing thread, cloth material, learner’s book and Chalkboard
 | * Grade 7 Home Economics Pupil’s Book pages 85-87
* - Home Economics Syllabus page 25
 |
| 2 | **NEEDLE WORK*** Sewing simple shirts and dresses
* Make a pattern
* Assessment
 | * Demonstrate the ability to apply
 | * Group Discussions
* Demonstrations
* Explanations
* Question and Answer
 | * Sewing Needles, sewing thread, cloth material, learner’s book and Chalkboard
 | * Grade 7 Home Economics Pupil’s Book pages 88-100
* - Home Economics Syllabus page 25
 |
| 3 | **CRAFT WORK*** Patterns
* Stitches
 | * Demonstrate the ability to apply
 | * Group Discussions
* Demonstrations
* Explanations
* Question and Answer
 | * Learner’s Book, Chalk Board, Weaving items like used straws, papyrus
 | * Grade 7 Home Economics Pupil’s Book pages 101-100
* - Home Economics Syllabus page 25
 |
| 4 | **CRAFT WORK*** Knitting
* Stitches
* Stitches
 | * Demonstrate the ability to apply
 | * Group Discussions
* Demonstrations
* Explanations
* Question and Answer
 | * Chalkboard, Learner’s book,
* Wearing items like used straws, papyrus
 | * Grade 7 Home Economics Pupil’s Book pages 106-100
* - Home Economics Syllabus page 25
 |
| 5 | **CRAFT WORK*** Crocheting
* Double Crotchet
* How to increase and decrease
 | * Demonstrate the ability to apply
 | * Group Discussions
* Demonstrations
* Explanations
* Question and Answer
 | * Weaving items like used straws, papyrus and hooks
 | * Grade 7 Home Economics Pupil’s Book pages 111-117
* - Home Economics Syllabus page 25
 |
| 6 | **CRAFT WORK*** Granny Squares
* Dyes
* Textile Fibers
* Natural Dyestuffs
* **MID TERM TESTS**
 | * Demonstrate the ability to apply
 | * Group Discussions
* Demonstrations
* Explanations
* Question and Answer
 | * Plants, dyes, sweet potato leaves, munkoyo roots
* Pupil’s Books
 | * Grade 7 Home Economics Pupil’s Book pages 118-122
* Home Economics Syllabus page 25
 |
| 7 | **ENTREPRENEURSHIP*** Selling Craft Products
* How to advertise and promoting your products.
 | * Demonstrate the ability to apply
 | * Group Discussions
* Demonstrations
* Explanations
* Question and Answer
 | * Charts
* Pupil’s Books
 | * Grade 7 Home Economics Pupil’s Book pages 123-139
* Home Economics Syllabus page 25
 |
| 8 | **REVISION** | **REVISION** | **REVISION** | **REVISION** | **REVISION** |
| 9 | **Grade 7 composite examination** |