**MINISTRY OF GENERAL EDUCATION**

**SOUTHERN PROVINCE**

**SCHEMES OF WORK**

SUBJECT: HOME ECONOMICS

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

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| **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 Utensils  A 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 Utensils  A 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 Utensils  A 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 20-23  Home 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 24-29  Home 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 sink  Real 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 sink  Real 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 | - Charts  Carpets, 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 | - Vase  Flowers, 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

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| **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

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| **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** | | | | |