

## Home Economics Faculty Rationale

### Broad General Education

In S1 and S2 pupils will:

- Apply knowledge and understanding of current healthy eating advice by contributing to a healthy eating plan.
- Take part in practical food activities and prepare healthy foods to meet identified needs.
- Identify key nutrients, their sources, and functions, and demonstrate links between energy, nutrients, and health, through practical activities.
- Gain an understanding of different nutritional needs at different life stages.
- Develop an understanding of the nutritional needs of people who have different conditions and requirements.
- Gain an understanding on cleanliness, hygiene and safety and apply these principles to everyday routines, understanding their importance to health and wellbeing.
- Apply food safety principles when buying, storing, preparing, cooking, and consuming food.
- Develop an understanding of food practices and preferences influenced by factors such as food sources, finance, culture, and religion.
- Develop an awareness of the journey which foods make from source to consumer, their seasonality, their local availability, and their sustainability when preparing and cooking a variety of foods.
- Develop knowledge of nutrition and current healthy eating advice and evaluate the information on food packaging before making informed choices when preparing and cooking healthy dishes.
- Understand how advertising and the media are used to influence consumers.

In S1, pupils attend Home Economics twice a week; one theory lesson and one practical lesson. Pupils cover 3 units in S1; two food based, and one fabric based. The food-based units cover topics such as food hygiene, personal hygiene, healthy eating, the Eatwell guide and nutrients. The recipes we cover include rocky road bites, potato wedges, oat crunchies and wrap pizzas and give the pupils an introduction to the kitchens. The fabric-based unit gives pupils an introduction to the sewing room and the equipment before pupils move on to making an apron.

In S2, pupils attend Home Economics twice a week; one theory lesson and one practical lesson. Pupils cover 4 units in S2; three food based, and one fabric based. The food-based units cover topics such as sustainability, food waste, farm to fork, convenience vs homemade foods and the science of foods. The recipes we cover include macaroni cheese, homemade pizza, rhubarb crumble and bruschetta. The fabric-based unit allows pupils to build on their knowledge and skills and pupils will make a washbag.

In S3, pupils will have the opportunity to pick a subject and can choose from the following: Health and Food Technology, Practical Cake Craft, Practical Cookery and Fashion and Textiles. They will attend each subject of their choice 4 times a week. For the first part of the year, pupils will work through the Level 4 Experiences and Outcomes and will move on to National 4 and 5 content after the Christmas holidays.