

Home Economics in S3



Pupils studying the Home Economics course in S3 have 3 periods each week. The course equips pupils with a wide range of knowledge and skills for progression onto both the Health & Food Technology and Hospitality courses available during the senior phase.

The topics studied during S3 include:

Food & Health – pupils will learn about diet-related health conditions and current dietary advice.

Food Technology – pupils will learn about the functional properties of ingredients.

Food & Nutrition – pupils will learn about the functions & sources of nutrients.

Food & the Community – pupils will learn about the differing nutritional needs of individuals.

Food Choices – pupils will learn the various factors that influence our decision to buy or eat foods.

Food Safety – pupils will learn about the causes of food poisoning and how to prevent it.

The practical cookery lessons complement the theory work being studied and also give pupils more independence and greater choice. As pupils advance their skills & confidence they will begin to make two dishes during a double period. A variety of sweet and savoury dishes are cooked throughout the year.

Pupils pay a contribution towards the cost of the materials used in this course; parents/carers are provided with information on payment at the start of the session.

▪ **Equipment**

Pupils are required to bring to school appropriate dishes and containers; they are informed of what is required on a weekly basis. These include:

- 1 x Small oven-proof dish / 1 x medium sized rectangular oven-proof dish
- 1 x small plastic container with lid / 1 x medium plastic container with lid
- 1 large flask (soup)
- Foil and recyclable containers may be purchased from school – cost 20p
- Pupils should always come equipped with appropriate writing materials

Hygiene

- We would advise that pupils bring their own apron each week.
- Nail varnish should not be worn on the day that pupils are carrying out practical work.
- Long hair must be tied back with an appropriate band/clip etc.

Homework

- Pupils are given homework tasks to complete; these can be found on Teams in Glow.
- We recommend that pupils practise cookery skills and techniques as much as possible at home - this will increase their confidence, pace of work and organisational skills.

The pictures below illustrate some of the pupils work.



Prior to this lesson, pupils had been learning about the nutritional needs of toddlers and the process of weaning. Pupils then applied this knowledge when preparing their “toddler plate”. They were give a variety of ingredients and asked to prepare a plate of food suitable for a toddler.

