

MINISTRY OF GENERAL EDUCATION

**SCHEMES OF WORK**

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 8 HOME ECONOMICS- TERM 1**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1.	NEEDLE WORK AND CRAFS Needlework tools and equipment	<ul style="list-style-type: none"> <li>Describe tools used in needlework</li> <li>Identify the small tools</li> <li>Make a pin cushion</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ demonstration</li> </ul>	Syllabus AJS Home economics Grade 8 pg 169-171 Ta AJS pg 89, MKFF G10 pg 41-42	
2.	Needlework tools and equipment	<ul style="list-style-type: none"> <li>Describe large equipment tools</li> <li>Make a needlework box(kit)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ explanation</li> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ demonstration</li> <li>➤ demonstration</li> </ul>	Syllabus 8 and 9 AJS HE pg 172-173.	
3	THE SEWING MACHINE Types of sewing machines	<ul style="list-style-type: none"> <li>Identify types of sewing machines</li> <li>Describe use of different parts of sewing machines</li> <li>Care and cleaning of sewing machines and sew using a sewing machine</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ demonstration</li> </ul>	Syllabus 8 and 9 AJS HE pg 131-133. TG AJS G8 pg 72-73	
4	PERSONAL HYGIENE , Grooming	<ul style="list-style-type: none"> <li>define grooming</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> </ul>	Syllabus 8 and 9 AJS HE pg 174-175.	

		<ul style="list-style-type: none"> <li>• discuss correct application of cosmetics</li> <li>• state the reasons for using cosmetics</li> <li>• the advantages and disadvantages of cosmetics</li> <li>• care and cleaning different body parts</li> </ul>	<ul style="list-style-type: none"> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ demonstration</li> </ul>	TG AJS G8 pg 92-93 JS HE G8 pg 218 JS HE pg 219	
5	Hands, feet, eyes, ears, Hair and teeth	Clean and care different parts of the body	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ demonstration</li> </ul>	Syllabus 8 and 9 AJS HE pg 133-137.  AJS HE G8 pg 732-73	
6	<b>SOAP MAKING</b> <ul style="list-style-type: none"> <li>- Soap making</li> <li>- Types of soap</li> </ul>	<ul style="list-style-type: none"> <li>• Define soap</li> <li>• Discuss the properties of soap</li> <li>• Identify different type of soaps</li> <li>• State the advantages and disadvantages of soap</li> <li>• Make home made soap</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ demonstration</li> </ul>	Syllabus 8 and 9 AJS HE pg 100-102, Pgs 56-57	
7	<b>BEVERAGES</b> <ul style="list-style-type: none"> <li>- food</li> <li>- food nutrients</li> </ul>	<ul style="list-style-type: none"> <li>• define beverage</li> <li>• discuss classes of beverages</li> <li>• make beverages</li> <li>• define food</li> <li>• discuss food groups (food Pyramid)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ demonstration</li> </ul> demonstration	Syllabus 8 and 9 AJS HE pg 12-15.	
8	<ul style="list-style-type: none"> <li>- food</li> <li>- food nutrients</li> </ul>	<ul style="list-style-type: none"> <li>• explain food nutrients</li> <li>• Macronutrients( proteins, fats, water and carbohydrates)</li> </ul>	<ul style="list-style-type: none"> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ demonstration</li> </ul>	Syllabus 8 and 9 AJS HE pg 2-4.	
9	<ul style="list-style-type: none"> <li>- food</li> <li>- food nutrients</li> </ul>	<ul style="list-style-type: none"> <li>• Micronutrients(vitamins, minerals)</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> </ul>	Syllabus 8 and 9 AJS HE pg 6-10	

		<ul style="list-style-type: none"> <li>• Outline the nutritive value of food</li> <li>• Discuss the sources of nutrients</li> </ul>	<ul style="list-style-type: none"> <li>➤ Group work</li> <li>➤ demonstration</li> </ul>		
10	Food - Deficiency diseases	<ul style="list-style-type: none"> <li>• Identify the signs and symptoms of deficiency diseases</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ demonstration</li> </ul>	Syllabus 8 and 9 AJS HE pg 6-10	
11	GARDENING - Kitchen garden	<ul style="list-style-type: none"> <li>• Define kitchen garden</li> <li>• Discuss the importance of kitchen garden</li> <li>• Grow suitable vegetables in the kitchen garden</li> </ul>	<ul style="list-style-type: none"> <li>➤ Discussion</li> <li>➤ Practical work</li> <li>➤ explanations</li> </ul>	Syllabus 8 AJS HE pg 96-97	
12	REVISION AND TESTS	Revise the terms work and write end of term tests	<ul style="list-style-type: none"> <li>➤ discussion</li> <li>➤ writing a test</li> <li>➤</li> </ul>	Teacher's own resource and past papers	
13	END OF TERM TESTS	write end of term tests	<ul style="list-style-type: none"> <li>➤ writing a test</li> </ul>	Test papers	

MINISTRY OF GENERAL EDUCATION

PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 8 HOME ECONOMICS- TERM II**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1.	NEEDLE WORK PROCESSES Stitches	<ul style="list-style-type: none"><li>• define a stitch</li><li>• classify stitches</li></ul>	<ul style="list-style-type: none"><li>➤ discussion</li><li>➤ Explanation</li></ul>	AJS HE G.8 pg 177-178	
2.	Stitches	<ul style="list-style-type: none"><li>• Explain the use of different stitches</li><li>• Sew temporary,permanent,joining, decorative and neatening stitches .</li></ul>	<ul style="list-style-type: none"><li>➤ explanation</li><li>➤ discussion</li><li>➤ practical</li></ul>	AJS HE G.8 pg 179-184	
3	Seams	<ul style="list-style-type: none"><li>• define seam</li><li>• identify groups of seams</li><li>• discuss types of seams</li><li>• sew different seams</li></ul>	<ul style="list-style-type: none"><li>➤ Question and answer</li><li>➤ discussion</li><li>➤ Group work</li><li>➤ Demonstration</li><li>➤ practical</li></ul>	AJS G8 pg 185-188	
4	Edge finishes	<ul style="list-style-type: none"><li>• define edge finishes</li><li>• discuss types of edge finishes</li></ul>	<ul style="list-style-type: none"><li>➤ Question and answer</li></ul>	AJS HE pg 189	

	Openings	<ul style="list-style-type: none"> <li>● sew different edge finishes</li> <li>- define openings</li> <li>- discuss the uses of openings</li> <li>- discuss points to consider when choosing openings</li> <li>- describe the choice of seams on openings</li> <li>- discuss types of openings</li> <li>- workout different openings</li> </ul>	<ul style="list-style-type: none"> <li>➤ discussion</li> <li>➤ practical</li> <li>➤ demonstration</li> </ul>		
5	<b>THE KITCHEN</b> <ul style="list-style-type: none"> <li>- kitchen equipment and utensils</li> </ul>	<ul style="list-style-type: none"> <li>● Define the kitchen</li> <li>● Identify kitchen shapes</li> <li>● Describe types of kitchen</li> <li>● Discuss modern and traditional kitchen utensils</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ identification</li> </ul>	AJS HE pg 58-63	
6	<b>IMPROVISATION</b> <ul style="list-style-type: none"> <li>- Utensils and materials</li> </ul> <b>RE-HEATING FOODS</b> <ul style="list-style-type: none"> <li>- Left over foods</li> </ul>	<ul style="list-style-type: none"> <li>● Define improvisation</li> <li>● Discuss the importance of improvisation</li> <li>● Discuss utensils that can be improvised</li> <li>● Make and use improvised utensils and materials</li> <li>- Define left over foods</li> <li>- Discuss points to consider when preparing left over foods</li> <li>- Prepare different foods from left over foods</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ demonstration</li> <li>➤ group work</li> </ul>	AJS HE 8, Pgs 64-65	
7	<b>SAFETY IN THE HOME</b> <ul style="list-style-type: none"> <li>- first aid</li> </ul>	<ul style="list-style-type: none"> <li>● define first aid</li> <li>● define first box</li> <li>● discuss the contents of the first aid box contents</li> <li>● identify common accidents in the home</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ Demonstration</li> <li>➤ practical</li> </ul>	AJS HE pg 124-130 MK G8 PG 107-113	

		<ul style="list-style-type: none"> <li>• improvise the first aid box</li> </ul>			
8	<b>REPRODUCTIVE HEALTH</b> - puberty	<ul style="list-style-type: none"> <li>• define puberty</li> <li>• discuss signs of puberty in boys and girls</li> <li>• explain the monthly cycle and fertility</li> <li>• discuss hygiene during puberty</li> <li>• discuss different types of sanitary towels</li> <li>• discuss problems associated with menstruation</li> </ul>	<ul style="list-style-type: none"> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ Demonstration</li> <li>➤ practical</li> </ul>	AJS HE G8	
9	<b>COOKING</b> - Methods of cooking	<ul style="list-style-type: none"> <li>• Define cookery</li> <li>• Discuss reasons why food should be cooked</li> <li>• Discuss methods of heat transference during cooking</li> <li>• Classify methods of cooking</li> <li>• Cook various foods using different methods</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ Explanation</li> <li>➤ discussion</li> </ul>	AJS G8 MK HE G8	
10	<b>MEAL PLANNING</b> - meal planning	<ul style="list-style-type: none"> <li>• define meal planning</li> <li>• discuss the importance of meal planning</li> <li>• discuss factors to consider when planning meals</li> <li>• discuss courses and patterns of meals</li> <li>• identify meals for the vulnerable</li> <li>• prepare meals for different individual needs</li> <li>• prepare balanced meals for different individual needs</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ Demonstration</li> <li>➤ Practical</li> </ul>	MK HE PG 19-26 AJS HE G,8 PG 26-31 JS HE G8 PG 11-20	

11	NEEDLEWORK PROCESSES - Arranging fullness	<ul style="list-style-type: none"> <li>• Define arranging fullness</li> <li>• Discuss methods in arranging fullness</li> <li>• Workout ways of arranging fullness</li> </ul>	<ul style="list-style-type: none"> <li>➤ Discussion</li> <li>➤ Practical work</li> <li>➤ explanations</li> </ul>	MK HE PG 166-167 AJS HE G,8 PG 203-210 JS HE G8 PG 242-248	
12	REVISION AND TESTS	Revise the terms work and write end of term tests	<ul style="list-style-type: none"> <li>➤ discussion</li> <li>➤ writing a test</li> </ul>	Teacher's own resource and past papers	
13	END OF TERM TESTS	write end of term tests	<ul style="list-style-type: none"> <li>➤ writing a test</li> </ul>	Test papers	

**MINISTRY OF GENERAL EDUCATION**

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

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**GRADE 8 HOME ECONOMICS- TERM III**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1.	NEEDLEWORK PROCESSES - Fastening	<ul style="list-style-type: none"> <li>• define fastening</li> <li>• identify types of fastener</li> <li>• discuss choice of fasteners</li> <li>• discuss rules to follow when choosing fastners</li> <li>• discuss rules to follow when fixing fasteners</li> <li>• workout different fstenings</li> </ul>	<ul style="list-style-type: none"> <li>➤ discussion</li> <li>➤ Explanation</li> <li>➤ Demonstration</li> </ul>	Teacher's own resoures	
2.	FABRICS - Production of fabrics	<ul style="list-style-type: none"> <li>• Define fabric</li> <li>• Describe yarns ar made into fabrics</li> </ul>	<ul style="list-style-type: none"> <li>➤ explanation</li> <li>➤ discussion</li> <li>➤ practical</li> </ul>	AJS HE G.8 pg 179-184	



	WEEKLY TEST ONE	<ul style="list-style-type: none"> <li>• Identify different fabrics according to different methods of manufacturing</li> <li>• identify fabrics suitable for making different articles</li> <li>• test different types of finishes</li> </ul>			
3	<p>PROCESSES</p> <ul style="list-style-type: none"> <li>- body measurements</li> </ul> <p>PATTERNS</p> <ul style="list-style-type: none"> <li>- paper patterns</li> </ul>	<ul style="list-style-type: none"> <li>• make body measurements</li> <li>• discuss points to consider when taking body measurements</li> <li>• discuss how to take body measurements of different parts of the body</li> <li>• discuss importance of using patterns</li> <li>• outline methods of transferring pattern markings</li> <li>• prepare paper patterns and materials for cutting out garments</li> <li>• cut out garment according to instructions</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ Demonstration</li> <li>➤ practical</li> </ul>	AJS G8 pg 216-223 MK G8 PG 171-175	
4	<p>CRAFTS</p> <ul style="list-style-type: none"> <li>- weaving</li> <li>- knitting</li> <li>- crocheting</li> </ul>	<ul style="list-style-type: none"> <li>- define weaving</li> <li>- identify different types of weaves</li> <li>- define knitting</li> <li>- discuss types of knitting stitches</li> <li>- define crocheting</li> <li>- discuss types of knitting stitches</li> <li>- define crocheting</li> <li>- discuss major stitches in crocheting</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ practical</li> <li>➤ demonstration</li> </ul>	AJS HE pg 229-230 MK G8 PG 188-198	

	- entrepreneurship	<ul style="list-style-type: none"> <li>- weave , knit and crochet different items</li> <li>- define entrepreneurship</li> <li>- discuss advantages and disadvantages of entrepreneurship</li> <li>- explain qualities of an entrepreneur</li> <li>- identify entrepreneurship opportunities in Home Economics</li> </ul>			
5	<b>FOOD PRESENTATION</b> <ul style="list-style-type: none"> <li>- decorating and garnishing</li> <li>- table setting</li> </ul>	<ul style="list-style-type: none"> <li>• Define food presentation</li> <li>• Discuss decorating and garnishing of dishes</li> <li>• Identify suitable garnishes and foods used for decorating</li> <li>• Define table setting</li> <li>• Discuss modern and traditional methods of table setting for breakfast, lunch and super and buffet.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ identification</li> </ul>	AJS HE pg 38-40 MK G8 PG 33-39	
6	<b>MEAL AND FLOUR MITURES</b> <ul style="list-style-type: none"> <li>- sources of meal and flour</li> <li>- improvisation</li> <li>- improvised recipes</li> </ul> <b>WEEKLY TEST TWO</b>	<ul style="list-style-type: none"> <li>- Identify sources of meal and flour</li> <li>- Discuss nutritive value of meal and flour</li> <li>- Define raising agents</li> <li>- Discuss types of yeast</li> <li>- Prepare dishes from different flour using yeast</li> <li>- Define improvisation</li> <li>- Formulate and use improvised recipe</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ demonstration</li> <li>➤ group work</li> </ul>	AJS HE 8,Pgs 42-47 MK G8 PG 41-46	
7	<b>PREGNANCY</b> <ul style="list-style-type: none"> <li>- fertilization</li> </ul>	<ul style="list-style-type: none"> <li>• Define fertilization</li> <li>• Identify signs of pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> </ul>	AJS HE pg 143-138 MK G8 PG 124-127	

		<ul style="list-style-type: none"> <li>• Explain stages of pregnancy development</li> <li>• Explain the importance of ante-natal clinic</li> <li>• Identify taboos related to pregnancy</li> <li>• Describe danger signs in pregnancy</li> <li>• describe items necessary for the new baby</li> </ul>	<ul style="list-style-type: none"> <li>➤ Group work</li> <li>➤ Demonstration</li> <li>➤ practical</li> </ul>		
8	LABOUR	<ul style="list-style-type: none"> <li>• Define labour</li> <li>• Discuss the stages of labour</li> <li>• Explain the different types of labour presentations</li> <li>• Outline advantages and disadvantages of both home and hospital deliveries</li> <li>• Explain the activities that take place at the Post-natal clinic</li> </ul>	<ul style="list-style-type: none"> <li>➤ discussion</li> <li>➤ Group work</li> <li>➤ Demonstration</li> <li>➤ practical</li> </ul>	AJS HE G8 149-153 MK HE G8 pg 127-130	
9	BUDGETING AND PURCHASGIN - budgeting and purchasing  TIME MANAGEMENT - time plan -	<ul style="list-style-type: none"> <li>• Define budgeting and purchasing</li> <li>• Discuss reasons for budgeting</li> <li>• Identify types of budgeting</li> <li>• Discuss shopping links and tips for purchasing</li> <li>• Make a budget</li> <li>• Define a time plan</li> <li>• Outline points to consider when making a time plan</li> <li>• Write a time plan</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ Explanation</li> <li>➤ discussion</li> </ul>	AJS G8 98-99 MK HE G8 pg 90-91	
10	HOUSEHOLD PESTS - Prevention and control	<ul style="list-style-type: none"> <li>• Define household pests</li> <li>• Classify different house pests</li> <li>• Discuss prevention and control of household pests</li> </ul>	<ul style="list-style-type: none"> <li>➤ Question and answer</li> <li>➤ discussion</li> <li>➤ Group work</li> </ul>	MK HE PG 85-86 AJS HE G,8 PG 90-95	

	TEST THREE	<ul style="list-style-type: none"> <li>• Clean the surrounding</li> </ul>	<ul style="list-style-type: none"> <li>➤ Demonstration</li> <li>➤ Practical</li> </ul>		
11	SAFE LIFE STYLE - safe life styleS	<ul style="list-style-type: none"> <li>• Define life style</li> <li>• Discuss safe life styles</li> <li>• Discuss the effects of drugs in pregnancy</li> <li>• Explain the consequences of STIs and HIV/AIDS in pregnancy</li> <li>• Outline the importance of voluntary HIV testing before and during pregnancy</li> <li>• Discuss eating disorders and body image on one</li> </ul>	<ul style="list-style-type: none"> <li>➤ Discussion</li> <li>➤ Practical work</li> <li>➤ explanations</li> </ul>	Teacher's own resources	
12 AND 13	REVISION AND TESTS	Revise the terms work and write end of term tests	<ul style="list-style-type: none"> <li>➤ discussion</li> <li>➤ writing a test</li> </ul>	Teacher's own resource and past papers	

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**GRADE 9 HOME MANAGEMENT- TERM III**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	HOME DECORATION - Principles of design	<ul style="list-style-type: none"> <li>- Discuss aspects of interior design</li> <li>- State the design elements</li> <li>- Explain design principles</li> <li>- Describe different rooms</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	JSHE pg65-75 grade 8	
2	ENTREPRENEURSHIP - Home Economics projects	<ul style="list-style-type: none"> <li>- Discuss entrepreneurship</li> <li>- Identify projects in home economics</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> </ul>	JSHE pg229-231 grade 8	

			- Practical		
3	- Home Economics projects	- Work on different Home economics projects	- Question and Answer - Demonstration - Practical	JSHE pg	
4	FABRICS - Natural and artificial fabrics	- Describe natural and artificial fabrics - Discuss properties of common textile fabrics	- Question and Answer - Demonstration - Practical	JSHE pg104-109 grade 8	
5	CARE LABELS - International care labels and codes	- Define care labels - Discuss care labels - Explain international textile labeling code and symbols	- Question and Answer - Demonstration - Practical Question and Answer - Demonstration - Practical	JSHE pg 111-114 grade 8	
6	RECYCLING - Reconstruction of clothes	- Discuss recycling - Recycle articles and garments	- Question and Answer - Demonstration - Practical	Teacher's own notes	
7	REVISION				
8	FINAL EXAMINATIONS				

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**GRADE 9 HOME MANAGEMENT- TERM I**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	CONVINIENCE FOODS - Convenience foods	<ul style="list-style-type: none"> <li>- Define convenience foods</li> <li>- Identify types of convenience foods</li> <li>- State advantages and disadvantages of convenience foods</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Discuss</li> <li>- demonstration</li> </ul>	JS HE pg52-57grade 9	

		<ul style="list-style-type: none"> <li>- Discuss the nutritive value of convenience foods</li> <li>- Discuss uses of convenience foods</li> </ul>			
2	<b>MEAL PLANNING</b> <ul style="list-style-type: none"> <li>- meal for vegetarians</li> <li>- packed meals</li> </ul> <b>TEST ONE</b>	<ul style="list-style-type: none"> <li>- define vegetarian</li> <li>- discuss types of vegetarian</li> <li>- state reasons for being vegetarian</li> <li>- prepare and cook mixed diet for vegetarians</li> <li>- define packed meals</li> <li>- state rules for packed meals</li> <li>- identify types of packed meals</li> <li>- prepare packed meals</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Discuss</li> </ul>	JSHE pg229-231 grade 8	
3	<b>COOKING</b> <ul style="list-style-type: none"> <li>- Local dishes</li> </ul>	<ul style="list-style-type: none"> <li>- Define local dishes</li> <li>- Identify local foods</li> <li>- Prepare and cook local foods</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> </ul>	JS HE	
4	<b>THE KITCHEN</b> <ul style="list-style-type: none"> <li>- Types of kitchen</li> <li>- Cleaning the kitchen</li> </ul>	<ul style="list-style-type: none"> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Discuss</li> </ul>	JSHE grade 8	
5	<b>LAUNDRY</b> <ul style="list-style-type: none"> <li>- Laundry processes</li> </ul>	<ul style="list-style-type: none"> <li>- Define laundry</li> <li>- Discuss laundry equipment and cleaning agents</li> <li>- Explain laundry methods</li> <li>- Discuss choice of laundry agents</li> <li>- Launder different fabrics</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	JSHE grade 8	
6	<b>CONSUMER EDUCATION</b> <ul style="list-style-type: none"> <li>- Consumer needs</li> </ul> <b>HOSPITALITY</b> <ul style="list-style-type: none"> <li>- Customer care</li> </ul>	<ul style="list-style-type: none"> <li>- Discuss consumer needs</li> <li>- Identify types of goals</li> <li>- Discuss resources to achieve goals</li> <li>- Explain consumer rights</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Teacher's own notes HEH MODULE 2 pg 51-53-	



	WEEKLY TEST	<ul style="list-style-type: none"> <li>- Discuss ways of buying items</li> <li>- Make a shopping list</li> <li>- Practice consumer care</li> </ul>			
7	<b>SAFETY</b> <ul style="list-style-type: none"> <li>- Accidents in the home/school</li> </ul>	<ul style="list-style-type: none"> <li>- Treat common accidents</li> <li>- Discuss ways to prevent common accidents</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	AJS G8 pg 125-130 HEH MODULE 2 pg2	
8	<b>CHILD GROWTH AND DEVELOPMENT</b> <ul style="list-style-type: none"> <li>- Breast feeding</li> <li>- Weaning</li> <li>- Bathing the baby</li> </ul> MONTHLY TEST	<ul style="list-style-type: none"> <li>- Define breast feeding</li> <li>- Advantages and disadvantages of breast feeding</li> <li>- Discuss reasons why some mothers do not breast feed</li> <li>- Define weaning</li> <li>- Describe the process of weaning</li> <li>- Discuss bathing and dressing the baby</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> </ul> Practical		
9	<ul style="list-style-type: none"> <li>- Care of infants and young children</li> <li>- Child development</li> <li>- Toys</li> </ul>	<ul style="list-style-type: none"> <li>- Describe good habits and manners</li> <li>- Describe stages and areas of growth and development</li> <li>- Describe how children learn from family members</li> <li>- Make different toys</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	- Teacher's own resources	
10	<b>PARENTHOOD</b> <ul style="list-style-type: none"> <li>- Parental care</li> <li>- Family planning</li> </ul>	<ul style="list-style-type: none"> <li>- Compare and contrast traditional and modern roles of parents</li> <li>- Describe the influence of family members on the size of the family</li> <li>- Define family planning</li> <li>- Explain methods of child spacing</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	- Teacher's own resources	

	WEEKLY TEST	<ul style="list-style-type: none"> <li>- State the effects of unplanned pregnancies</li> <li>- State reasons for family planning</li> </ul>			
11	CHILDREN HEALTH CARE - Children clinic	<ul style="list-style-type: none"> <li>- Describe activities which take place at the children clinic</li> <li>- Identify various diseases which are immunized against</li> <li>- Discuss children ailments</li> <li>- Make a simple treatment for a child with diarrhoea</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	- Teacher's own resources	
12 And 13	END OF TERM TEST		-		

**MINISTRY OF GENERAL EDUCATION**

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

**DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY**

**GRADE 9 HOME MANAGEMENT- TERM 2**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	TIME MANAGEMENT	<ul style="list-style-type: none"> <li>- Discuss aspects of time plan</li> <li>- Draw a time plan</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> </ul>	JSHE pg65-75 grade 8	

	- time plan		- Discuss - demonstrarion		
2	CARE OF THE HOME - Household care - Walls and floors  WEEKLY TEST ONE	- Define household ware - Discuss how to care and clean household ware - Discuss walls and floors - Clean different types of walls and floors	- Question and Answer - Demonstration - Discuss	JSHE pg229-231 grade 8	
3	HOME DECORATION - Soft furnishing and upholstery - Ornaments and art objects - Flower arrangement	- Define soft furnishing and upholstery - Discuss factors to consider when choosing soft furnishings - Explain how to design soft furnishings and upholstery - Wash how to design soft furnishings and upholstery - Define ornaments and art objects - Discuss ornaments and art objects - State factors to consider when choosing ornaments and art objects - Arrange ornaments artificially - Discuss rules for arranging flowers - State reasons for arranging flowers - Arrange flowers	- Question and Answer - Demonstration	JSHE pg	
4	FLOUR MIXTURES AND RAISING AGENTS	- Discuss the use of flour mixtures	- Question and Answer - Demonstration	JSHE pg104-109 grade 8	

	<ul style="list-style-type: none"> <li>- Meal and flour mixtures</li> <li>- Baking powder and Air</li> </ul> <p>MONTHLY TEST</p>	<ul style="list-style-type: none"> <li>- Prepare different dishes using flour</li> <li>- Prepare different dishes using baking power as a raising agent</li> <li>- Cook various dishes using air as a raising agent</li> </ul>	<ul style="list-style-type: none"> <li>- Discuss</li> </ul>		
5	<p>STOCKS AND SOUPS</p> <ul style="list-style-type: none"> <li>- Stock and soups</li> </ul> <p>GARDENING</p> <ul style="list-style-type: none"> <li>- Kitchen garden</li> </ul>	<ul style="list-style-type: none"> <li>- Define stock and soup</li> <li>- Discuss types of soup</li> <li>- Discuss rules for soup and stock</li> <li>- Explain accompaniment for soups</li> </ul> <p>Discuss kitchen garden maintenance</p>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	JSHE pg 111-114 grade 8	
6	<p>LAUNDRY</p> <ul style="list-style-type: none"> <li>- Family wash</li> </ul> <p>WEEKLY TEST TWO</p>	<ul style="list-style-type: none"> <li>- Explain family wash</li> <li>- Launder different articles and garments</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Teacher's own notes	
7	<p>SAFE LIFE STYLES</p> <ul style="list-style-type: none"> <li>- Privacy and body integrity</li> <li>- Protecting one's privacy</li> </ul>	<ul style="list-style-type: none"> <li>- Discuss privacy and body integrity</li> <li>- Explain ways of protecting ones privacy</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Teacher's own notes	
8	<p>MAINTENANCE OF CLOTHING</p> <ul style="list-style-type: none"> <li>- Mending clothes</li> </ul> <p>MONTHLY TEST</p>	<ul style="list-style-type: none"> <li>- Discuss the general rules for the care of clothes</li> <li>- Explain daily care and storage</li> <li>- Discuss mending and patching</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Teachers own resources	

9	DYEING - Methods of dyeing	<ul style="list-style-type: none"> <li>- Define dyeing</li> <li>- Discuss types of dyes</li> <li>- Explain artificial and commercial types of dyes</li> <li>- State methods used in dyes</li> <li>- Dye articles using various methods of dyeing</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	HEH MODULE Home Management	
10	BEADWORK - Ornaments  WEEKLY TEST THREE	<ul style="list-style-type: none"> <li>- Define beadwork</li> <li>- Discuss equipment used in beadwork</li> <li>- Explain types of beadwork</li> <li>- Explain types of beadwork ornament</li> <li>- Make beadwork ornament</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	HEH MODULE Home Management	
11	FOOD PRESERVATION - Food preservation	<ul style="list-style-type: none"> <li>- Define food preservation</li> <li>- State reasons for preserving the food</li> <li>- Discuss short and long methods of preserving the food</li> <li>- Explain how to store preserved food</li> <li>- Prepare and preserve food</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Teachers own resources	
12 And 13	WRITING MOCK EXAMINATION		-		

**MINISTRY OF GENERAL EDUCATION**  
**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**  
**DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY**  
**GRADE 10 HOME MANAGEMENT - TERM III**

<http://www.gionlineacademy.com/>

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES	METHOD/ACTIVITY	REFERENCES	COMMENTS
1	HOUSEHOLD PESTS	LSBAT:- Define household pests. -Identify household pests. -Explain the prevention and control of household pests.	-Question and answer. -Teacher explanation -Group work Inquiry	-Home file -Grade 8 ppls bk H/E -College notes.	
2	ENTREPRENEURSHIP	LSBAT:- Define entrepreneurship. -Identify prospecting entrepreneurial activities in the home management. TEST 1	Teacher explanation -Question and answer -Group work -Inquiry	-Principles of home economics -Achievers grade 8 ppls bk -Home file.	
3	ENTREPRENEURSHIP	LSBAT:- -establish entrepreneurial activities individually and in groups related to home management	-Teacher exposition -Group work -Question and answer -Inquiry	Achievers H/Economics Grade 8 ppls bk -Principles of Home Economics	
4	PRINCIPLES OF FOOD AND NUTRITION Dietary components	LSBAT:- -Outline the principles/terms in food and nutrition. -Identify food nutrients e.g fats, - proteins, carbohydrates, vitamins, mineral salts, menu, balanced diet etc. -MONTHLY TEST	Question and answer -Group work -Teacher explanation	Food and Nutrition Anita Tull pg 1-2 -Food file	
5	DIETARY COMPONENTS	LSBAT: -Outline the sources and function of food. -Describe the main food in the diet. -Explain the use of water and dietary fibre in the body. -Identify sources and function of dietary fibre.	-Teacher exposition -Group work -Question and answer -Inquiry	-Food and Nutrition Anita Tull pg 1-2 -Food file -College notes	
6	DIETARY COMPONENTS	LSBAT:- -State the function of protein.	Group work -Question and answer.	-Food and Nutrition Anita Tull pg 2-3	

	PROTEINS	-Discuss sources of protein. -Discuss effect of heat on protein. WEEKLY TEST	-Teacher explanation	-Food file	
7	DIETARY COMPONENTS FATS	LSBAT:- -Discuss the functions of fats -Explain the physical properties of appearance of fats. State the sources of fat. -Discuss the effect of heat on fat.	Teacher explanation -Group work -Question and answer	Food and Nutrition Anita Tull pg 5-6.	
8	DIETARY COMPONENTS CARBOHYDRATES	LSBAT:- -Discuss the functions of carbohydrates. -State the sources of carbohydrates. -Classify carbohydrates. -Describe the effect of heat on carbohydrate. -MONTHLY YEST	Question and answer. -Teacher explanation -Group work. -Inquiry.	-Food and Nutrition Anita Tull pg 9-10.	
9	DIETARY COMPONENTS VITAMIN A	LSBAT:- -State the groups of Vitamins. -Discuss the functions of vitamin and yhe sources. -Discribe the deficiency of vitamin A.	Question and answer -Teacher exposition -Group discussion -Inquiry	Food and Nutrition Anita Tull pg 12- 13. -Food file	
10	DIETARY COMPONENTS VITAMIN D	LSBAT: -Explain the functions of vitamin D. -State the sources of vitamin D. -Discuss the deficiency of vitamin D	Question and answer -Group discussion -Teacher exposition -Inquiry	-Food and Nutrition Anita tull pg 13 -Food file	
11	DIETARY COMPONENTS VITAMINS E and K	LSBAT: -Discuss the functions of vitamin E and K. -State the sources of Vitamin E and K. -Discuss the deficiency of Vitamin E and K.	-Teacher explanation. -Group work -Question and answer	Food and Nutrition Anita Tull pg 15. -Food File.	
12/13	END OF TERM TEST				



**MINISTRY OF GENERAL EDUCATION**

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

**DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY**

**GRADE 10 FASHION AND FABRICS- TERM I**

<http://www.gionlineacademy.com/>

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1 And 2	<b>INTRODUCTION</b> <ul style="list-style-type: none"> <li>- components</li> <li>- aim</li> <li>- scheme assessment</li> </ul>	<ul style="list-style-type: none"> <li>- mention the components of fashion and fabrics</li> <li>- discuss the aims of teaching and learning fashion and fabrics</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	Home Economics Syllabus Grdes 10 to 12 Fashion and fabrics pages 20-35	
3	<b>FIBRES AND FABRICS SAFETY</b> <ul style="list-style-type: none"> <li>- Safety rules/precautions</li> </ul>	<ul style="list-style-type: none"> <li>- Discuss safety rules / precautions in order to prevent accidents in fashion and fabrics</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	<ul style="list-style-type: none"> <li>- Anita Tull pg 272</li> </ul>	
4	<b>FIBRES AND FABRICS SAFETY</b> <ul style="list-style-type: none"> <li>- First Aid, First Aider and first aid box</li> <li>- Contents of first aid box</li> <li>- Qualities of a first aider</li> </ul> MONTHLY TEST	<ul style="list-style-type: none"> <li>- Define ; First Aid, First Aider and first aid box</li> <li>- List down the first aid contents of a first aid box</li> <li>- Explain the uses of the contents of a first aid box</li> <li>- Explain safety symbols</li> <li>- Describe qualities of a first aider</li> </ul>	<ul style="list-style-type: none"> <li>- Group work</li> <li>- Reporting</li> <li>- Role play</li> <li>- Explanation</li> <li>- writing</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics</li> </ul>	
5 And 6	<b>FIBRES AND FABRICS SAFETY</b> <ul style="list-style-type: none"> <li>- Common accidents</li> </ul>	<ul style="list-style-type: none"> <li>- mention common accidents in fashion and fabrics</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> </ul>	Julia Molewa Grade 8 - Pg125-129	

	<ul style="list-style-type: none"> <li>- Causes</li> <li>- Prevention</li> <li>- treatment</li> </ul> <p>TEST ONE</p>	<ul style="list-style-type: none"> <li>- explain prevention of accidents and treatment of minor injuries that occur</li> </ul>	<ul style="list-style-type: none"> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>		
7	<p>EQUIPMENT USED IN NEEDLEWORK</p> <ul style="list-style-type: none"> <li>- Definition</li> <li>- Needlework tools and their uses</li> <li>- Care and storage</li> </ul>	<ul style="list-style-type: none"> <li>- Define needlework equipment</li> <li>- Points to consider when choosing a sewing machine</li> <li>- Draw and label a diagram of a sewing machine</li> <li>- Explain uses of different parts of a sewing machine</li> <li>- Discuss different type of sewing machines</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics</li> </ul>	
8	<p>EQUIPMENT USED IN NEEDLEWORK</p> <p>Sewing machine</p> <ul style="list-style-type: none"> <li>- Classification</li> <li>- Parts of a sewing machine</li> <li>- Uses</li> <li>- Care</li> <li>- types</li> </ul> <p>MONTHLY TEST</p>	<ul style="list-style-type: none"> <li>- Define sleeves</li> <li>- Describe how an armhole can be finished</li> <li>- Describe different type of sleeves</li> <li>- Explain how a set in collar is repaired in a sleeve</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	<p>All About Fabrics 126-131</p> <p>Grade 10 HE pg 42-44</p>	
9	<p>EQUIPMENT USED IN NEEDLEWORK</p> <p>Sewing machine</p> <ul style="list-style-type: none"> <li>- Faults in sewing machines</li> <li>- Carrying out simple repairs and</li> </ul>	<ul style="list-style-type: none"> <li>- Discuss the causes of different faults in sewing machines</li> <li>- Demonstrate how to carryout simple repairs and serving of tools and equipment in needlework</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> </ul>	<p>All About Fabrics</p>	

	maintenance of tools and equipment		- Discussion		
10	FABRES AND FABRICS FIBRES - Definitions - Origin - Uses - Characteristics or properties - Natural vs artificial fibres	- Define yarn, fibre fabric - Describe the origin of fibres - Classify fibres - Describe characteristics and properties o fibres - Discuss the uses of fibres - Explain what happens when different fabrics are burnt	- Inquiry - Question and answer - Exposition - Demonstration - Practical - Writing - Discussion	All About Fabrics 34-36 Grade 10 HE pg 1-12	
11	FIBRES AND FABRICS YARNS - Description - Classes - Production	- Describe yarns - Discuss the classes of yarns ( filament, staple, types eg S and Z twists, textured - Explain the stages /processes involved in the production of yarns e.g cotton, linen, wool, silk, polyester etc	- Inquiry - Question and answer - Exposition - Writing - Discussion	All About Fabrics 314-318 - Grade 10 HE pg 14-18	
12	FIBRES AND FABRICS Choice, care and uses of different fabrics	- Describe choice, use and care of different fabrics	- Inquiry - Question and answer - Practical - Writing - Discussion	Grade 10 pg55-58	
13	END OF TERM TEST				

MINISTRY OF GENERAL EDUCATION

PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

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# GRADE 10 FASHION AND FABRICS- TERM II

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	<b>NEEDLEWORK PROCESSES</b> - STITCHES - Classes of stitches - Rules for working out stitches	- Describe temporary and permanent stitches - Discuss ways of working out stitches	- Inquiry - Exposition - Class discussion - Writing - Question and answer - Demonstration - Practical	- Senior Needle Craft pg 12-14 - Grade 10 Fashion and Fabrics 102-103	
2	<b>NEEDLEWORK PROCESSES</b> - STITCHES - Basting stitch - Rules  TEST ONE	- Describe rules to follow when working out basting stitches - Workout basting stitch	- Inquiry - Exposition - Class discussion - Writing - Question and answer - Demonstration - Practical	- Grade 10 Fashion and Fabrics 104-105	
3	<b>STITCHES</b> - TEMPORARY STITCHES - Even tacking - Long and short tacking	- Workout even tacking stitch and, long and short tacking	- Inquiry - Exposition - Class discussion - Writing - Question and answer - Demonstration - Practical	- Grade 10 Fashion and Fabrics 102 - Molewa, J 233-334	

4	<p>STITCHES</p> <ul style="list-style-type: none"> <li>- TEMPORARY STITCHES</li> <li>- Tailors tacking</li> </ul> <p>PERMANENT STITCHES</p> <ul style="list-style-type: none"> <li>- Running stitches</li> <li>- Back stitch</li> </ul> <p>MONTHLY TEST</p>	<ul style="list-style-type: none"> <li>- Workout tailors tacking</li> <li>- Workout running and back stitches</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- Molewa, J 233-335</li> </ul>	
5	<p>STITCHES</p> <p>JOINING STITCHES</p> <ul style="list-style-type: none"> <li>- Hemming stitch</li> <li>- Slip hemming stitch</li> <li>- Over sewing</li> </ul>	<ul style="list-style-type: none"> <li>- Workout hemming stitch, slip/ invisible hemming and over sewing stitches</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> </ul> <p>Practical</p>	Molewa, J 237-339	
6	<p>STITCHES</p> <p>NEATENING STITCHES</p> <ul style="list-style-type: none"> <li>- Blind stitch</li> <li>- Herring bone</li> <li>- Blanket stitch</li> </ul> <p>TEST TWO</p>	<ul style="list-style-type: none"> <li>- Workout blind stitch, herring bone and blanket stitches</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> </ul> <p>Practical</p>	-	
7	<p>STITCHES</p> <p>EMBROIDERY/DECORATIVE STITCHES</p> <ul style="list-style-type: none"> <li>- Satin</li> <li>- Stem</li> <li>- Chain</li> <li>- French knot</li> </ul>	<ul style="list-style-type: none"> <li>- Workout different embroidery stitches</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> </ul>	-	

			- Demonstration Practical		
8	<b>STITCHES</b> <b>EMBROIDERY/DECORATIVE</b> <b>STITCHES</b> <ul style="list-style-type: none"> <li>- Faggoting</li> <li>- Shell hemming</li> <li>- Fly stitch</li> <li>- Laizy-daizy</li> </ul> <b>MONTHLY TEST</b>	<ul style="list-style-type: none"> <li>- Workout faggoting stitches correctly</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> </ul> Practical	<ul style="list-style-type: none"> <li>- Molewa, J 239-341</li> </ul>	
9	<b>FIBRES AND FABRICS</b> <b>PATTERNS</b> <ul style="list-style-type: none"> <li>- Definitions</li> <li>- Body measurements</li> <li>- Commercial and home made patterns</li> <li>- Pattern markings</li> </ul>	<ul style="list-style-type: none"> <li>- Define patterns and body measurements</li> <li>- Explain commercial and home made patterns</li> <li>- Explain and draw pattern markings</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- Grade 10 Fashion and Fabrics 80-90</li> <li>- All About Fabrics</li> </ul>	
10	<b>FIBRES AND FABRICS</b> <b>PATTERNS</b> <ul style="list-style-type: none"> <li>- Methods of transferring pattern markings</li> <li>- Simple pattern adaptation</li> <li>- Paper pattern and fabric cutting</li> </ul> <b>TEST THREE</b>	<ul style="list-style-type: none"> <li>- Describe methods of transferring pattern markings</li> <li>- Make simple pattern adaption</li> <li>- Prepare paper pattern and fabrics for cutting out</li> <li>- Cut out garment according to instructions</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- Grade 10 Fashion and Fabrics 91-101</li> <li>- All About Fabrics 218-223</li> </ul>	
11	<b>FIBRES AND FABRICS</b> <b>COLOUR IN YARNS AND</b> <b>FABRICS</b> <ul style="list-style-type: none"> <li>- Definitions</li> <li>- Types of dyes</li> <li>- Process of dyeing fabrics</li> </ul>	<ul style="list-style-type: none"> <li>- define colour and dyes</li> <li>- identify different types of yarn</li> <li>- explain the processes of dyeing fabrics</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> </ul>	<ul style="list-style-type: none"> <li>- From Fibre to Fabrics pg21-26</li> <li>- Grade 10 Fashion and</li> </ul>	

			<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Demonstration</li> </ul> Practical	Fabrics 28-34 <ul style="list-style-type: none"> <li>- All About Fabrics 32-33</li> </ul>	
12	<b>FIBRES AND FABRICS COLOUR IN YARNS AND FABRICS</b> <ul style="list-style-type: none"> <li>- Dyeing cotton fabrics</li> </ul>	<ul style="list-style-type: none"> <li>- Dye different available cotton fabrics using different substances</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> </ul> Practical	<ul style="list-style-type: none"> <li>- Grade 10 Fashion and Fabrics</li> </ul>	
13	<b>REVISION AND END OF TERM TESTS</b>				



MINISTRY OF GENERAL EDUCATION

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 10 FASHION AND FABRICS- TERM III**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	FIBRES AND FABRICS PURCHASING AN BDGETING - Definitions	<ul style="list-style-type: none"><li>- Define purchasing and budgeting</li><li>- State guidelines for budgeting</li></ul>	<ul style="list-style-type: none"><li>- Inquiry</li><li>- Exposition</li><li>- Class discussion</li><li>- Writing</li><li>- Question and answer</li><li>- Demonstration</li></ul> Practical	<ul style="list-style-type: none"><li>- Grade 10 Fashion and Fabrics</li></ul>	
2	FIBRES AND FABRICS PURCHASING AN BDGETING - Importance of comparing prices - Prices, sales and profits	<ul style="list-style-type: none"><li>- Explain the importance of comparing prices</li><li>- Compare prices and calculate sales and profits</li><li>- Approximate amounts for making garments</li></ul>	<ul style="list-style-type: none"><li>- Inquiry</li><li>- Exposition</li><li>- Class discussion</li><li>- Writing</li><li>- Question and answer</li><li>- Demonstration</li></ul>	<ul style="list-style-type: none"><li>- Grade 10 Fashion and Fabrics</li></ul>	

	- Amounts for making garments		Practical		
3	FIBRES AND FABRICS FABRIC FINISHES - Definitions - Importance of textile finishes	- Define finishes, fabric finishes and gray goods or un finished textiles - Explain the importance of textile finishes - Describe classes of fabric finishes - Describe different types of finishes	- Inquiry - Exposition - Class discussion - Writing - Question and answer - Demonstration Practical	- Grade 10 Fashion and Fabrics 35-40	
4	FIBRES AND FABRICS FABRIC CONSTRUCTION - Types of fabric conditioning - Different fabrics WEAVING - Definition - Woven fabrics  MONTHLY TEST	- Identify different types of fabric construction eg weaving, knitting - Identify different fabrics - define weaving - discuss characteristics of woven fabrics	- Inquiry - Exposition - Class discussion - Writing - Question and answer - Demonstration Practical	- Junior HE grade 9 pg 182-184 - Grade 10 Fashion and Fabrics 16-27	
5	FABRIC CONSTRUCTION - Felting - Description BRAIDING - Definition - Classes - description	- explain how feltin is done - define braiding - mention and describe the classes of braiding	- Inquiry - Exposition - Class discussion - Writing - Question and answer - Demonstration Practical	- Grade 10 Fashion and Fabrics pg 21-22	
6	FABRIC CONSTRUCTION BONDING - Methods - Definitions/description	- Describe braiding - Explain methods of bonding	- Inquiry - Exposition - Class discussion - Writing	- Grade 10 Fashion and Fabrics 21-23	

	<ul style="list-style-type: none"> <li>- Methods</li> <li>- Characteristics of non-woven fabrics</li> </ul> <p>TEST TWO</p>	<ul style="list-style-type: none"> <li>- Describe characteristics of non-woven fabrics</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Demonstration</li> </ul> <p>Practical</p>	<ul style="list-style-type: none"> <li>- Grade 9 HE pg 183</li> </ul>	
7	<p>FABRIC CONSTRUCTION KNITTING</p> <ul style="list-style-type: none"> <li>- Definition</li> <li>- Varieties</li> <li>- Abbreviations</li> <li>- Characteristics</li> <li>- Knitting tools</li> </ul>	<ul style="list-style-type: none"> <li>- Define knitting</li> <li>- Describe the major varieties of knitting</li> <li>- Discuss abbreviation</li> <li>- Discuss characteristics of knitted fabrics</li> <li>- Identify knitting tools with their uses</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> </ul> <p>Practical</p>		
8	<p>FABRIC CONSTRUCTION CROCHETING</p> <ul style="list-style-type: none"> <li>- definition</li> <li>- tools for crocheting</li> <li>- stitches in crocheting</li> <li>- abbreviations in crocheting</li> <li>- basic crochet symbols and patterns</li> </ul> <p>MONTHLY TEST</p>	<ul style="list-style-type: none"> <li>- define crocheting</li> <li>- discuss basic stitches in crocheting</li> <li>- discuss tools for crocheting</li> <li>- identify abbreviations in crocheting</li> <li>- discuss basic crochet symbols and patterns.</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> </ul> <p>Practical</p>	<ul style="list-style-type: none"> <li>- Home management and Hospitality pg 64-71</li> </ul>	
9	<p>ENTREPRENEURSHIP IN FASHION AND FABRICS</p> <ul style="list-style-type: none"> <li>- Definitions</li> <li>- Advantages and disadvantages</li> <li>- Qualities of a good entrepreneur</li> </ul>	<ul style="list-style-type: none"> <li>- Define entrepreneurship and entrepreneur</li> <li>- Discuss advantages and disadvantages of entrepreneurship</li> <li>- Discuss qualities of a good entrepreneur</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- Grade 10 Fashion and Fabrics 112</li> </ul>	
10	<p>ENTREPRENEURSHIP IN FASHION AND FABRICS</p>	<ul style="list-style-type: none"> <li>- Identify business in fashion and fabrics</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> </ul>	<ul style="list-style-type: none"> <li>- Grade 10 Fashion and</li> </ul>	

	<ul style="list-style-type: none"> <li>- Types of business</li> <li>- Simplified business plan</li> </ul>	<ul style="list-style-type: none"> <li>- Outline simplifies business plan</li> </ul>	<ul style="list-style-type: none"> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Fabrics 113-115	
11	<b>ENTREPRENEURSHIP IN FASHION AND FABRICS</b> <ul style="list-style-type: none"> <li>- Simplified business plan</li> <li>- Possible business projects</li> </ul>	<ul style="list-style-type: none"> <li>- Outline simplifies business plan</li> <li>- Carry out a possible business</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Exposition</li> <li>- Class discussion</li> <li>- Writing</li> <li>- Question and answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Grade 10 Fashion and Fabrics 115-131	
12 And 13	<b>REVISION AND END OF TERM TESTS</b>				

MINISTRY OF GENERAL EDUCATION

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 10 HOME MANAGEMENT- TERM II**

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES	METHODS	REFERENCES	COMMENTS
1	HOUSEHOLD FURNITURE	LSBAT:- -Identify different types of wood. -Identify wood used for furniture. -Describe the types of wood finishes.	-Teacher explanation -Group work. - Question and answer -Demonstration.	-Principles of Home economics. -Home file -Home Economics Grade 8 ppls bk.	
2	HOUSE FURNITURE	LSBAT:- -Explain how to choose, clean and care for household furniture. -TEST 1	-Question and answer. -Group discussion. -Demonstration	-Principles of home economics -Home file. -Group work	
3	HOUSEHOLD UTENSILS AND EQUIPMENT	LSBAT:- -Define household Utensils. -Identify household utensils.	-Teacher explanation -Question and answer -Demonstration	-Food and Nutrition Anita tull -Home file	

		-Clean and store household utensils.	-Group work	-Home Economics grade 8 ppls bk.	
4	HOUSEHOLD UTENSILS AND EQUIPMENT	-Define household equipment. -Identify household equipment. -Clean and store household equipment. -MONTHLY TEST	-Question and answer. -Group discussion. -Teacher explanation -Demonstration	-Principles of Home Economics ppls bk. -Home file -Grade 8	
5	LABOUR SAVING DEVICES	LSBAT:- -Define labour saving devices -Identify labour saving devices. -discuss how to care for labour saving devices. -clean each labour saving devices e.g electric mixing bowl.	-Teacher explanation – Question and answer. -Group work -Demonstration	Food and Nutrition Anita Tull -Home file. -Grade 9 H/Economics ppls bk	
6	CLEANING MATERIALS	LSBAT:- -Define cleaning materials. -Explain the principles of cleaning materials. -Classify cleaning materials. -TEST 3	-Question and answer. -Group work -Teacher exposition -Inquiry.	-Principles of home economics -Home file -HomeEconomics grade 9 ppls bk	
7	CLEANING MATERIALS	LSBAT:- -Define detergent. -Discuss the advantages and disadvantages of soaps and detergents. -Explain environmentally friendly labeling. -State the importance of environmentally friendly cleaning agents and materials.	-Inquiry -Question and answer. -Teacher explanation -Group work	-Principles of home economics -Homefile -Grade 8 ppls bk H/Economics	
8	HYGIENE IN THE HOME AND HOSPITALITY BUSINESS.	LSBAT:- -Define hygiene and hygiene in the home. -Describe good hygiene in the home.	-Teacher Explanation -Group work -Question and answer -inquiry	-Principles of home economics -Home file	

		-describe housekeeping. -MONTHLY TEST		-Principles of home economics -Home Economics ppls bk grade 8.	
9	HYGIENE IN THE HOME AND HOSPITALITY BUSINESS	-Describe the roles of a housekeeper. -Explain the importance of housekeeping. -Demonstrate how to clean a sitting room.	-Question and answer Teacher discussion -Group work -Inquiry -Demonstration	-Principles of Home Economics -Home file -Home Economics ppls bk	
10	HYGIENE IN THE HOME AND HOSPITALITY BUSINESS	LSBAT:- -Explain the routine of cleaning the home .daily .weekly .occasionally -TEST 4	-Question and answer. -Group work. -Teacher explanation -Inquiry	-Home file -Home Economics Grade 8 ppls bk	
11	HYGIENE IN THE HOME AND HOSPITALITY BUSINESS	LSBAT:-Describe household maintenance. -Demonstrate the ability to carry out simple home repair: .Unblocking a kitchen sink. -Mend leakings -Repairing thatched houses.	-Teacher discussion -Group work -Question and answer -Demonstration	-Home file -Principles of Home economics -H/Economics grade 8 ppls bk.	
12/13	END OF TERM TEST				

**MINISTRY OF GENERAL EDUCATION**  
**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**  
**DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY**  
**GRADE 10 HOME MANAGEMENT- TERM I**

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOME	METHOD/ACTIVITY	REFERENCES	COMMENT
1	HOME AND COMMUNITY	LSBAT: _Define the house _Explain the factors that influence the choice of the house _State advantages and disadvantages of building, buying and renting a house	_Teacher exposition _Question and answer _Group work _Discussion	-Principles of home economics. -Home file -college notes	
2	THE HOUSE	_Draw the layout of the house _Describe factors to help in preparing the layout of the house	_Question and answer _Teacher exposition _Group work	-principles of home management. -home file	



		<ul style="list-style-type: none"> <li>_Identify building materials</li> <li>_Describe water sources and supply in the home</li> <li>- TEST 1</li> </ul>		-college notes.	
3	THE H OUSE	<ul style="list-style-type: none"> <li>_Discuss lighting and ventilation in a home</li> <li>_Describe sources of lighting and ventilation in a home</li> </ul>	<ul style="list-style-type: none"> <li>_Question and answer</li> <li>_Teacher exposition</li> <li>_Pair work</li> </ul>	<ul style="list-style-type: none"> <li>-Revised home economics.</li> <li>-Grade 9 home economics.</li> <li>-home file.</li> </ul>	
4	SANITATION	<ul style="list-style-type: none"> <li>Define sanitation.</li> <li>-Describe sanitation.</li> <li>-Identify various types of toilets.</li> <li>-Demonstrate the ability of cleaning the toilet using environmentally friendly cleaning agent.</li> <li>-MONTHLY TEST</li> </ul>	<ul style="list-style-type: none"> <li>-Teacher exposition.</li> <li>-Question and answer.</li> <li>-Group work</li> </ul>	<ul style="list-style-type: none"> <li>Revised home economics.</li> <li>-Grade8 home economics. –Home file.</li> <li>-Principles of Home management</li> </ul>	
5	SANITATION	<p>THE SINK</p> <ul style="list-style-type: none"> <li>-Identify different materials for making sinks.</li> <li>-Draw the structure of a sink.</li> <li>Describe the parts of the sink.</li> <li>-Explain how to unblock the sink.</li> <li>-Demonstrate the daily and weekly cleaning of the sink</li> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>-Question and answer.</li> <li>-Group work.</li> <li>-Teacher Explanation.</li> </ul>	<ul style="list-style-type: none"> <li>-Home Economics Grade 8 ppls bk pg 117.</li> <li>-Home file</li> <li>Principles of Home Economics.</li> </ul>	
6	SANITATION	<p>Dust bin</p> <ul style="list-style-type: none"> <li>_Identify different types of bins</li> <li>_Care and cleaning of a dust bin</li> <li>_Explain waste disposal methods.</li> <li>- TEST 2</li> </ul>	<ul style="list-style-type: none"> <li>-Question and answer.</li> <li>-Demonstration</li> <li>-Group discussion</li> <li>-Teacher exposition</li> </ul>	-Principles of Home Economics.	
7	FLOORS	<p>LSBAT:</p> <ul style="list-style-type: none"> <li>Classify floors.</li> </ul>	<ul style="list-style-type: none"> <li>-Question and answer.</li> <li>-Group work</li> </ul>	-Home file	

		-Define floor coverings -Identify floor coverings. -State the importance of underlay.	- Teacher exposition -Inquiry	-Principles of Home Economics -College notes	
8	FLOORS	LSBAT:- -Explain points to consider when choosing floor coverings for different rooms. -Advantages and the Disadvantages of floor covering. -Demonstrate the cleaning and care of floor coverings. MONTHLY TEST	Teacher explanation -Demonstration -Group work -Question and answer.	-Home file -College notes -Principles of Home Economics	
9	INTERIOR AND EXTERIOR DECORATION IN THE HOME AND HOSPITALITY BUSINESS.	LSBAT:- -Define exterior decoration. -Describe interior and exterior decoration. -Identify primary and secondary colours.	-Inquiry -Question and answer. -Group discussion -Teacher explanation	-Home management and hospitality HEH MODULE 1 pg24. -Home Economics Grade 8 ppls bk pg 81. -Home File	
10	INTERIOR AND EXTERIOR DECORATION IN THE HOME AND HOSPITALITY BUSINESS.	LSBAT:- Describe texture and colour scheme. -Discuss colour schemes for different rooms/ occassion. -Choose suitable ornaments for different rooms. TEST 3	-Question and answer -Group work -Teacher explanation	-Home Economics and Hospitality HEH Module 1 Pg 24 -Home File -Home Economics Grade 8 PPLS BK PG 84	
11	INTERIOR AND EXTERIOR DECORATION IN THE HOME AND HOSPITALITY BUSINESS.	LSBAT:- Describe interior decorative items. -State rules for picking and arranging floors. - Discuss types of flower arrangements. -Pick and arrange flowers.	-Teacher exposition -Group discussion. -Question and answer -Inquiry.	-Home management and Hospitality HEH Module 1 pg 26. -Home file -Grade 8 ppls bk pg 25	
12	INTERIOR AND EXTERIOR	LSBAT:- -State reasons for arranging flowers.	-Question and answer -Group work	-Home file	

	DECORATION IN THE HOME AND HOSPITALITY BUSINESS.	-Identify types of indoor plants. -Plant and maintain indoor and outdoor plants.	-Teacher explanation	-Home Economics Grade 8 pp1s bk pg 26. Home management and Hospitality HEH Module pg 27.	
13	END OF TERM TEST				

MINISTRY OF GENERAL EDUCATION

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 11 HOME MANGEMENT- TERM 1**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	HEALTH AND SAFETYIN THE HOME	<ul style="list-style-type: none"> <li>Define first aid and safety</li> <li>Explain first Aid</li> </ul>	- Question and answer	Home Management Syllabus pg 8 by CDC	

	- SAFETY AND FIRST AID	<ul style="list-style-type: none"> <li>Identify the contents of first aid box</li> </ul>	<ul style="list-style-type: none"> <li>Teacher explanation</li> <li>Group work</li> </ul>		
2	- SAFETY AND FIRST AID	<ul style="list-style-type: none"> <li>Apply First aid on Various ailments in the home</li> <li>Practice a fire drill</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer</li> <li>Teacher explanation</li> <li>demonstration</li> </ul>	Home Management Syllabus pg 8 by CDC	
3	HOMEANDCOMMUNITY - ADOLESCENCE	<ul style="list-style-type: none"> <li>Define adolescence</li> <li>State the male and female reproductive organs</li> <li>Describe the changes of adolescence</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer</li> <li>Teacher explanation</li> <li>Group work</li> </ul>	Home Management Syllabus pg 8 by CDC	
4	ADOLESCENCE	<ul style="list-style-type: none"> <li>Define ; HIV/AIDS Drugs Substance abuse</li> <li>Discuss safe life styles</li> <li>Define teenage pregnancy</li> <li>Discuss the effects of teenage pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer</li> <li>Teacher explanation</li> <li>Group work</li> <li>Role play</li> </ul>	Home Management Syllabus pg 9 by CDC	
5	HEALTH AND SAFETY PREGNANCY AND DELIVERY	<ul style="list-style-type: none"> <li>Define pregnancy and delivery</li> <li>State the choice of clothes in pregnancy</li> <li>Explain the dietary needs of the pregnant woman</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer</li> <li>Teacher explanation</li> <li>Group work</li> </ul>	Home Management Syllabus pg 9 by CDC	
6	PREGNANCY AND DELIVERY	<ul style="list-style-type: none"> <li>Describe Ante-natal and post-natal clinics</li> <li>Describe the process of delivery</li> </ul>	<ul style="list-style-type: none"> <li>Question and answer</li> <li>Teacher explanation</li> <li>Group work</li> </ul>	Home Management Syllabus pg 9 by CDC	

		<ul style="list-style-type: none"> <li>• Explain methods of family planning</li> </ul>			
7	CHILD GROWTH AND DEVELOPMENT	<ul style="list-style-type: none"> <li>• Identify physical development in a child</li> <li>• Explain the importance of games and exercises</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> <li>- Role play</li> </ul>	Home Management Syllabus pg 9 by CDC	
8	CHILD GROWTH AND DEVELOPMENT	<ul style="list-style-type: none"> <li>• Explain the roles of family members in child care</li> <li>• Describe weaning</li> <li>• Identify suitable foods for weaning</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home Management Syllabus pg 9 by CDC	
9	CHILD GROWTH AND DEVELOPMENT	<ul style="list-style-type: none"> <li>• Identify behavioral problems</li> <li>• Identify causes of abnormalities in child development</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home Management Syllabus pg 9 by CDC	
10	CHILDREN CLINICS	<ul style="list-style-type: none"> <li>• Define children's clinic</li> <li>• Describe activities that take place at children's clinic</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home Management Syllabus pg 10 by CDC	
11	CHILDREN CLINICS	<ul style="list-style-type: none"> <li>• State various diseases which children are inoculated/ immunized against</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home Management Syllabus pg 10 by CDC	

12	FOOD AND NUTRITION MEAL PLANNING	<ul style="list-style-type: none"> <li>• Define meal and meal planning</li> <li>• Explain the principles applied in the diet of different members of the family</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home Management Syllabus pg 10 by CDC	
13	REVISION AND TESTS			Test papers	

MINISTRY OF GENERAL EDUCATION

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 11 HOME MANGEMENT- TERM II**

<http://www.gionlineacademy.com/>

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	MEAL PLANNING Meal planning	<ul style="list-style-type: none"> <li>• State the importance of using environmentally friendly materials and equipment</li> <li>• Describe ways of serving meals</li> <li>• Describe economical preparation of family meals</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home File College notes	
2	FAMILY AND COMMUNITY - Adulthood	<ul style="list-style-type: none"> <li>• Define adulthood</li> <li>• Describe adulthood</li> <li>• Explain the role of initiation ceremonies</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- demonstration</li> </ul>	Home File College notes Revised Home Economics	
3	- Adulthood	<ul style="list-style-type: none"> <li>• Demonstrate different traditional ceremonies from different provinces</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home File College notes Revised Home Economics	
4	COMMUNITY AND SOCIAL SERVICES	<ul style="list-style-type: none"> <li>• Define community social services</li> <li>• Identify community social services</li> <li>• State functions of community services</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> <li>- Role play</li> </ul>	Home File College notes Revised Home Economics	
5	COMMUNITY AND SOCIAL SERVICES	<ul style="list-style-type: none"> <li>• Describe the facilities for the provision of water</li> <li>• Describe the facilities for provision of fuel</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> </ul>	Home Economics grade 9 pps book Principles of Home Management	

		<ul style="list-style-type: none"> <li>• Conserve water</li> <li>• Conserve fuel</li> </ul>	<ul style="list-style-type: none"> <li>- Group work</li> </ul>		
6	ENTREPRENEURSHIP IN THE COMMUNITY AND HOSPITALITY INDUSTRY	<ul style="list-style-type: none"> <li>• Define entrepreneurship</li> <li>• Discuss hospitality</li> <li>• Explain hospitality industry</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home File College notes Revised Home Economics Revised Home Economics	
7	ENTREPRENEURSHIP IN THE COMMUNITY AND HOSPITALITY INDUSTRY	<ul style="list-style-type: none"> <li>• Explain leisure tourism</li> <li>• Explain the characteristics of a hotel/ restaurant business</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> <li>- Role play</li> </ul>	Food production and hospitality HEH module 2	
8	ENTREPRENEURSHIP IN THE COMMUNITY AND HOSPITALITY INDUSTRY	<ul style="list-style-type: none"> <li>• Identify sources of finances</li> <li>• Identify and implement projects</li> <li>• Make different dishes for sale</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Food production and hospitality HEH module 2	
9	HEALTH AND SAFETY -Responsible parenthood	<ul style="list-style-type: none"> <li>• Define responsible parenthood</li> <li>• Define a family</li> <li>• State the types of families</li> <li>• Describe the functions of the family</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Food production and hospitality HEH module 2	
10	Responsible parenthood	<ul style="list-style-type: none"> <li>• Explain the factors influencing the size of the family <ul style="list-style-type: none"> <li>✓ Biological</li> <li>✓ Age of children</li> <li>✓ Income</li> <li>✓ Facilities available</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home File College notes Revised Home Economics Principles of Home Economics	



		<ul style="list-style-type: none"> <li>• Describe the role of the family members <ul style="list-style-type: none"> <li>✓ Father</li> <li>✓ Mother</li> <li>✓ Other member</li> </ul> </li> </ul>			
11	Responsible parenthood	<ul style="list-style-type: none"> <li>• Advantages and disadvantages of both large and small families</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home File College notes Principles of Home Economics	
12 And 13	REVISION AND TESTS			Test papers	

MINISTRY OF GENERAL EDUCATION

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# GRADE 11 HOME MANGEMENT- TERM III

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	HOME AND COMMUNITY Financial management	<ul style="list-style-type: none"> <li>• Define financial management</li> <li>• Describe the consumer needs</li> <li>• Discuss the basic family goals</li> <li>• Explain the resources needed to achieve goals                             <ul style="list-style-type: none"> <li>✓ Human resources</li> <li>✓ Economic resources</li> <li>✓ Environmental resources</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home Economics pps book 9 pg 83-94	
2	Financial management  TEST ONE	<ul style="list-style-type: none"> <li>• Explain the meaning of; budgeting,income,expenditure,savings,hire purchase, salary, credit, wage, mortgage, interest,standard of living cost of living</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- demonstration</li> </ul>	Home Economics pps book 9 pg 83-94	
3	Financial management	<ul style="list-style-type: none"> <li>• Explain ways of effectively applying the concept of budgeting</li> <li>• Discuss generating and managing income</li> <li>• Explaining managing savings</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home File College notes Revised Home Economics	
4	HOSPITALITY MARKETING IN THE HOSPITALITY INDUSTRY	<ul style="list-style-type: none"> <li>• Identify the marketing elements in hospitality industry</li> <li>- Advertising using bill boards, fliers media etc</li> <li>- Describe facilities found in the hospitality industry Transportation</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> <li>- Role play</li> </ul>	Home File College notes Revised Home Economics	

	MONTHLY TEST	accommodation			
5	CONSUMER STUDIES -CONSUMER PROTECTION	<ul style="list-style-type: none"> <li>• Define consumer protection</li> <li>• Give reasons for protecting consumers</li> <li>• Describe consumer rights</li> <li>• Describe methods to redress</li> <li>• Identify organizations that protect the consumers</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home File College notes Revised Home Economics Grade 9 HE pg 84-86	
6	CONSUMER PROTECTION  MONTHLY TEST	<ul style="list-style-type: none"> <li>• Explain the role advertisements to the consumers</li> <li>• Explain the importance of shopping</li> <li>• Discuss product labeling</li> <li>• Advertising products</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home File College notes Revised Home Economics	
7	TEXTILE AND CLOTHING - FIBRES AND FABRICS	<ul style="list-style-type: none"> <li>• Define a fibre</li> <li>• Differentiate between fibre and fabric</li> <li>• Classify <ul style="list-style-type: none"> <li>- Natural fibres</li> <li>- Artificial fibres</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> <li>- Role play</li> </ul>	Grade 9 HE pg 84-86	
8	- FIBRES AND FABRICS  MONTHLY TEST	<ul style="list-style-type: none"> <li>• Do simple test on microscopic and burning <ul style="list-style-type: none"> <li>- Strength</li> <li>- Absorbency test</li> <li>- Elasticity test</li> <li>- Crease resistance test</li> <li>- Alkali test</li> <li>- Acetone test</li> <li>- Describe hard and soft water</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home File College notes Revised Home Economics	
9	FIBRES AND FABRICS	<ul style="list-style-type: none"> <li>• Explain the use of fabric in the home</li> <li>• Explain the care of fabric in the home</li> <li>• Make different soft furnishing</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	HEH Home Economics 8 pg 81	

10	FIBRES AND FABRICS	<ul style="list-style-type: none"> <li>• Identify laundry equipment and materials</li> <li>• Explain laundry methods</li> <li>• Launder different fabrics</li> <li>- Woollen</li> <li>- Coloured cotton</li> <li>- White cotton</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Achievers Junior HE grade 8 pg 115	
11	FIBRES AND FABRICS	<ul style="list-style-type: none"> <li>• Make different soft furnishing</li> <li>• Define laundry</li> <li>• Describe laundry processes</li> <li>• Sorting</li> <li>• Mending</li> <li>• Soaking</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Teacher explanation</li> <li>- Group work</li> </ul>	Home File College notes Revised Home Economics	
12 And 13	REVISION AND TESTS			Test papers	

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DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 10 FOOD AND NUTRITION- TERM 1**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1 And 2	<p><b>THE KITCHEN SAFETY IN THE KITCHEN</b></p> <ul style="list-style-type: none"> <li>• Definitions</li> <li>• Safety rules and symbols</li> <li>• First aid</li> <li>• Common accidents</li> </ul>	<ul style="list-style-type: none"> <li>- Define: safety, accidents, first aid, first aider, first aid box</li> <li>- Explain safety rules and symbols</li> <li>- State the contents of first aid box</li> <li>- List common accidents that take place in the kitchen</li> <li>- Outline reasons for giving first aid and the steps taken when giving first aid.</li> </ul>	<ul style="list-style-type: none"> <li>- Teacher exposition</li> <li>- Inquiry</li> <li>- Group work</li> <li>- Written work</li> <li>- Question and answer</li> </ul>	<ul style="list-style-type: none"> <li>- Grade 10 F/N pgs 156-176(Anita Tull)</li> <li>- H/E G8 pg 124-130</li> </ul>	
3	<p><b>THE KITCHEN</b></p> <ul style="list-style-type: none"> <li>• Layout of the kitchen</li> <li>• Kitchen surfaces</li> </ul>	<ul style="list-style-type: none"> <li>- Discuss factors to consider when designing the kitchen</li> <li>- Explain good kitchen surfaces</li> </ul>	<ul style="list-style-type: none"> <li>- Group work</li> <li>- Exposition</li> <li>- Question and answer</li> </ul>	<ul style="list-style-type: none"> <li>- Grade 10 F/N pgs 156-176(Anita Tull)</li> <li>H/E G8 pg 124-130</li> </ul>	
4	<p><b>THE KITCHEN</b></p> <ul style="list-style-type: none"> <li>• Kitchen surfaces</li> <li>• Good kitchen surfaces</li> <li>• Wall coverings in the kitchen</li> <li>• Ceilings in the kitchen</li> </ul>	<ul style="list-style-type: none"> <li>- Explain good kitchen surfaces</li> <li>- Outline different types of wall coverings</li> <li>- Describe types of floor coverings</li> <li>- State reasons for covering surfaces in the kitchen</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Group work</li> <li>- Discussion</li> </ul>	Grade 10 F/N pg 115	
5	<b>THE KITCHEN</b>	<ul style="list-style-type: none"> <li>- Explain kitchen surfaces</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> </ul>		

	<ul style="list-style-type: none"> <li>- Counter covers/ kitchen working surfaces</li> <li>- Types of plastics</li> <li>- Reasons for covering floors</li> <li>- Colour scheme and lighting in the home</li> </ul>	<ul style="list-style-type: none"> <li>- Define colour and colour scheme</li> <li>- State suitable colour scheme for the kitchen</li> </ul>	<ul style="list-style-type: none"> <li>- Group work</li> <li>- Discussion</li> </ul>		
6	<b>THE KITCHEN</b> <ul style="list-style-type: none"> <li>- Lighting in the kitchen</li> <li>- Kitchen utensils</li> <li>- Choice and care</li> </ul>	<ul style="list-style-type: none"> <li>- Explain the importance of lighting in the kitchen</li> <li>- Describe different types of lighting system</li> <li>- Explain how to serve on lighting bills and safety measures of lighting in the kitchen</li> <li>- Define utensils</li> <li>- Describe choice and care of utensils</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Group work</li> <li>- Discussion</li> </ul>		
7	<b>THE KITCHEN</b> <ul style="list-style-type: none"> <li>- Kitchen utensils</li> <li>- Uses</li> </ul>	<ul style="list-style-type: none"> <li>- Identify and describe uses of kitchen utensils</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Exposition</li> <li>- Discussion</li> <li>- inquiry</li> </ul>	<ul style="list-style-type: none"> <li>- Food and nutrition grade 10pg 141</li> <li>- Anita Tull pg 255-263</li> </ul>	
8	<b>THE KITCHEN</b> <ul style="list-style-type: none"> <li>- Kitchen equipment</li> <li>- Refrigerator</li> <li>- Sink</li> </ul>	<ul style="list-style-type: none"> <li>- Draw and label a cooker</li> <li>- Discuss factors to consider when choosing equipment</li> <li>- Identify and describe uses of kitchen equipment</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Exposition</li> <li>- Discussion</li> <li>- inquiry</li> </ul>	<ul style="list-style-type: none"> <li>- Food and nutrition grade 10pg 247</li> <li>- Anita Tull pg 142-148</li> </ul>	
9	<b>THE KITCHEN</b> <ul style="list-style-type: none"> <li>- kitchen equipment</li> <li>- the refrigerator</li> </ul>	<ul style="list-style-type: none"> <li>- Discuss factors to consider when choosing refrigerator/sink</li> <li>- Identify different types of refrigerators</li> <li>- Discuss care of refrigerators</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Exposition</li> <li>- Discussion</li> <li>- Inquiry</li> <li>- Drawing</li> </ul>		

		<ul style="list-style-type: none"> <li>- Discuss materials used for used in making sinks</li> <li>- Describe how to unblock the sink</li> <li>- Draw and label the sink and the refrigerator.</li> </ul>	<ul style="list-style-type: none"> <li>- Written work</li> </ul>		
10 And 11	<b>THE KITCHEN</b> <ul style="list-style-type: none"> <li>- Labour saving devices: Benders Vacuum cleaners Washing machines ETC</li> </ul>	<ul style="list-style-type: none"> <li>- State the uses of labour saving devces</li> <li>- Discuss advantages and disadvantages of labou saving devies</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Exposition</li> <li>- Discussion</li> <li>- inquiry</li> </ul>		
12 And 13	<b>REVISION AND END OF TERM TESTS</b>				

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# PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN

## DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

### GRADE 10 FOOD AND NUTRITION- TERM 2

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	<b>PRINCIPLES OF FOOD AND NUTRITION</b> <ul style="list-style-type: none"> <li>- introduction to food and nutrition</li> <li>- definitions</li> </ul>	Define different terms in food and nutrition eg, food, nutrition	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Exposition</li> <li>- Discussion</li> <li>- inquiry</li> </ul>	Grade10 F/N pg 1-3 Anita Tull pg 1-2	
2	<b>PRINCIPLES OF FOOD AND NUTRITION</b> <ul style="list-style-type: none"> <li>- introduction to food and nutrition</li> <li>- food nutrients:                             <ul style="list-style-type: none"> <li>proteins</li> <li>sources</li> <li>classes</li> <li>functions</li> <li>deficiency</li> <li>effects of heat on proteins</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Identify food nutrients e.g proteins, carbohydrates, vitamins, fats, minerals, roughage and water.</li> <li>- Outline the sources and functions of proteins</li> <li>- Describe uses of proteins with examples</li> <li>- Explain the effect of heat on proteins</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Exposition</li> <li>- Discussion</li> <li>- inquiry</li> </ul>	Anita Tull 2-4 F/N G.10 pg 14-23 H/E G.8 P2,3 and 5	
3	<b>PRINCIPLES OF FOOD AND NUTRITION</b> <ul style="list-style-type: none"> <li>- carbohydrates                             <ul style="list-style-type: none"> <li>sources</li> <li>classes</li> <li>functions</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- outline the sources and functions of carbohydrates</li> <li>- describe classes of carbohydrates with examples</li> <li>- discuss deficiency diseases</li> </ul>	<ul style="list-style-type: none"> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> <li>- written work</li> </ul>	Anita Tull pg 9-12 Grade 10 F/N pg 4-14 G.8 HE Pg 912 G.10 FN pg 4-14 Grade 8 H/E pg 2,4, and 5	



	deficiency effects of heat on carbohydrates	- explain the effects of heat on carbohydrates			
4	PRINCIPLES OF FOOD AND NUTRITION - fats/lipids - sources - classes - functions - deficiency - effects of heat on fats	- Outline the sources and functions of fats - Describe classes of fats with examples - Discuss deficiency diseases - Explain the effects of heat on fats	- inquiry - question and answer - exposition - written work	Anita Tull pg 5-8 Grade 10 F/N pg 24- 33 G.8 HE Pg 9-12 Grade 8 H/E pg 3	
5	PRINCIPLES OF FOOD AND NUTRITION Vitamins - sources - classes - functions - effects of heat on mineral elements - absorption and metabolism	- outline sources and function of vitamins - discuss deficiency diseases - effects of heat vitamins	- inquiry - question and answer - exposition - written work	Anita Tull pg 12-20 Grade 10 F/N pg 33- 48 Grade 8 H/E pg 3	
6	MINIRAL ELEMENTS - sources - classes - functions - effects of heat on mineral elements absorption and metabolism	- outline sources and function of mineral elements - discuss deficiency diseases - effects of heat on mineral elements	- inquiry - question and answer - exposition - written work	Anita Tull pg 21-25 Grade 10 F/N pg 48- 54	
7	PRINCIPLES OF FOOD AND NUTRITION Water and Dietary fibres	- outline sources and functions of water and dietary fibres - discuss deficiency diseases of dietary fibres and water - explain the water loss in body	- inquiry - question and answer - exposition - written work	Anita Tull pg 55-58 Grade 10 F/N pg 26- 28	

		<ul style="list-style-type: none"> <li>- discuss the regulation of water balance (intake and output)</li> </ul>			
8	<b>DIETARY COMPONENTS</b> Main foods in the diet <ul style="list-style-type: none"> <li>- Eggs</li> <li>Types</li> <li>Structure</li> <li>Importance/Nutritive value</li> <li>Tenderness of meat</li> <li>Digestibility of meat</li> <li>Choice</li> <li>Methods of storage of eggs</li> </ul>	<ul style="list-style-type: none"> <li>- Identify main foods in the diet e.g egg</li> <li>- Draw and label the structure of an egg</li> <li>- Describe the nutritive value of eggs</li> <li>- List the uses of eggs in cookery</li> <li>- Explain the methods of cooking eggs</li> <li>- Discuss the effects of heat on eggs</li> <li>- Explain the storage of eggs</li> </ul>	<ul style="list-style-type: none"> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> <li>- written work</li> </ul>	Anita Tull pg 80-86 Grade 10 F/N pg 112-115	
9	<b>DIETARY COMPONENTS</b> Main foods in the diet <ul style="list-style-type: none"> <li>- Meat</li> <li>Types</li> <li>Structure</li> <li>Importance/Nutritive value</li> <li>Tenderness of meat</li> <li>Digestibility of meat</li> <li>Choice</li> <li>Methods of processing meat</li> <li>Meat hygiene</li> </ul>	<ul style="list-style-type: none"> <li>- Discuss the types of meat</li> <li>- Draw and label the structure of meat</li> <li>- Describe the importance/nutritive value meat</li> <li>- Discuss factors affecting tenderness of meat</li> <li>- Explain methods of cooking meat</li> <li>- Discuss the effects of heat on meat</li> <li>- Discuss methods of processing meat</li> <li>- Discuss meat hygiene</li> </ul>	<ul style="list-style-type: none"> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> <li>- written work</li> </ul>	Anita Tull pg 117-123 Grade 10 F/N pg 87-92	
10	<b>DIETARY COMPONENTS</b> <ul style="list-style-type: none"> <li>- OFFALS AND MILK</li> <li>Offal</li> </ul>	<ul style="list-style-type: none"> <li>- Define offals</li> <li>- Discuss factors to consider when choosing offals</li> <li>- List types/ examples of offals</li> </ul>	<ul style="list-style-type: none"> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> </ul>	Anita Tull pg 99-104 Grade 10 F/N pg 96-100	

	<ul style="list-style-type: none"> <li>- Definition/choice</li> <li>- Types of offals</li> <li>- Nutritive value</li> <li>- Methods of cooking and preparation</li> </ul>	<ul style="list-style-type: none"> <li>- Explain the importance and nutritive value of offals</li> <li>- Discuss methods of cooking of offals</li> </ul>	<ul style="list-style-type: none"> <li>- written work</li> </ul>		
11	<b>DIETARY COMPONENTS</b> <b>Cheese</b> <ul style="list-style-type: none"> <li>- classification</li> <li>- nutritive value of cheese</li> <li>- production of cheese</li> <li>- uses of cheese in food preparation</li> <li>- effects of heat on cheese</li> </ul>	<ul style="list-style-type: none"> <li>- discuss different types of cheese</li> <li>- explain the importance/nutritive value of cheese</li> <li>- state the uses of cheese in food preparation</li> <li>- discuss the effects of heat on cheese.</li> <li>- Storage of cheese</li> </ul>	<ul style="list-style-type: none"> <li>- Lesson demonstration</li> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> <li>- written work</li> </ul>	Anita Tull pg 106-109	Grade 10 F/N pg
12 And 13	<b>REVISION AND END OF TERM TESTS</b>				

MINISTRY OF GENERAL EDUCATION

PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 10 FOOD AND NUTRITION- TERM III**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	DIETARY COMPONENTS CREAM <ul style="list-style-type: none"><li>- types</li><li>- production</li><li>- uses in food preparation</li><li>- storage at home</li><li>- cream substitutes</li></ul>	<ul style="list-style-type: none"><li>- Discuss the types of cream</li><li>- Discuss production of cream</li><li>- State cream substances</li><li>- Explain the uses of cream in food preparation</li><li>- Discuss the storage of cream in the home</li></ul>	<ul style="list-style-type: none"><li>- Question and answer</li><li>- Exposition</li><li>- Discussion</li><li>- inquiry</li></ul>	Anita Tull pg 105-106	
2	DIETARY COMPONENTS YOGHURT <ul style="list-style-type: none"><li>- Types</li><li>- Composition</li><li>- Nutritive value</li><li>- Uses in cookery</li><li>- Commercial manufacturing of yoghurt</li><li>- Home production</li><li>- Storage</li></ul>	<ul style="list-style-type: none"><li>- discuss types of yoghurt</li><li>- discuss composition of yoghurt</li><li>- discuss uses of yoghurt in food preparation</li><li>- describe the commercial production of yoghurt</li><li>- describe the storage of yoghurt,</li></ul>	<ul style="list-style-type: none"><li>- Question and answer</li><li>- Exposition</li><li>- Discussion</li><li>- inquiry</li></ul>	Anita Tull 109-111	

	TEST ONE				
3	<p>DIETARY COMPONENTS FISH</p> <ul style="list-style-type: none"> <li>- types</li> <li>- classification</li> <li>- structure</li> <li>- importance in the diet</li> <li>- preparation and cooking</li> <li>- products of fish</li> <li>- preservation</li> <li>- storage</li> <li>- effects of heat on fish</li> </ul>	<ul style="list-style-type: none"> <li>- State the types of fish</li> <li>- Draw structure and label fish</li> <li>- Points to consider when choosing fish</li> <li>- Discuss nutritive value of fish in the diet</li> <li>- Describe methods preparing and cooking fish</li> <li>- State the products of fish</li> <li>- Discuss preservation of fish</li> <li>- Describe storage of fish</li> <li>- State the effects of heat on fish</li> </ul>	<ul style="list-style-type: none"> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> <li>- written work</li> </ul>	Anita Tull pg 126-130	
4	<p>DIETARY COMPONENTS ALTERNATIVE PROTEINS</p> <ul style="list-style-type: none"> <li>- why alternative proteins</li> <li>- sources</li> <li>- raw materials used for making alternative proteins</li> <li>- importance of soya in alternative proteins</li> <li>- TVP and use in food preparation</li> <li>- Quoin and its use in food preparation</li> </ul>	<ul style="list-style-type: none"> <li>- Give reasons or alternative proteins in the diet</li> <li>- Discuss alternative sources of meat, fish and dairy foods</li> <li>- List raw materials used for preparation of alternative proteins</li> <li>- Discuss the importance soya in preparation of alternative protein</li> <li>- Define T,V,P and discuss its uses in food preparation</li> </ul>	<ul style="list-style-type: none"> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> <li>- written work</li> </ul>	Anita Tull pg 129-130	

	MONTHLY TEST				
5	<p>GELATINE</p> <ul style="list-style-type: none"> <li>- definition</li> <li>- properties</li> <li>- domestic uses</li> <li>- industrial uses</li> <li>- uses in food preparation</li> <li>- importance in the diet</li> </ul> <p>VEGETABLES</p> <ul style="list-style-type: none"> <li>- Types</li> <li>- Colour</li> <li>- Choice and preparation</li> <li>- Importance in the diet</li> <li>- Effects of heat on vegetables</li> <li>- storage</li> </ul>	<ul style="list-style-type: none"> <li>- Define gelatin</li> <li>- Discuss the properties of gelatin</li> <li>- Discuss industrial and domestic use of gelatin</li> <li>- Describe the use of gelatin in food preparation</li> <li>- explain the use of gelatin in the diet</li> <li>- list types of vegetables</li> <li>- discuss the importance of vegetables in the diet</li> <li>- explain effects of heat on vegetables</li> <li>- describe storage vegetables</li> </ul>	<ul style="list-style-type: none"> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> <li>- written work</li> </ul>	Anita Tull pg 131-136	
6 AND 7	<p>FRUITS</p> <ul style="list-style-type: none"> <li>- Types</li> <li>- Preparation</li> <li>- Importance in the diet</li> <li>- Storage</li> </ul> <p>DEREALS</p> <ul style="list-style-type: none"> <li>- Definition</li> <li>- Classification</li> </ul>	<ul style="list-style-type: none"> <li>- state types of fruits</li> <li>- describe preparation of fruits</li> <li>- state the importance of fruits in the diet</li> <li>- discuss the storage of fruits</li> <li>- define cereals</li> <li>- state classes of cereals</li> <li>- draw and label the structure of wheat</li> </ul>	<ul style="list-style-type: none"> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> <li>- written work</li> </ul>	Anita Tull pg 85-90	

	<ul style="list-style-type: none"> <li>- Structure</li> <li>- Composition of wheat</li> <li>- Nutritive value</li> <li>- Dietetic value</li> <li>- Effects of heat</li> </ul> <p>TEST TWO</p>	<ul style="list-style-type: none"> <li>- discuss the nutritive value of wheat</li> <li>- state the effects of heat on wheat</li> </ul>			
8	<p>DIETARY COMPONENTS GMO</p> <ul style="list-style-type: none"> <li>- definition</li> <li>- advantages and disadvantages of GMO</li> <li>- environmental hazards</li> <li>- economical concerns</li> <li>- health diets</li> <li>- layers of the pyramid</li> </ul> <p>MONTHLY TEST</p>	<ul style="list-style-type: none"> <li>- define genetically modified organisms</li> <li>- state advantages and disadvantages of GMOs</li> <li>- discuss the environmental hazards of GMO foods</li> <li>- discuss the layers of the food pyramid <ul style="list-style-type: none"> <li>✓ what to eat most</li> <li>✓ what to eat moderately</li> <li>✓ what to eat in small quantities</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> <li>- written work</li> </ul>	Anita Tull pg 58-64	
9 AND 10	<p>DIGESTION, ABSORPTION AND METABOLISM</p> <ul style="list-style-type: none"> <li>- definition</li> <li>- human digestive system</li> <li>- absorption</li> <li>- utilization of food</li> <li>- metabolism</li> </ul>	<ul style="list-style-type: none"> <li>- define digestion, absorption and metabolism</li> <li>- draw and label human digestive system</li> <li>- describe digestion at each level of the alimentary canal</li> <li>- draw and label the structure of the villi</li> <li>- discuss utilization of food</li> </ul>	<ul style="list-style-type: none"> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> <li>- written work</li> </ul>	Anita Tull pg 33-36	
11 AND 12	<p>DIETARY GUIDELINES INDIVIDUAL DIETARY NEEDS</p> <ul style="list-style-type: none"> <li>- meal planning and dietary needs</li> </ul>	<ul style="list-style-type: none"> <li>- Discuss the use of dietary guidelines</li> <li>- Describe the choice, use , storage of main foods in the diet</li> </ul>	<ul style="list-style-type: none"> <li>- Lesson demonstration</li> <li>- inquiry</li> <li>- question and answer</li> <li>- exposition</li> </ul>	Anita Tull pg 106-109	

	<ul style="list-style-type: none"> <li>- factors affecting the choice of food</li> <li>- breast feeding</li> <li>- complementary feeding</li> <li>- meal planning</li> </ul>	<ul style="list-style-type: none"> <li>- Identify factors that affect the food requirements</li> <li>- Explain the importance of breast feeding babies from 0-6 months</li> <li>- Explain complementary feeding</li> <li>- Explain the meal planning concepts</li> <li>- Plan meals for all ages, occupation and other health dietary requirements</li> </ul>	<ul style="list-style-type: none"> <li>- written work</li> </ul>		
13	<b>REVISION AND END OF TERM TESTS</b>				



MINISTRY OF GENERAL EDUCATION

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 11 FOOD AND NUTRITION- TERM III**

SCHOOL:.....NAME OF THE TEACHER:.....TS NUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	FOODS ND FOOD SCIENCE Herbs  - names - uses	<ul style="list-style-type: none"><li>- describe herbs</li><li>- identify common herbs</li><li>- explain uses of herbs</li></ul>	<ul style="list-style-type: none"><li>• exposition</li><li>• group work</li><li>• question and answer</li></ul>	Anita Tull pg140	
2	Spice  - names - uses	<ul style="list-style-type: none"><li>- compare and contrast herbs and spices</li><li>- describe spices</li><li>- identify common spices</li><li>- explain uses of spices</li></ul> TEST 1	<ul style="list-style-type: none"><li>• exposition</li><li>• group work</li><li>• question and answer</li></ul>	Anita Tull pg 141	

3	<b>PRACTICAL FOOD PREPARATION</b> <ul style="list-style-type: none"> <li>- types of freezers</li> <li>- advantages and disadvantages of owning a freezer</li> <li>- chest freezers</li> <li>- upright freezers</li> <li>- refridgerator</li> </ul>	<ul style="list-style-type: none"> <li>- explain advantages and disadvantages of owing a freezer</li> <li>- outline types of freezers</li> <li>- describe advantages and disadvantages of each freezer</li> </ul>	<ul style="list-style-type: none"> <li>• expositon</li> <li>• group work</li> <li>• question and answer</li> </ul>	Anita Tull pg 195-192	
4	<b>PRACTICAL FOOD PREPARATION</b> <ul style="list-style-type: none"> <li>- freezer cookery</li> <li>- sitting the freezer</li> <li>- running costs of freezers</li> </ul> <b>MONTHLY TEST</b>	<ul style="list-style-type: none"> <li>- Describe points to consider when choosing the suitable site for a freezer</li> <li>- Outline factors to help determine the running cost of the freezer</li> </ul>	<ul style="list-style-type: none"> <li>• expositon</li> <li>• group work</li> <li>• question and answer</li> <li>• inquiry</li> </ul>	Anita Tull pg 197-199	
5	<b>PRACTICAL FOOD PREPARATION</b> Packing materials and lebls Care of the frezer Rules for using the freezer Choice of food for freezing	<ul style="list-style-type: none"> <li>- outline materials for packing foods for freezing</li> <li>- outline points to consider on the care of the freezer</li> <li>- describe choice of food for freezing</li> </ul>	<ul style="list-style-type: none"> <li>• expositon</li> <li>• group work</li> <li>• question and answer</li> </ul> inquiry	Anita Tull pg 198-199	
6	<b>PRACTICAL FOOD PREPARATION</b> Freezer cookery <ul style="list-style-type: none"> <li>- preparation of food for freezing</li> <li>- thawing frozen foods</li> <li>- storage times for frozen foods</li> </ul> <b>TEST 2</b>	<ul style="list-style-type: none"> <li>- describe preparation of food for freezinf</li> <li>- describe thawing frozen foods</li> <li>- explain length of storage times for different frozen foods</li> </ul>	<ul style="list-style-type: none"> <li>• expositon</li> <li>• group work</li> <li>• question and answer</li> <li>• inquiry</li> </ul>	Anita Tull pg 201-203	
7	<b>FOOD INTOLERANCE</b> Food allergies	<ul style="list-style-type: none"> <li>- describe different types of food intolerance</li> </ul>	<ul style="list-style-type: none"> <li>• expositon</li> </ul>	Anita Tull pg 71-72	

	<ul style="list-style-type: none"> <li>- types of food intolerance</li> <li>- malabsorption</li> </ul>	<ul style="list-style-type: none"> <li>- explain malabsorption</li> </ul>	<ul style="list-style-type: none"> <li>• group work</li> <li>• question and answer</li> <li>• inquiry</li> </ul>		
8	<b>FOOD ALLERGIES</b> Diabetes mellitus Food for diabetic people	<ul style="list-style-type: none"> <li>- describe diabetes mellitus</li> <li>- explain the diet for diabetic mellitus</li> </ul>	<ul style="list-style-type: none"> <li>• expositon</li> <li>• group work</li> <li>• question and answer</li> <li>• inquiry</li> </ul>	Anita Tull pg73	
9	<b>PRACTICALFOOD PREPARATION</b> Left over foods <ul style="list-style-type: none"> <li>- rules for preparing left over foods</li> <li>- methods ofkingleft over foods</li> <li>- re-heating</li> </ul>	<ul style="list-style-type: none"> <li>- describe rules for for preparing left over foods</li> <li>- explain methods methods used for left over foods</li> <li>- outline methods of reheating food</li> </ul>	<ul style="list-style-type: none"> <li>• expositon</li> <li>• group work</li> <li>• question and answer</li> <li>• inquiry</li> </ul>	Anita Tull pg203-204	
10	<b>FOOD AND FOOD SCIENCE</b> Fats and Oils <ul style="list-style-type: none"> <li>- uses</li> <li>- properties</li> <li>- effects of heat heat</li> <li>- types of fats and oils</li> </ul> plant oils	<ul style="list-style-type: none"> <li>- describe uses of fats and oils</li> <li>- explain properties of fats and oils</li> <li>- explain the effects of heat on fats and oils</li> </ul>	<ul style="list-style-type: none"> <li>• expositon</li> <li>• group work</li> <li>• question and answer</li> <li>• inquiry</li> </ul>	Anita Tull pg 91- 93	
11	<b>FOOD AND FOOD SCIENCE</b> Margarine manufacturing <ul style="list-style-type: none"> <li>- low energy spreads</li> <li>- storage of fats and oils</li> </ul>	<ul style="list-style-type: none"> <li>- describe margarine</li> <li>- manufacture</li> <li>- discuss how energy spreads</li> <li>- explain storage of fats and oils</li> </ul>	<ul style="list-style-type: none"> <li>• expositon</li> <li>• group work</li> <li>• question and answer</li> </ul>	Anita Tull pg 96-98	

			• inquiry		
12 and 13	Revision, Tests and closing				

**MINISTRY OF GENERAL EDUCATION**  
**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**  
**DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY**  
**GRADE 11 FOOD AND NUTRITION- TERM II**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1 AND	FOOD HYGIENE Hygiene practices in food preparation	- describe personal, kitchen and food hygiene	Inquiry Group discussion Exposition	Anita Tull pg160-162	

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2	<ul style="list-style-type: none"> <li>- personal hygiene</li> <li>- kitchen hygiene</li> <li>- types of refuse</li> <li>- methods of waste disposal</li> </ul>	<ul style="list-style-type: none"> <li>- use appropriate methods of waste disposal</li> </ul> <p style="text-align: center;">TEST 1</p>	Question and answer		
3	<p><b>FOOD HYGIENE</b> Food spoilage</p> <ul style="list-style-type: none"> <li>- factors causing food spoilage</li> <li>- bacterial</li> <li>- mould</li> <li>- causes of bacterial food poisoning</li> </ul>	<ul style="list-style-type: none"> <li>- explain food spoilage and contamination</li> <li>- describe factors causing food spoilage</li> </ul>	Inquiry Group discussion Exposition Question and answer	Anita Tull pg154-160	
4	<p><b>FOOD HYGIENE</b> Food spoilage</p> <ul style="list-style-type: none"> <li>- reasons for increase in the causes of food poisoning</li> <li>- moulds</li> <li>- enzymes</li> <li>- yeast</li> <li>- food contamination from other sources</li> <li>- the food safety act</li> </ul>	<ul style="list-style-type: none"> <li>- outline causes of increase in food poisoning and contamination</li> <li>- define moulds and their reproduction</li> <li>- describe food contamination from other sources</li> </ul>	Inquiry Group discussion Exposition Question and answer	Anita Tull pg160-163	
5	<p><b>PRESERVATION OF FOOD</b></p> <ul style="list-style-type: none"> <li>- food preservation</li> <li>- reasons for preservation</li> <li>- aims of preservation</li> <li>- methods of preservation</li> </ul>	<ul style="list-style-type: none"> <li>- describe food preservation</li> <li>- state reasons for preservation of food</li> <li>- identify methods of preservation</li> </ul>	Inquiry Group discussion Exposition Question and answer	Anita Tull pg16-170	
6	<p><b>PRESERVATION OF FOOD</b></p>	<ul style="list-style-type: none"> <li>- identify methods of preserving food</li> </ul>	Inquiry Group discussion	Anita Tull pg171-174	

	<p>Home preservation</p> <ul style="list-style-type: none"> <li>- jam making</li> <li>- faults in jam making</li> <li>- marmalade making</li> </ul> <p>TEST 2</p>	<ul style="list-style-type: none"> <li>- demonstrate the ability of preserving a variety of food using different methods of preservation</li> </ul>	<p>Exposition Question and answer</p>		
7	<p>PRESERVATION OF FOOD</p> <p>Convenience foods</p> <ul style="list-style-type: none"> <li>- types of convenience foods</li> <li>- advantages and disadvantages of convenience foods</li> <li>- safety measures in the uses of convenience foods</li> </ul>	<ul style="list-style-type: none"> <li>- describe convenience food</li> <li>- explain the different the types of convenience foods</li> <li>- explain advantages and disadvantages of convenience foods</li> <li>- describe the importance of buying food packed in environmentally friendly materials</li> </ul>	<p>Inquiry Group discussion Exposition Question and answer</p>	Anita Tull pg144-146	
8	<p>PRESERVATION OF FOOD</p> <p>Convenience foods</p> <ul style="list-style-type: none"> <li>- prepare meals using convenience foods</li> </ul> <p>fast foods</p> <ul style="list-style-type: none"> <li>- types</li> <li>- food packaging</li> <li>- recycling</li> </ul>	<ul style="list-style-type: none"> <li>- prepare meals using convenience foods</li> <li>- describe fast foods</li> <li>- describe types of fast foods</li> <li>- explain food packaging of fast foods</li> </ul> <p>MONTHLY TEST</p>	<p>Inquiry Group discussion Exposition Question and answer</p>	Anita Tull pg147-148	
9	<p>PRESERVATION OF FOOD</p> <p>Fast foods</p> <ul style="list-style-type: none"> <li>- additives</li> <li>- reasons for use of additives</li> <li>- requirement of food additives</li> </ul>	<ul style="list-style-type: none"> <li>- Define additives</li> <li>- Describe reasons for using additives</li> <li>- Explain important requirements of additives</li> </ul>	<p>Inquiry Group discussion Exposition Question and answer</p>	Anita Tull pg142-143	

10	<p>PRESERVATION OF FOOD Additives</p> <ul style="list-style-type: none"> <li>- natural vs synthetic additives and their use</li> </ul>	<ul style="list-style-type: none"> <li>- mention the types of additives and their use</li> <li>- outline the important requirements of additive and their use</li> </ul> <p>TEST 3</p>	<p>Inquiry Group discussion Exposition Question and answer</p>	Anita Tull pg143-144	
11	<p>PRESERVATION OF FOOD Additives</p> <ul style="list-style-type: none"> <li>- prepare meals using convenience and fast foods</li> </ul>	<ul style="list-style-type: none"> <li>- Prepare meals using convenience foods</li> <li>- Prepare fast foods</li> </ul>	<p>Inquiry Group discussion Exposition Question and answer</p>	Anita Tull pg143-144	
12 AND 13	Revisions, Tests and closing				

MINISTRY OF GENERAL EDUCATION

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

## **GRADE 11 FASHION AND FABRICS- TERM III**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

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WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1 and 2	<b>ENTREPRENEURSHIP IN FASHION AND FBRICS</b> <ul style="list-style-type: none"> <li>- Entrepreneurship in Fashion and Fabrics</li> <li>- Suitable markets and costing</li> <li>- Making articles</li> </ul>	<ul style="list-style-type: none"> <li>- Search for suitable made items</li> <li>- Cost products and services accordingly</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Explanation</li> <li>- Group work</li> <li>- Exposition</li> </ul>	Teacher's own recourses	
3 and 4	<b>ENTREPRENEURSHIP IN FASHION AND FBRICS</b> <ul style="list-style-type: none"> <li>- projects for income generation</li> </ul> <b>MONTHLY TEST</b>	<ul style="list-style-type: none"> <li>- identify projects for income generation in fashion and fabrics</li> <li>- work on the projects identified</li> </ul>	<ul style="list-style-type: none"> <li>- class discussion</li> <li>- group work</li> <li>- practical</li> </ul>	Teacher's own recourses	
5 and 6	<b>ENTREPRENEURSHIP IN FASHION AND FBRICS</b> <ul style="list-style-type: none"> <li>- packaging and labeling products</li> </ul>	<ul style="list-style-type: none"> <li>- outline tips on packaging and labeling products for sale</li> <li>- complete working on the article given</li> </ul>	<ul style="list-style-type: none"> <li>- class discussion</li> <li>- group work</li> <li>- practical</li> </ul>	Teacher's own recourses	
7 and 8	<b>NEEDLEWORK PROCESSES. CARE OF CLOTHES</b> <ul style="list-style-type: none"> <li>- Care labels</li> <li>- Care</li> <li>- Repair</li> <li>- Mending</li> </ul>	<ul style="list-style-type: none"> <li>- define and describe care labels</li> <li>- describe care , repair and maintenance of clothes</li> </ul>	<ul style="list-style-type: none"> <li>- class discussion</li> <li>- group work</li> <li>- practical</li> </ul>	<ul style="list-style-type: none"> <li>- All about fabrics 214-215</li> </ul>	
9	<b>NEEDLEWORK PROCESSES.</b>	<ul style="list-style-type: none"> <li>- Repair , maintain and store clothes correctly</li> </ul>	<ul style="list-style-type: none"> <li>- class discussion</li> </ul>	<ul style="list-style-type: none"> <li>- All about fabrics</li> </ul>	



	<b>CARE OF CLOTHES</b> - Repair, maintenance and storage - Household crafts - Types	- Identify different types of crafts	- group work - practical	214-215	
10 and 11	<b>NEEDLEWORK PROCESSES.</b> - HOUSEHOLD CRFTS - Assorted handcrafts - Traditional handcrafts	- Make assorted handcrafts - Make traditional handcrafts	- class discussion - group work - practical	- Grade 5 HE pg 276-286	
12 and 13	<b>REVISION AND END OF TERM TESTS</b>				

MINISTRY OF GENERAL EDUCATION

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

<http://www.gionlineacademy.com/>

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 11 FOOD AND NUTRITION- TERM I**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1 And 2	<b>PRACTICAL FOOD PREPARATION</b> Principles behind the cooking of food <ul style="list-style-type: none"> <li>- Heat and heat measurement</li> <li>- Heat transfer</li> <li>- Reasons for cooking food</li> </ul>	<ul style="list-style-type: none"> <li>- Identify different ways of heat transference during the cooking process</li> <li>- Explain measurement of heat</li> <li>- Outline the reasons for cooking food.</li> </ul> <p>TEST 1</p>	Inquiry Group discussion Exposition Question and answer	Anita Tull pg150-153	
3 And 4	<b>PRACTICAL FOOD PREPARATION</b> Preparations and methods of cooking food <ul style="list-style-type: none"> <li>- Moist methods of cooking food</li> <li>- Effects of moist methods of cooking and nutritive content of food</li> </ul>	<ul style="list-style-type: none"> <li>- Describe various moist methods of cooking food</li> <li>- Explain effects of moist methods cooking on nutrient of food</li> </ul> <p>MONTHLY TEST</p>	Inquiry Group discussion Exposition Question and answer	Anita Tull pg150	
5	<b>PRACTICAL FOOD PREPARATION</b>	<ul style="list-style-type: none"> <li>- Explain effects of dry heat on nutrient content of food</li> </ul>	Inquiry Group discussion	Anita Tull pg183-186	

	<p>Preparations and methods of cooking food</p> <ul style="list-style-type: none"> <li>- Effects of dry methods of cooking on nutrient content of food</li> </ul> <p>Dry methods of cooking</p> <ul style="list-style-type: none"> <li>- Baking</li> <li>- Roasting</li> <li>- Grilling</li> </ul>	<ul style="list-style-type: none"> <li>- Describe various dry methods of cooking</li> <li>- Outline advantages and disadvantages of various dry methods of cooking</li> <li>- List suitable foods for various dry methods of cooking.</li> </ul>	<p>Exposition Question and answer</p>		
6	<p><b>PRACTICAL FOOD PREPARATION</b> Preparations and methods of cooking food</p> <ul style="list-style-type: none"> <li>- Frying :deep and shallow,dry and stir frying</li> </ul>	<ul style="list-style-type: none"> <li>- explain the effects of frying on nutritive value of foods.</li> <li>- Outline safety rules for deep frying</li> <li>- List suitable foods for deep frying</li> </ul>	<p>Inquiry Group discussion Exposition Question and answer</p>	Anita Tull pg180-189	
7	<p><b>PRACTICAL FOOD PREPARATION</b> Preparations and methods of cooking food</p> <ul style="list-style-type: none"> <li>- Microwave cookery</li> <li>- Electromagnetic waves</li> <li>- Microwave oven</li> <li>- Advantages and disadvantages</li> </ul>	<ul style="list-style-type: none"> <li>- Define microwave</li> <li>- Explain why microwave ovens stay cool even when they are in use</li> <li>- Describe advantages and disadvantages of microwave ovens</li> <li>- Outline suitable foods for microwave ovens</li> </ul>	<p>Inquiry Group discussion Exposition Question and answer</p>	Anita Tull pg190-194	
8	<p><b>PRACTICAL FOOD PREPARATION</b> Cooking different types of food</p> <ul style="list-style-type: none"> <li>- Meat</li> <li>- Cereals</li> </ul>	<ul style="list-style-type: none"> <li>- Explain the processes of cooking different types of food</li> </ul>	<p>Inquiry Group discussion Exposition Question and answer</p>	Recipe books	

	<ul style="list-style-type: none"> <li>- Eggs</li> <li>- Fish</li> <li>- Poultry</li> <li>- Milk and milk products</li> <li>- Fruits and vegetables</li> <li>- Insects</li> <li>- Roots and tuber dishes</li> </ul>				
		<b>MONTHLY TEST</b>			
9	<b>PRACTICAL FOOD PREPARATION</b> Sauces, stocks, soups and gravy <ul style="list-style-type: none"> <li>- Sauces, stocks, soups and gravy</li> <li>- Function</li> <li>- Consistency of sauces</li> <li>- Thickenings</li> <li>- Rules for making stock</li> </ul>	<ul style="list-style-type: none"> <li>- Explain classes of sauces, soups and stock</li> <li>- State the functions of soups, sauces and stocks in food preparation and diet</li> <li>- Describe rules for making stock</li> </ul>	Inquiry Group discussion Exposition Question and answer	Anita Tull pg216-221	
		<b>TEST 2</b>			
10	<b>FOOD AND FOOD SCIENCE</b> <ul style="list-style-type: none"> <li>- Flour mixtures</li> <li>- Types of flour</li> <li>- Advantages and disadvantages of types of flour</li> <li>- Faults in flour mixtures</li> </ul>	<ul style="list-style-type: none"> <li>- Describe types of flour</li> <li>- Outline advantages and disadvantages of flour</li> <li>- Describe faults in flour mixtures</li> <li>- Make dishes from different types of flour mixtures</li> <li>- Analyse faults in cake making</li> </ul>	Inquiry Group discussion Exposition Question and answer	Anita Tull pg208-215	
11	<b>FOOD AND FOOD SCIENCE</b> Raising Agents	<ul style="list-style-type: none"> <li>- Identify different types of raising agents</li> <li>- Explain the importance of yeast in cookery.</li> </ul>	Inquiry Group discussion Exposition	Anita Tull pg204-208	

	<ul style="list-style-type: none"> <li>- Define raising agents</li> <li>- Categories of raising agents</li> <li>- Baking powder</li> <li>- Bicarbonate of soda</li> <li>- Yeast</li> <li>- Forms of yeast</li> <li>- Storage of raising agents</li> </ul>	<ul style="list-style-type: none"> <li>- Prepare and cook dishes using different types of raising agents</li> </ul>	Question and answer		
12and 13	Revision and testing				

MINISTRY OF GENERAL EDUCATION

PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 11 FASHION AND FABRICS- TERM I**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	NEEDLEWORK PROCESS Seams and edge finishes - Definition - Types - Rules - Workout - Methods of neatening	- Define edge finishes and seams - Identify types of seams - Identify methods of neatening edges - Workout seams - Workout methods of neatening seams	- Inquiry - Question and answer - Exposition - Demonstration - Practical - Writing - Discussion	Julia Molewa Grade 8 Pg 249-252	
2	CONTROLLING/REDUCING FULLNESS - Methods of controlling fullness - Reasons - Workout box, inverted and knife pleats	- Define reducing fullness - Discuss methods of reducing fullness - Explain reasons why fullness is applied - Workout box, inverted and knife pleats	- Inquiry - Question and answer - Exposition - Demonstration - Practical - Writing - Discussion	Julia Molewa Grade 8 - Pg242-248	
3	CONTROLLING/REDUCING FULLNESS - Tucks	Workout - Tucks - Gathers	- Inquiry - Question and answer	Julia Molewa Grade 8 - Pg 242-246	

	<ul style="list-style-type: none"> <li>- Gathers</li> <li>- Darts</li> <li>- Working out</li> </ul>	<ul style="list-style-type: none"> <li>- Darts</li> </ul>	<ul style="list-style-type: none"> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>		
4	<p>CONTROLLING/REDUCING FULLNESS</p> <ul style="list-style-type: none"> <li>- Smoking</li> <li>- Elastic</li> </ul> <p>MONTHLY TEST</p>	<ul style="list-style-type: none"> <li>- Describe smoking</li> <li>- Workout smoking and elastic</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	Julia Molewa Grade 8 - Pg247	
5	<p>NEEDLEWORK PROCESSES</p> <ul style="list-style-type: none"> <li>- Collars</li> <li>- Adding collars</li> <li>- Interfacing</li> <li>- Preparation of a collar</li> <li>- Attaching a collar</li> <li>- A self neatened collar</li> </ul>	<ul style="list-style-type: none"> <li>- Identify types of collars</li> <li>- Explain how collars are added to the garment</li> <li>- Discuss preparation of a collar and how self neatened collar is added</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	Julia Molewa Grade 8 - Pg253-255	
6	<p>NEEDLEWORK PROCESSES</p> <ul style="list-style-type: none"> <li>- Collars with shaped facing</li> <li>- Peter pan collar and shirt collar</li> </ul>	<ul style="list-style-type: none"> <li>- Describe how to workout a collar with a shaped facing</li> <li>- Workout peter pan and shirt collars</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	Julia Molewa Grade 8 - Pg153	
7	<p>COLLARS AND NECKLINE</p>	<ul style="list-style-type: none"> <li>- Identify neckline finishes</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> </ul>	Julia Molewa Grade 8 - Pg252-257	

	Neckline finishes/finishes <ul style="list-style-type: none"> <li>- V- neckline</li> <li>- Round</li> <li>- Squire</li> <li>- Sweet heart</li> </ul>	<ul style="list-style-type: none"> <li>- Workout neckline finishes eg v-,round,scoop,squire sweetheart and boat necklines</li> </ul>	<ul style="list-style-type: none"> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>		
8	<b>SLEEVES</b> <ul style="list-style-type: none"> <li>- Definition</li> <li>- Description</li> <li>- Types</li> <li>- Puff sleeves</li> <li>- Raglan sleeve</li> <li>- Long set-in sleeve</li> </ul> <b>MONTHLY TEST</b>	<ul style="list-style-type: none"> <li>- Define sleeves</li> <li>- Describe how an armhole can be finished</li> <li>- Describe different type of sleeves</li> <li>- Explain how a set in collar is repared in a sleeve</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	Julia Molewa Grade 8	<ul style="list-style-type: none"> <li>- Pg 258-164</li> </ul>
9	<b>SLEEVES</b> <ul style="list-style-type: none"> <li>- Description</li> <li>- Magyar sleeves</li> <li>- Cap sleeve</li> <li>- Short set- in sleeve</li> </ul>	<ul style="list-style-type: none"> <li>- Describe how to work out Magyar or kimono, cap and short-set in sleeve</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	Julia Molewa Grade 8	<ul style="list-style-type: none"> <li>- Pg258-164</li> </ul>
10	<b>OPENINGS AND FASTENING</b> <ul style="list-style-type: none"> <li>- Description</li> <li>- Types</li> <li>- Points to consider</li> <li>- Bound opening</li> </ul>	<ul style="list-style-type: none"> <li>- Describe openings</li> <li>- Describe different types of openings</li> <li>- Explain points to consider when making openings</li> <li>- Workout bound opening</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	Julia Molewa Grade 8	<ul style="list-style-type: none"> <li>- Pg 258-260</li> </ul>
11	<b>OPENINGS AND FASTENING</b> <ul style="list-style-type: none"> <li>- Faced slit openings</li> </ul>	<ul style="list-style-type: none"> <li>- Workout faced slit openings and continuous opening</li> <li>- Define fastenings and describe different types</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> </ul>	Julia Molewa Grade 8	<ul style="list-style-type: none"> <li>- Pg 258-260</li> </ul>



	<ul style="list-style-type: none"> <li>- Continuous strip opening</li> <li>- Fastening</li> </ul>		<ul style="list-style-type: none"> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>		
12	<p><b>OPENINGS AND FASTENING</b></p> <p>Fastening</p> <ul style="list-style-type: none"> <li>- Buttons</li> <li>- Hook and eye</li> <li>- Hook and belt</li> <li>- Press studs</li> <li>- Zip</li> <li>- Velcro etc</li> </ul>	Workout different types of fastening	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	Julia Molewa Grade 8 Pg 261-267	
13	<b>END OF TERM TEST</b>				

MINISTRY OF GENERAL EDUCATION

PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 11 FASHION AND FABRICS- TERM II**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1 and 2	CROSS WAT STRIP - Description - Uses - Cutting/ joining  TEST 1	<ul style="list-style-type: none"><li>- Describe a cross way strip/ bias binding</li><li>- Identify uses of a cross way strip/ bias binding</li><li>- Cuta nd join a cross way strip</li></ul>	<ul style="list-style-type: none"><li>- Inquiry</li><li>- Question and answer</li><li>- Exposition</li><li>- Demonstration</li><li>- Practical</li><li>- Writing</li><li>- Discussion</li></ul>	<ul style="list-style-type: none"><li>- All About Fabrics</li><li>- Molewa Grade 9 pg 255- 256</li><li>- Process File</li></ul>	
3	TOKES - Definition - Types - Article/ outfit	<ul style="list-style-type: none"><li>- Describe yokes</li><li>- Describe different type of yokes</li><li>- Working on the outfit</li></ul>	<ul style="list-style-type: none"><li>- Inquiry</li><li>- Question and answer</li><li>- Exposition</li><li>- Demonstration</li><li>- Practical</li><li>- Writing</li></ul>	<ul style="list-style-type: none"><li>- Process File</li></ul>	

			- Discussion		
4	<b>YOKES</b> <ul style="list-style-type: none"> <li>- Workout</li> <li>- Article/outfit</li> </ul> <b>MONTHLY TEST</b>	<ul style="list-style-type: none"> <li>- Cut and workout different type of yokes</li> <li>- Continue working on the outfit</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	<ul style="list-style-type: none"> <li>- Process File</li> </ul>	
5	<b>POCKETS</b> <ul style="list-style-type: none"> <li>- Description</li> <li>- Types</li> <li>- Making an outfit</li> </ul>	<ul style="list-style-type: none"> <li>- Describe pockets</li> <li>- Describe different types of pocket</li> <li>- Workout out- fit as per instruction</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics 199-200</li> <li>- Molewa Grade 9 164-165</li> <li>- Process File</li> </ul>	
6	<b>POCKETS</b> <ul style="list-style-type: none"> <li>- Workout pockets</li> <li>- Article/outfit</li> </ul> <b>MONTHLY TEST</b>	<ul style="list-style-type: none"> <li>- Workout pockets</li> <li>- Workout an article with a pocket</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics 208-211</li> <li>- Molewa Grade 9 168-169</li> <li>- Process File</li> </ul>	
7	<b>HEMS ND FINISHES EDGES</b> <ul style="list-style-type: none"> <li>- Description</li> <li>- Preparation</li> <li>- Methods</li> <li>- Article/outfit</li> <li>- Preparation</li> </ul>	<ul style="list-style-type: none"> <li>- Describe hems</li> <li>- Explain how the hem is prepared and attached to a garment</li> <li>- Explain methods and finishing hems</li> <li>- Prepare layout for an article</li> </ul>	<ul style="list-style-type: none"> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics</li> <li>- Molewa Grade 9</li> <li>- Process File</li> </ul>	

8	<b>HEMS AND FINISHES EDGES</b> <ul style="list-style-type: none"> <li>- Working out</li> <li>- Straight hem</li> <li>- Pleated plain hem</li> <li>- Article/ outfit</li> </ul>	<ul style="list-style-type: none"> <li>- Workout hem edge finishes according to instructions</li> <li>- Workout an article or outfit according to instructions</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Writing</li> <li>- Discussion</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics209</li> <li>- Molewa Grade 9 169-169</li> <li>- Process File</li> </ul>	
9	<b>HEMS AND FINISHES EDGES</b> <ul style="list-style-type: none"> <li>- Working out hems</li> <li>- Curved hem</li> <li>- Article/ outfit</li> </ul>	<ul style="list-style-type: none"> <li>- Work out hems accordingly</li> <li>- Workout an article/ outfit</li> </ul>	<ul style="list-style-type: none"> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics</li> <li>- Molewa Grade 9 169</li> <li>- Process File</li> </ul>	
10	<b>HEMS AND FINISHES EDGES</b> <ul style="list-style-type: none"> <li>- Decorative hem edges</li> <li>- Lacy edging</li> <li>- Frills or ruffs</li> <li>- Articles / outfit</li> </ul>	<ul style="list-style-type: none"> <li>- Workout decorative hem edges such as lacy, frills and ruffles .</li> <li>- Workout an article or outfit</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> <li>- Discussion</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics</li> <li>- Molewa Grade 9 170</li> <li>- Process File</li> </ul>	
11	<b>WAISTLINE FINISHES</b> <ul style="list-style-type: none"> <li>- Description</li> <li>- Uses</li> <li>- Processes</li> <li>- Article / outfit</li> </ul>	<ul style="list-style-type: none"> <li>- describe waistline finishes or waist bands</li> <li>- workout the process involved in making a waist band.</li> </ul>	<ul style="list-style-type: none"> <li>- Inquiry</li> <li>- Question and answer</li> <li>- Exposition</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics 192-193</li> <li>- Molewa Grade 9 170</li> <li>- Process File</li> </ul>	
12 and 13	<b>REVISION AND WRITING END OF TERM TEST</b>				

MINISTRY OF GENERAL EDUCATION

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 12 FOOD AND NUTRITION- TERM III**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	ENTREPRENEURSHIP AS A CAREER	<ul style="list-style-type: none"><li>- Define entrepreneurship and entrepreneur</li><li>- Discuss ideas for entrepreneurship activities in food and nutrition</li><li>- Discuss entrepreneurial skills</li></ul>	Discussion Question and answer Groupwork	- food products and hospitality HEH module 2	
2	ENTREPRENEURSHIP AS A CAREER	<ul style="list-style-type: none"><li>- Prepare a business plan</li><li>- Develop the spirit of working groups</li></ul> TEST 1	Discussion Question and answer Groupwork	Starting your own business	

3	REVIION ON COVERED TOPICS				
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MINISTRY OF GENERAL EDUATION

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 12 FOOD AND NUTRITION- TERM II**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1 and 2	ALTERNATIVES FOOD (ANALOGUE FOODS)	<ul style="list-style-type: none"> <li>- Explain alternative foods</li> <li>- Discuss the reasons for alternative foods</li> <li>- Identify alternative sources of foods for meat analogue</li> </ul>	Discussion Question and answer Groupwork	Tull pg 129-130	
3 and 4	GELATIN,SWEETS AND PUDDINGS	<ul style="list-style-type: none"> <li>- Explain gelatin</li> <li>- Discuss the domestic and industrial uses of gelatin</li> </ul>	Discussion Question and answer	Tull pg 131-132  Any other recipe book	

		<ul style="list-style-type: none"> <li>- Explain the use of gelatin in food preparation</li> <li>- Explain the importance of gelatin in the diet</li> <li>- Storage of gelatin</li> <li>- Explain the importance of sweets and puddings</li> </ul>	Groupwork		
5 and 6	FOOD AND NUTITION SECURITY	<ul style="list-style-type: none"> <li>- Describe food path and food security</li> <li>- Identify types of food security</li> <li>- Explain food losses along the food path</li> <li>- Explain the causes of food insecurity</li> <li>- Explain the effects of food insecurity</li> </ul>	<p>Discussion Question and answer Groupwork</p>	Tull	
7 and 8	TRADITIONAL COOKERY	<ul style="list-style-type: none"> <li>- Describe traditional cookery</li> <li>- Identify prominent traditional dishes and beverages in Zambia</li> <li>- Explain the loss of nutrients and supplements through traditional cookery</li> <li>- Prepare traditional dishes</li> </ul>	<p>Discussion Question and answer Groupwork</p>	<p>Zambian Cook Book JSHE pg 1-12</p> <p>Any other recipe book</p>	
9 and 10	TRADITIONAL DISHES	<ul style="list-style-type: none"> <li>- Plan and prepare a balanced traditional meal</li> <li>- Plan and prepare a balanced two course traditional meal</li> <li>- Plan and prepare a balanced three course traditional meal</li> </ul>	<p>Discussion Question and answer Groupwork</p>	<p>Zambian Cook Book JSHE pg 1-12</p> <p>Any other recipe book</p>	
11 12 and 13	REVISION AND MOCK EXAMINATIONS				

**MINISTRY OF GENERAL EDUCATION**  
**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**  
**DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY**  
**GRADE 12 FOOD AND NUTRITION- TERM I**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	PRACTICAL PREPARATION - FOOD PRESENTATION	- Describe food presentation - Discuss the appearance of food	Discussion Question and answer Groupwork	Tull Anita All About food Cooking Explained	
2 and	FOOD PRESENTATION	- Define garnishing and decorating	Discussion	Tull Anita All About food	



3	- GARNISHING AND DECORATING MEALS	<ul style="list-style-type: none"> <li>- Describe methods of garnishing and decorating</li> <li>- Identify items used for garnishing and decorating food</li> <li>- Points to consider when garnishing and decorating food</li> <li>- Demonstrate decorating and garnishing food</li> </ul>	Question and answer Groupwork	Cooking Explained	
4 And 5	FOOD PRESENTATION - TYPES OF MEALS	<ul style="list-style-type: none"> <li>- Types of meals</li> <li>- Describe ways of serving meals for different occasions</li> <li>- Formal meals</li> <li>- Informal meals</li> <li>- Traditional meals</li> <li>- Special occasions</li> <li>- Demonstrate preparation of meals for different occasions</li> </ul>	Discussion Question and answer Groupwork	Tull Anita All About food Cooking Explained	
6	CONSUMER EDUCATION	<ul style="list-style-type: none"> <li>- Define consumer</li> <li>- Describe consumer buying</li> <li>- Identify organizations that protect consumers</li> <li>- Describe consumer rights and methods of redress</li> <li>- Describe the types of laws</li> </ul>	Discussion Question and answer Groupwork	Tull Anita All About food Cooking Explained	
7	CONSUMER EDUCATION - PRODUCT LABELING	<ul style="list-style-type: none"> <li>- Describe product of food labeling</li> <li>- Describe the aim of EU and MAFF in food labeling</li> <li>- State information found on a good food container</li> <li>- Explain how to complain on consumer goods</li> <li>- Organize a learning field to a shop or organize a talk with</li> </ul>	Discussion Question and answer Groupwork	Tull Anita All About food Cooking Explained Revised Home Economics	

		the officer of the Bureau of Standards			
8	CONSUMER EDUCATION	<ul style="list-style-type: none"> <li>- Define advertisement</li> <li>- Explain the roles of adverts</li> </ul>	Discussion Question and answer Groupwork	Tull Anita All About food Cooking Explained Revised Home Economics	
9	CONSUMER EDUCATION - BUDGETING	<ul style="list-style-type: none"> <li>- Define budgeting</li> <li>- State the importance of budgeting</li> <li>- Identify rules or budgeting</li> <li>- Discuss bulk buying and buying in small quantities</li> <li>- State measures for purchasing control</li> </ul>	Discussion Question and answer Groupwork	Tull Anita All About food Cooking Explained Revised Home Economics Modern Home Economics	
10 And 11	TIME PLANNING	<ul style="list-style-type: none"> <li>- discuss reason for time planning</li> <li>- state choice for given questions</li> <li>- discuss the format for time plan</li> <li>- write time plan and follow as you do the practicals</li> </ul>	Discussion Question and answer Groupwork	Tull Anita All About food Cooking Explained Revised Home Economics Modern Home Economics	
12	TIME PLANNING	<ul style="list-style-type: none"> <li>- use past papers to answer questions on time plan and do practicals</li> </ul>	Discussion Question and answer Groupwork	Tull Anita All About food Cooking Explained Revised Home Economics Modern Home Economics	
	REVISION AND MOCK EXAMINAIONS				

**MINISTRY OF GENERAL EDUCATION**  
**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**  
**DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY**  
**GRADE 12 HOME MANAGEMENT- TERM III**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	BUDGETING AND PURCHASING	<ul style="list-style-type: none"> <li>- Explain purchasing control</li> <li>- Describe the purchasing of foods</li> </ul>	<ul style="list-style-type: none"> <li>- Teacher's exposition</li> </ul>	HEH 2 PG 44	

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		- Budget for given events	- Group discussion - Question and answer		
2	ENTERPRENUERSHIP Entrepreneurship as a career	- Form entrepreneurship groups for small scale business - Use business ventures found in the community	- Teacher's exposition - Group discussion Question and answer	HEH 2 Archivers Junior Scondary Home Economics pps book 8	
3	TIME MANAGEMENT	Write the time plan with the following - Dishes chosen - Time - Order of work - Shopping list	- Teacher's exposition - Group discussion Question and answer	Junior Scondary Home Economics pps book 9 pg 97	
4	REVISION				

MINISTRY OF GENERAL EDUATION

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 12 HOME MANAGEMENT- TERM II**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
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1	HOME AND COMMUNITY HOUSEHOLD CRAFT	<ul style="list-style-type: none"> <li>- Define knitting</li> <li>- Knit samples using knit stitch</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Achievers Junior Secondary Grade 8 pg225	
2	HOUSEHOLD CRAFT	<ul style="list-style-type: none"> <li>- Workout the following stitches by knitting</li> <li>Stocking stitch</li> <li>Rib stitch</li> <li>Moss stitch</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Achievers Junior Secondary Grade 8 pg225	
3	HOUSEHOLD CRAFT	<ul style="list-style-type: none"> <li>- Define crocheting</li> <li>- Identify basic items required for basic crocheting</li> <li>- Describe crochet patterns</li> <li>- Identify crochet patterns</li> <li>- Crochet items</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Home management and Hospitality pg64	
4	TEXTILE AND CLOTHING FIBRE AND FABRICS DYEING MONTHLY TEST	<ul style="list-style-type: none"> <li>- Define each label</li> <li>- Identify care labels</li> <li>- Define dyeing</li> <li>- Identify different dyes</li> <li>- Dye fabrics</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Home management and Hospitality pg49	
5	GARDENING	<ul style="list-style-type: none"> <li>- Define a garden</li> <li>- Describe a kitchen garden</li> <li>- Describe how to prepare a kitchen garden and suitable crop</li> <li>- Describe care of a garden</li> <li>- Explain the benefits of a garden</li> <li>- Apply entrepreneurship activities in gardening</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Home management and Hospitality pg38	
6	BEADWORK	<ul style="list-style-type: none"> <li>- Identify tools needed for bead work</li> <li>improve beads from locally available materials</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Home management and Hospitality pg41	

	TEST 2	<ul style="list-style-type: none"> <li>- Use tools and materials for beadwork</li> <li>- Make beading patterns</li> <li>- Make beadwork items</li> </ul>			
7	BASKETRY	<ul style="list-style-type: none"> <li>- Identify different materials used to make baskets</li> <li>- Identify different woven baskets</li> <li>- Define techniques for basket making</li> <li>- Make different baskets</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Home management and Hospitality pg51	
8	BODY IMAGE	<ul style="list-style-type: none"> <li>- identify the effects of ones body image on oneself</li> <li>- Describe ways of violation of privacy and body privacy</li> <li>- Identify ways of protecting ones privacy</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	Home management and Hospitality pg33	
9	HAIR DRESSING AND COSMETICS	<ul style="list-style-type: none"> <li>- Draw diagrams o both hair and the skin</li> <li>- Explain the care of hair and the skin</li> <li>- Demonstrate the care of hair and scalp.</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- Standard Text Book of cosmetology</li> <li>- Milady's cosmetology</li> <li>- HEH module one</li> </ul>	
10 And 11	HAIR DRESSING AND COSMETICS	<ul style="list-style-type: none"> <li>- Carryout facial treatment</li> <li>- Demonstrate manicure and pedicure</li> <li>- Demonstrate men's hair cutting</li> <li>- Carryout chemical hair relaxing</li> </ul>		HEH module one	
12 and 13	REVISION AND END OF TERM TESTS				

**MINISTRY OF GENERAL EDUCATION**

**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

**DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY**

**GRADE 12 HOME MANAGEMENT- TERM I**

<http://www.gionlineacademy.com/>

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1	FIBRE AND FABRICS	<ul style="list-style-type: none"> <li>- Discuss dry cleaning</li> <li>- State the materials for dry cleaning</li> <li>- Demonstrate dry cleaning of clothes</li> <li>- Dry clean clothes</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics</li> <li>- HE pps bk grade 5</li> <li>- Home file</li> </ul>	
2	FIBRE AND FABRICS  TEST 1	<ul style="list-style-type: none"> <li>- Explain the choice of laundry materials</li> <li>- Discuss the storage of laundry materials</li> <li>- Mention storage facilities for laundry materials</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics</li> <li>- HE pps bk grade 8 pg 164</li> <li>- Home file</li> </ul>	
3	FIBRE AND FABRICS	<ul style="list-style-type: none"> <li>- Mention different types of soaps</li> <li>- Discuss properties of soaps</li> <li>- Discuss the importance of soap</li> <li>- List ingredients for home soap made</li> <li>- Make soap</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- -All About Fabrics</li> <li>- HE pps bk grade8 pg100</li> <li>- Home file</li> </ul>	
4	FIBRE AND FABRICS  MONTHLY TEST	<ul style="list-style-type: none"> <li>- explain the effects of soapy water in the surrounding</li> <li>- discuss advantages and disadvantages of soap</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics</li> <li>- HE pps bk grade 9 pg 100-102</li> <li>- Home file</li> </ul>	
5	TEXTILE AND CLOTHING	<ul style="list-style-type: none"> <li>- Identify different needlework tools</li> <li>  Cutting tools</li> <li>  Marking tools</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics</li> <li>- HE pps bk grade 9 pg 169</li> </ul>	



	- SEWING TOOLS AND EQUIPMENT	Sewing tools Measuring tools		- Home file	
6	SEWING TOOLS AND EQUIPMENT  TEST 2	<ul style="list-style-type: none"> <li>- Mention rules for caring of tools and equipment</li> <li>- Describe ways of caring for tools and equipment and store them</li> <li>- Make pin cushion</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics</li> <li>- HE pps bk grade 9 pg 172</li> <li>- Home file</li> </ul>	
7	SEWING TOOLS AND EQUIPMENT	<ul style="list-style-type: none"> <li>- Make a needlework tool box using different materials</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics</li> <li>- HE pps bk grade 9 169</li> <li>- Home file</li> </ul>	
8	SEWING TOOLS AND EQUIPMENT	<ul style="list-style-type: none"> <li>- Demonstrate ability to make simple toys e.g rag toys</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- Process file</li> </ul>	
9	HOME AND COMMUNITY - HOUSEHOLD CRAFTS	<ul style="list-style-type: none"> <li>- Define household crafts</li> <li>- Identify household crafts found in the home</li> <li>- Make different types of weaves Plain Twill Pile weave</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- All About Fabrics pg20-25</li> <li>- Process file</li> </ul>	
10	HOME AND COMMUNITY HOUSEHOLD CRAFTS	<ul style="list-style-type: none"> <li>- Define soft furnishings</li> <li>- Mention soft furnishings found in a home</li> <li>- Explain points to consider when choosing soft furnishings</li> <li>- Prepare materials for making soft furnishing</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- Process file</li> </ul>	

	TEST 3				
11	HOUSEHOLD CRAFTS	<ul style="list-style-type: none"> <li>- Make different soft furnishings e.g cushions, pillow slips, toys</li> </ul>	<ul style="list-style-type: none"> <li>- Question and Answer</li> <li>- Demonstration</li> <li>- Practical</li> </ul>	<ul style="list-style-type: none"> <li>- Process file</li> </ul>	
12 and 13	REVISION AND END OF TERM TESTS				

MINISTRY OF GENERAL EDUCATION

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DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 12 FASHION AND FABRICS- TERM III**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1 AND 2	ENTREPRENEURSHIP - Entrepreneurship as a career - Small scale businesses	- From small entrepreneurship groups for small scale business - Market and advertise the goods	- Group work - Explanations - Reporting - Writing	Teacher's own resources	
3 AND 4	ENTREPRENEURSHIP - ENTREPRENEURSHIP AS A CAREER  REVISION	- Advertising and marketing goods / products/articles made - Revise and answer questions from past paper in preparation for final examination	- Group work - Explanations - Reporting - Writing - Question and answer	- Teacher's own resources - Past papers	
5	WRITING FINAL EXAMINATIONS				

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DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY

**GRADE 12 FASHION AND FABRICS- TERM II**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1and 2	PROCESSES WARDROBE PLANNING - Description TEST ONE	- Define wardrobe planning - Explain what is involved in wardrobe planning	- Question and answer - Explanation - Group work - exposition	Teacher's own recourses	
3	WARDROBE PLANNING  - Elements of wardrobe planning	- identify elements of wardrobe planning and explain them	- class discussion - group work - practical	Teacher's own recourses	
4	PROCESSES CONSUMER PROTECTION - Definition - Consumer rights MONTHLY TEST	- define consumer and consumer protection - explain consumer rights	- class discussion - group work - practical	Grade 9 hHE pg 84-95	
5 and 6	PROCESSES - CONSUMER PROTECTION - Consumer rights organization	- Identify organizations that help protect consumers - Explain ways in which identified organizations help consumers	- class discussion - group work - practical	Teacher's own recourses	
7 and 8	- CONSUMER PROTECTION GOOD GROOMING - Good personal hygiene	- Define good grooming - Describe how to care for the finger, skin, toes and nails to maintain good grooming.	- class discussion - group work - practical	Fibre to Fabrics pg 56	

	<ul style="list-style-type: none"> <li>- Care of the skin</li> <li>- Pedicure and manicure</li> </ul>				
9 and 10	<b>CONSUMER PROTECTION</b> <b>GOOD GROOMING</b> <ul style="list-style-type: none"> <li>- sleep, exercise and balanced diet</li> <li>- care of the eyes and hair</li> </ul>	<ul style="list-style-type: none"> <li>- Explain how to care for the eyes and nails</li> <li>- Explain how sleep, exercises and balanced diet help in good grooming</li> </ul>	<ul style="list-style-type: none"> <li>- class discussion</li> <li>- group work</li> <li>- practical</li> </ul>	- Anita Tull	
11	<b>CONSUMER PROTECTION</b> <ul style="list-style-type: none"> <li>- Accessories</li> <li>- Types of accessories</li> </ul>	<ul style="list-style-type: none"> <li>- Define accessories and identify different types of accessories</li> </ul>	<ul style="list-style-type: none"> <li>- class discussion</li> <li>- group work</li> <li>- practical</li> </ul>	- Anita Tull	
12 and 13	<b>REVISION AND MOK EXAMINATION</b>				

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**PROVINCIAL COMMON SCHEMES OF WORK- NORTHERN**

**DEPARTMENT OF HOME ECONOMICS AND HOSPITALITY**

**GRADE 12 FASHION AND FABRICS- TERM I**

SCHOOL:.....NAME OF THE TEACHER:.....TSNUMBER .....

WEEK	TOPIC/CONTENT	SPECIFIC OUTCOMES:LSBAT	METHOD	REFERENCE	HOD-COMMENTS
1and 2	NEEDLEWORK PROCESSES CHILD’S PERSONAL OUTFIT CONSTRUTION - Garment construction - processes TEST ONE	- describe garment construction - follow the processes used in assembling garments under construction	- Class discussion - Explanation - Demonstration - Exposition - practical	Teacher’s own recourses	
3 AND 4	CHILD’S PERSONAL OUTFIT CONSTRUTION - garment construction - pressing and ironing - importance of pressing and ironing MONTHLY TEST	- follow processes used in garment construction - explain the importance of pressing and ironing in all processes of garment construction	- class discussion - group work - practical	Process file	
5 AND 6	CHILD’S PERSONAL OUTFIT CONSTRUTION - garment construction - processes	- follow the processes used in assembling garments under construction - press according to correct procedure	- class discussion - group work - practical	Process file	

	- pressing and ironing TEST 2				
7 AND 8	PROCESSES - CONSUMER PROTECTION - Consumer rights organization	- follow the processes used in assembling garments under construction - press according to correct procedure	- class discussion - group work - practical	Teacher's own recourses	
9 AND 10	PERSONAL OUTFIT CONSTRUCTION - garment construction - pressing and ironing	- follow the processes used in assembling garments under construction - press according to correct procedure	- class discussion - group work - practical	Teacher's own recourses	
11	PERSONAL OUTFIT CONSTRUCTION - garment construction - processes - pressing and ironing	- follow the processes used in assembling garments under construction - press according to correct procedure	- class discussion - group work - practical	Teacher's own recourses	
12 and 13	REVISION AND END TERM TEST				