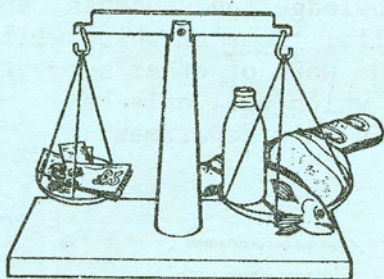


# St. Elphin's School

HOME ECONOMICS

FOOD

TEXTILES



MAY 1989

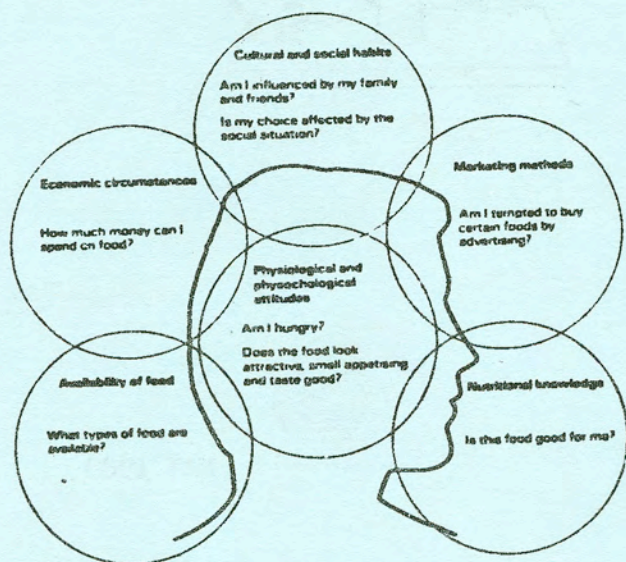
# CORDON BLEU COOK, SEAMSTRESS, OR HOME ECONOMIST ?

Your daughter will not learn to be a Cordon Bleu Cook, or Seamstress in this department!

**BUT**

We think you will be surprised by what she can achieve!

She will develop attitudes and values, discover knowledge and concepts, and acquire skills; some of which will reinforce the work of other subjects, but most of which will only be attainable in this department.



## HOME ECONOMICS OBJECTIVES

### Values and Attitudes

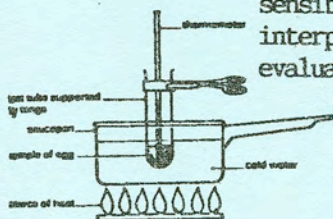
We aim to develop:-

- a considerate attitude towards one another within the "School family";
- some awareness of cultural diversity e.g. by discussion of eating habits, nutritional problems (Cultural diversity within the School is a bonus here);
- a realisation of the value of good health;
- a sense of achievement through the acquisition of any of a range of skills, e.g. attractive presentation of meals, the good fit of a garment;
- a co-operative attitude and an appreciation of the efforts of others, e.g. by groups, or pairs working together. Yet independence is promoted by individual work e.g. following or written instructions, devising of work sequences, making judgments.

### Skills

Social Skills - conversing with and entertaining others, reinforcement of good manners - so easily forgotten in today's fast life style.

Investigative Skills - as used in experiments, surveys and comparisons. Including observation, accuracy, sensible recording of results, interpretation of results, evaluation of work undertaken.



Consumer Skills - the ability to make informed choices and assess the validity of advertisers' claims; awareness of costs.



Practical Skills - e.g. sauce making, garnishing, decorative techniques that allow production of meals, garments, furnishings.



Organisational and Management Skills - e.g. production of logical work sequences for research, or practical work, the control of several processes underway at one time.

Safe and Effective use of modern equipment.

Aesthetic Sensitivity - e.g. awareness of colour and fabric texture; presentation of food.

### Knowledge and Concepts

Nutrition - Sound facts cannot be obtained at home - the media constantly bombards us with inaccuracies.

Hygiene and Health - Vital knowledge considering the increasing occurrence of food poisoning; the Salmonella and Listeria scares.

Meal Planning - Emphasis is put upon the Dietary Goals as described in the NACNE and COMA reports.

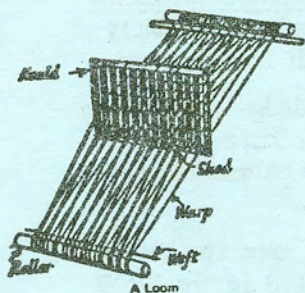
Application of Scientific Principles - e.g. heat transference, insulation, evaporation, osmosis.

Safety and Health - e.g. fabrics suitable for childrens' clothes, work clothing, sports wear, safe toys.



Testing the flammability of different fabrics

Fabrics and Fibres - the composition, manufacture, printing, dyeing, care and properties of textiles.



100% WOOL

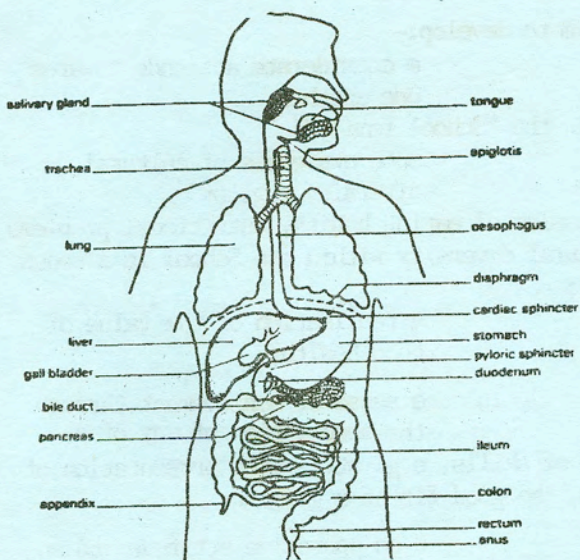


Reshape while damp  
Dry flat away from  
direct heat and sunlight

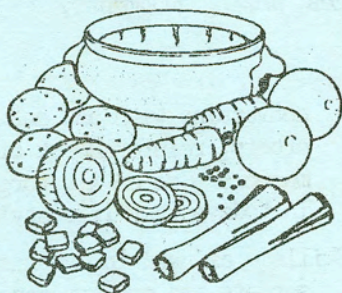
Design and Fashion - what is Good Design? - application to equipment, clothing and textiles.

HOME ECONOMICS education will equip your daughter for further education **AND** Life after Education.

## HUMAN DIGESTIVE SYSTEM:



## HEALTHY EATING:



## LABELLING:



Pure new wool