

Home Economics – Course Topics Overview

Topics Covered

Introduction to Home Economics

- Purpose of Home Economics
- Life skills, stewardship, and independence
- Overview of major skill areas

Kitchen Safety & Basics

- Knife safety
- Heat and fire safety
- Sanitation and cross-contamination
- Reading recipes and measuring accurately

Basic Cooking Techniques

- Sautéing, boiling, simmering, baking, roasting
- Simple, confidence-building meals

Budgeting & Grocery Shopping

- Needs vs. wants
- Unit pricing
- Meal planning
- Smart shopping strategies

Sewing Basics

- Hand stitches
- Machine setup
- Fabric types
- Sewing safety

Sewing Projects

- Possible projects : Tote bags, pillowcases, aprons, scrunchies
- Pattern reading
- Finishing techniques

Time Management & Organization

- Routines and prioritizing
- Cleaning systems
- Using planners effectively

Car Basics & Vehicle Safety

- Checking oil levels
- Locating and understanding the fuse box
- Jumping a battery safely
- Changing a tire
- Emergency car kit essentials

Event Planning & Hosting

- Invitations and guest lists
- Budgeting for events
- Table setting and etiquette
- Hospitality skills

Holiday Baking

- Holiday baking traditions
- Classic seasonal recipes
- Decorating basics
- Edible gift ideas
- Festive breads and simple candy making
- Packaging and presentation

Second-Hand Clothing, Sustainability & Gift Flipping

- Thrifting and upcycling
- Clothing care
- Environmental impact of textiles
- Second-hand gifting
- Flipping thrifted finds on a budget

Reflection & Goal Setting

- Review of skills learned
- Personal growth reflection
- Goal setting for home, school, and future