

# Home Economics



Home Economics is a subject where you will learn how to take care of yourself, others, your home and your environment. As Home Economics is a very practical subject, you will carry out a lot of activities in school and at home.

## What will I learn in Home Economics?

Some of the things you will learn about are:

- your body - what is good to eat and how to keep healthy
- food - how it nourishes your body, how to choose it, store it, and how to prepare and cook it
- using money - how to spend it wisely, how to save it, and how you are protected as a consumer
- your home - about design in the home, about safety and hygiene
- design and craftwork, child development, textiles - you will carry out a project in one of these areas.



## How will I learn Home Economics in school?

Some of the things you may do with your teacher and classmates are:

- follow recipes and cook dishes, in pairs and on our own
- carry out projects on foods
- use textbooks, DVDs, computer programs and other materials
- hand and/or machine sew to make small items for yourself or your home.

Some other things that will help you learn in class are if you:

- ask questions
- take notes
- keep a file of your work and your recipes
- suggest things to cook and make
- keep a file of interesting ideas for your craftwork or textiles.

## How can I learn more about Home Economics outside of school?

Some of the things you may do are:

- cook dishes at home
- if you are eating out, take note of menus, prices, etc.
- use a library, magazines and the internet for information and ideas on food, household items and design
- watch cookery and interior decoration programmes on television
- look at fashion magazines for design ideas
- when shopping for clothes, look at the care labels and the type of fabrics used.

You can get your family to help by:

- organising your food for cookery class
- tasting what you cook.

## How will I know how I am getting on?

Your teacher will let you know:

- what you did well
- what you need to improve
- what you could do to improve.

You will know when you are doing well when:

- you can read and follow a recipe
- you can organise, prepare and cook a good meal
- you can make an item e.g. a cushion for yourself or your home.

## What is the Home Economics Junior Certificate exam like?

In Junior Certificate Home Economics you will be examined in three ways:

- coursework - with help of your teacher, you will choose a project from one of the following areas: Child Development, Design and Craftwork or Textiles Skills
- a practical cookery exam - you will have a one and a half hour practical cookery exam which involves preparing and cooking food
- a written examination - you will also have a written exam, which you can take at Higher or Ordinary level. When the time comes to decide, your teacher will help you choose the level that suits you best.

## Is learning Home Economics anything like what I did in primary school?

In SPHE and SESE: Science you will have learnt about your body, how to care for it and the correct foods to eat. You will have made some items in Visual Arts which will be useful when you start sewing in class. You will have weighed and measured items and materials in Mathematics. You will have studied topics related to the family in SESE (History, Geography and Science).

## How will Home Economics be useful to me?

You will be able to use information you have studied in your everyday life; from looking after yourself, to shopping and caring for others.

You will be more experienced at managing your resources and your time.

There are many jobs and careers that you can work in, e.g. chefs/cooks, catering, fashion and textiles, child care, teaching, food industry, tourism, and health and nutrition.



## Will Home Economics be very different after the Junior Certificate?

In Leaving Certificate Home Economics you will study the core areas in greater detail:

- Food Studies
- Resource Management and Consumer Studies
- Social Studies.

You will also choose to study an elective area:

- Home Design and Management
- Textiles, Fashion and Design
- Social Studies.

## Will Home Economics have anything to do with other subjects I will be studying?

Yes, it will. You will find links with Science, SPHE, Physical Education, Art, Craft, Design and Business Studies.



For more information about the Home Economics course  
[www.curriculumonline.ie](http://www.curriculumonline.ie)

For more information about the Junior Certificate exam  
[www.examinations.ie](http://www.examinations.ie)

For more information about Home Economics  
[www.homeeconomics.ie](http://www.homeeconomics.ie)  
[www.scoilnet.ie](http://www.scoilnet.ie)

This fact sheet and other fact sheets are available to download from [www.ncca.ie](http://www.ncca.ie)

**NCCA**  National Council for Curriculum and Assessment  
An Chomhairle Náisiúnta Curaclaim agus Measúnachta

24 Merrion Square, Dublin 2 | Tel: + 353-1-6617177