

Ascot High School
Department of Human Ecology
COURSE OUTLINE
Family and Consumer Management
Grade 8

Semester/Term: 1			Academic Year: 2025 -2026		Grade: 8
	Term 1- Safe Food School Restaurant				
WEEK	LESSONS	OBJECTIVES	ASSIGNMENT SCHEDULE	TEACHING RESOURCES	STUDENT EVALUATION (IN-CLASS ACTIVITIES)
WEEK 1- DIAGNOSTIC TEST					
2	INTRODUCTION/FOOD SAFETY LESSON 1 – FOOD SAFETY	<u>Session 1</u> Discuss the expectations of the course Review the expectations of the Major Project <u>Session 2</u>	Create a poster of food safety to be mounted on the school’s notice board.		Students will develop a plan for effective food practices

		<p>Define the term food safety</p> <p>Explain the importance of promoting food safety</p> <p>Identify safe food handling practices</p> <p>State the signs of food spoilage</p>		<p>https://youtu.be/0J2Qv_72Xzo?si=o5ZrRBz-keNYr9tV</p> <p>projector</p> <p>lap top</p> <p>Home Economics text</p> <p>Book 123</p>	
2-3	LESSON 2 – NUTRIENTS	<ul style="list-style-type: none"> Define the term nutrient (review) Define the terms Micro and Macro Nutrients Categorize each nutrient Describe the functions and sources for each Nutrient Assess five deficiency diseases associated with the lack of each nutrient 	<p>Choose one disease from the list provided and write a 10-sentence essay explaining what it is, the causes, and ways to fix the issue.</p> <p>Due: Next Class</p>	<p>https://youtu.be/inEPIZZ_SfA?si=fZG8BoHPszulpdj2</p> <p>whiteboard makers</p> <p>projector</p> <p>lap top</p> <p>Home Economics text</p> <p>Book 123</p> <p>Charts showing food groups</p>	<p>Students will complete a data sheet entitled Nutrient Detective – food source</p> <ul style="list-style-type: none"> Function Deficiency
4	LESSON 3 – MULTI-MIX PRINCIPLES	<ul style="list-style-type: none"> Define the term multi-mix principles Quick revision on food groups Explain the importance of using multi-mix principles Evaluate four types of multi-mixes Assess the nutritive value of 	<p>DESIGN A MENU CARD USING THE 4 MIX PRINCIPLE</p>	<p>https://youtu.be/1fVcH4VVGgg?si=q9zZ5_H3J1s3St2b</p> <p>projector</p> <p>lap top</p> <p>Home Economics text</p>	<p>Plan menus for the different mixes</p>

		the multi-mixes		Book 123	
5	LESSON 4 – METHODS OF COOKING	<ul style="list-style-type: none"> • Define the term cooking • Outline 5 reasons for cooking food • Identify 5 cooking methods • Categorize methods of cooking 	CREATE A RECIPE BOOK WITH 5 DIFFERENT METHODS OF COOKING	https://youtu.be/u7sQjOFFISw?si=l7M0yEx5kJK0k4If whiteboard makers projector lap top Home Economics text Book 123	Practical
6	LESSON 5 – Cake Making	<ul style="list-style-type: none"> • Define the terms: cake, texture, and baking • Identify ingredients, tools, and equipment used in cake making • Identify the methods of caking baking • Discuss the process of the rubbed-in method • Demonstrate knowledge of the rubbed-in method by providing a recipe for an appropriate cake 	Create a recipe book with 5 different recipes for cake making using the rubbing methods.		Students will sort cakes by methods. Create a table with ingredients and their functions.

		<ul style="list-style-type: none"> Design labels and select appropriate packaging for the cakes chosen 			
6	LESSON 6 – MEAL PLANNING	<ul style="list-style-type: none"> Define the term meal planning Outline 5 reasons for planning meals Discuss factors that should be considered when planning a meal Plan a suitable packed lunch 		https://youtu.be/thiwHxVgKus?si=t3Ln939fCAQ1aikt whiteboard makers projector lap top Home Economics text Book 123	Students will be asked to complete a worksheet that asks asked to match different meals to scenarios.
7	LESSON 8 – USING A RECIPE	<ul style="list-style-type: none"> Define the term recipe Outline the main reasons for developing recipes Outline the different components of a recipe Outline the characteristics of a good recipe Construct a recipe 	Students will construct a recipe for a dessert of their choice.	https://youtu.be/oOXjhvUXkws?si=iOtUfRD9epLnBJCp lap top projector Home Economics textbook 123	
8	LESSON 8 – MAJOR PROJECT	<ul style="list-style-type: none"> Create a chart illustrating kitchen safety rules for a school cafeteria. 	Create a poster showing safety rules for a school cafeteria.		<p style="text-align: center;">Discussion</p> <p>Students will have a consultation with the teacher to discuss the progress made in the major project.</p>

					Students will clear up any questions they have.
TERM 2 APPAREL DECISION AND PERSONAL APPEARANCE					
1	CLOTHING DECISION -	<ul style="list-style-type: none"> Identify at least three factors that influence clothing decisions Explain how personal and environmental factors affect clothing choices Make appropriate clothing decisions based on scenarios 	Create a booklet with appropriate clothes for different occasions, such as: wedding Funeral Pool party Formal dinner Church	https://youtu.be/cr5GEEc_oC0?si=_6BFGIU28pQkVBPh whiteboard markers lap top projector	The student will complete the class quiz.
	WARDROBE PLANNING	<ul style="list-style-type: none"> Define wardrobe planning Identify at least three factors to consider when planning a wardrobe Create a simple wardrobe plan suitable for their daily activities Develop a wardrobe plan chart 		https://youtu.be/ldhq2pLAfcw?si=AveiHHi0xWSqAvpq	Create a wardrobe plan chart.
	CLOTHING PURCHASE	<ul style="list-style-type: none"> Outline at least 3 factors to consider when purchasing clothes Explain how to recognize quality clothing when purchasing 	Students will create a booklet to outline the advantages and disadvantages of shopping at different places identified in the lesson taught	https://youtu.be/pndbQNkywYY?si=EFkknwWxhdQk6xEn whiteboard markers lap top	Class discussion

		<ul style="list-style-type: none"> State at least two advantages and disadvantages of purchasing clothing from different places 		projector	
	CLOTHING CARE	<ul style="list-style-type: none"> Identify different care label symbols Explain the meaning of common care instructions Demonstrate how to read and follow care labels on clothing 	Students will create a flyer to advertise on different care label symbols	https://youtu.be/Ux30YueXA08?si=uYzYscIDvCoZfhGk whiteboard markers lap top projector	Students will complete an activity sheet.
	BODY MEASUREMENT	<ul style="list-style-type: none"> Define related term Identify areas from which measurements are taken Discuss rules for taking body measurements Demonstrate how to take body measurements 	Create a body measurement chart	https://youtu.be/kh3LWIsTPKM?si=5UtwAVipPducEXyF measurement sheet tape measures	Complete data sheet
	FIGURE TYPE	<ul style="list-style-type: none"> Define related term Identify figure types Outline characteristics of different figure types Discuss how to dress each figure type 	Draw and label four types of figures types	PPT Handout Text Book (Home Economics in Action 2)	

	FIBER AND FABRIC	<ul style="list-style-type: none"> Define the term fabric construction other related terms Identify methods of fabric construction Explain types of weaves 	Create the following weaves Plain Twill satin	https://youtu.be/TYrQBcPBk3U?si=AaXEDNfp5NEEliBy	
	PRACTICAL	<ul style="list-style-type: none"> Demonstrate how to construct a plain weave 			
TERM 3 CONSUMER EDUCATION					
1	PROCESSES OF MANAGEMENT AND RESOURCES	<ul style="list-style-type: none"> Define terms relating to resources of management Classify resources Outline the steps in the management process Demonstrate the efficient use of the management processes in family and individual activities 		Charts showing the management processes	Plan a field trip using the management processes.
2	WORK SIMPLIFICATION	<ul style="list-style-type: none"> Define terms relating to work simplification Discuss factors that affect work simplification Identify and discuss the work simplification techniques 		Charts showing the work simplification charts	

3	MONEY MANAGEMENT	<ul style="list-style-type: none"> Define terms related to money management State means by which income is earned Discuss the importance of creating a budget Create a budget 	<p>Create a budget for a low-income family Earning 15,000 per week,</p>	<p>https://youtu.be/K5UIgTkadV0?si=OEaEGILAZ00GK_Pz</p> <p>budget sheets</p>	
4&5	CONSUMER EDUCATION	<ul style="list-style-type: none"> Define terms related to consumer education State basic rights and responsibilities of a consumer Differentiate between needs and wants 	<p>Make a poster on the rights and responsibilities of a consumer</p>	<p>https://youtu.be/K5UIgTkadV0?si=OEaEGILAZ00GK_Pz</p>	
6	ADVERTISEMENT	<ul style="list-style-type: none"> Define the term advertisement Discuss types of advertisements Explain techniques in advertising Create a flyer to advertise a product or service 	<p>Do an advertisement at the end of the end-of-year school fete.</p>		

7	PRACTICAL	•			
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