

Ascot High School
Department of Human Ecology

COURSE OUTLINE
Family and Consumer Management
Grade 7

Semester/Term:	1	Academic Year:	2025-2026	Grade:	7
Duration	Sub topic	Objectives	Assignments	Teaching Resources	Students' Evaluation (in-class activities)
Week 1	Introduction/Diagnostic				
Week 2	Breakfast	<div>1. Define the term breakfast</div> <div>2. Explain the benefits of eating breakfast</div> <div>3. Discuss favourite breakfast items and analyze if those items are considered healthy</div>	Create a menu card for a medium Jamaican breakfast	<div>PPT presentation.</div> <div>Home economics in action, book 1.</div> <div>Pictures of breakfast items</div>	<div>a. Write down your favourite breakfast and give reasons why it is your favourite</div>
Week 3	Food Group	<div>• Identify the different food groups</div>	Create a food group wheel	Home Economics in	Identify breakfast

		<ul style="list-style-type: none"> • Categorize different food items (into food groups) • Identify the function of each food group <p>Discuss the importance of a balanced diet</p>		Action Book 1	dishes that relate to each food group. Differentiate
Week 4	Food Nutrients	<ul style="list-style-type: none"> • Define the term nutrients • State the different types of nutrients <p>Define the different types of Nutrients.</p>	Create a glossary of terms.	Home Economics in Action Book 1	Complete the crossword puzzle.
Week 5	Kitchen safety	<ul style="list-style-type: none"> • Define terms: <ol style="list-style-type: none"> 1. Safety 2. hazard • Discuss why kitchen safety rules are important • Explain ways to stay safe in the kitchen • Observe safety procedures in the kitchen • <i>Create a plan to help themselves and others stay safe in the kitchen</i> 	Create safety rules and signs to post in the labs	HOME ECONOMICS A CARIBBEAN APPROACH BOOK1 Pages 50-52	Create a jingle on kitchen safety.

Week 6	Personal and Kitchen Hygiene	<ul style="list-style-type: none"> • Define the term hygiene • Discuss the importance of: <ul style="list-style-type: none"> i) Good kitchen hygiene ii) Good Personal Hygiene • Discuss the danger of poor hygiene • Define the term germs/bacteria • Describe in detail the handwashing process 	Design a poster on personal and kitchen hygiene	Visual aids or posters Worksheet or quiz sheets	Complete a worksheet
Week 7	Kitchen Tools and Equipment	<ul style="list-style-type: none"> • IDENTIFY SOURCES OF EACH NUTRIENT • Discuss the function of each nutrient <p>Discuss the nutrient deficiencies and the diseases/ailments that result is such deficiency</p> 	Create a booklet on the use and care of kitchen tools and equipment	<ul style="list-style-type: none"> • Assorted kitchen tools and equipment • Handouts or slides on tool functions and safety tips • Worksheets for matching tools 	<ul style="list-style-type: none"> • Categorize accurately kitchen tools and equipment • Use a simple recipe, and identify the appropriate

				and uses	tools needed to prepare the item.
Week 8	Weights and Measures	<ul style="list-style-type: none"> Identify different types of weight and measuring tools and equipment Discuss the uses of these tools and equipment Demonstrate how to use these tools and equipment <p>Calculate with accuracy the conversion of the standard units of measure.</p>	Write a Report on the following "Why is precise measurement important in baking?" or "What mistakes can happen if measurements are inaccurate?"	<ul style="list-style-type: none"> Ppt Measuring cups, spoons, kitchen scale Sample ingredients (flour, sugar, liquids) 	Demonstrate correct weighing and measuring techniques. Complete puzzle
Week 9	Menu Planning	<ul style="list-style-type: none"> DEFINE THE TERM 'MENU' DISCUSS THE RULES OF PLANNING A MENU IDENTIFY THE DIFFERENT CATEGORIES OF MENUS <p>DISCUSS WHAT MAKES A SUITABLE BREAKFAST MENU</p>	Design menu cards – heavy Jamaican breakfast	Caribbean Home Economics in Action Book 2, pages 77-79).	Create a breakfast menu for 1 week
Week 10	Practical	Sandwich making (Groups of 4/5)			

TERM 2 – FABRIC IN EVERYDAY LIFE					
Week 1 & 2	Fibre and Fabric	1 Use textile terms correctly 2 Identify and select fibres and fabrics according to types	Create a glossary of textile terms Mount and label accuracy samples of fabrics from all categories	Home Economics book 2 page 90-91 and 3 pages 121-123	Conduct fibre tests
Week 3 &4	Sewing Tools and Equipment	1 Use and care basic sewing tools and equipment 2 Create textile articles for individuals, home.	1 Create a booklet on sewing tools and equipment, uses, and care.	Needlework for Schools (second edition) pages 2-18	Label diagram of a sewing machine
Week 5-7	Basic stitches	Classify basic stitches Construct various basic stitches	Construct basic stitches samples and mount them neatly in a portfolio	https://youtu.be/jvmYGHJmaTE?si=yxBrDXrWRJ-XrQ5-basting https://youtu.be/apOLVoIbjYc?si=1CDqg0h0InW_t5Qo Back stitch https://youtu.be/0XGUOJHJh5E?si=Pa6EY8uCDVFIZ0JW Hemming https://youtu.be/GNoUMhcSXXU?si=f1Xcmn5GPIPFoSd5	Construct basic stitches Categorize stitches into 3 categories.

				chain stitch	
Week 8-10	Methods of applying surface designs	Define terms Identify types of surface designs Apply simple surface designs	Compile a booklet of different surface designs	Ppt	Construct articles using surface designs Tray cloth – stenciling and embroidery
TERM 3 – THE FAMILY AND THE COMMUNITY					
Week 1-3	The Family and the Community	Definition of the family Characteristics of a healthy family Types of families Roles and functions of the family	Mount pictures of at least four (4) family forms represented in the class. Describe each family form. Create a model of your community, display 5 or more resources	Home Economics book 2	Complete worksheets
	Family and	Definition of terms		Home Economics book 2	Create a directory of

	Community Resources	Identify at least four community resource facilities Discuss the local and national community resources available to families	Class quiz		community resources available to families using appropriate database software.
Week 4-5	Goals and values	Definition of terms Types of goals Goal setting	Write a short paragraph on how aligning goals with values can lead to personal success.	Home Economics book 2	Create a personal goals and values chart. Role play on the following: dealing with a bully
Week 6	Decision Making	Steps in the decision-making process Using the decision-making process to make decisions	Write about a recent decision, applying the steps learned	Home Economics book 2 Visual flowchart or poster of decision-making steps Scenario handouts	Class activity
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