

Further Reading

INTRODUCTION TO HOMESCIENCE

Home Science as a learning area aims at equipping you with knowledge, skills, attitudes and values, which will promote your well-being and that of others. It covers among others, Health, Home Management, Consumer Education, Foods and Nutrition, as well as Clothing and Laundry work. It is an applied science and therefore it will enable you to engage in practical activities so as to acquire competencies that enhance healthy habits for your well-being as well as that of the learners you are expected to teach.

Relationship between Home science and other learning areas.

Home science is related to other learning areas in the following aspects.

Agriculture

Agriculture focuses on food production, nutrition and resource management, whereas Home science teaches on the aspect of food preparation, nutrition and hygiene. Knowledge in both fields ensures food security.

Science and Technology

- Knowledge on heat transfer applied during cookery
- Exploring chemical processes in cooking and stain removal and cleaning during Laundry work.
- Understanding the human body, composition of food and prevention of diseases
- Industrial processing of textiles

Mathematics

- Measuring of ingredients in cookery
- Taking measurements and use of approximation in garment construction

Art and Craft

- Creating clothing designs, understanding fabric properties, and sewing techniques.
- Planning and decorating living spaces, considering aesthetics and functionality in interior decoration.

Physical and Health Education

- Safety and First aid
- Exercise for promotion of good health and prevention of lifestyle diseases
- Foods and Nutrition

Child Development and Psychology

Developmental milestones in early childhood in child development and psychology.