

Junior Cycle Home Economics Learning Outcomes



Strand 1: Food, Health and Culinary Skills

Strand 2: Responsible Family Living

Strand 3: Textiles and Craft

Element Individual and Family Empowerment

- 1.1 identify the factors that affect personal food choices
- 1.2 plan, prepare, cost and evaluate healthy and nutritious individual and family meals and snacks
- 1.3 apply a range of cooking principles and techniques in the preparation of healthy individual and family meals incorporating budgetary considerations
- 1.4 demonstrate culinary and creative skills in relation to the preparation, cooking and presentation of food
- 1.5 apply safe and hygienic practices in food handling, preparation, storage and serving
- 1.6 using a problem-based learning approach, apply nutritional knowledge in the planning and preparation of food for the family
- 1.7 use available technology for food planning and preparation

- 2.1 discuss the different forms of the family
- 2.2 explore the roles and responsibilities of the family
- 2.3 discuss family relationships and the importance of strengthening relationships between individuals and families

- 3.1 demonstrate basic hand and machine sewing techniques
- 3.2 apply the design brief process and principles to the making of a creative textile item for an individual or the home
- 3.3 apply basic hand sewing and/or machine sewing techniques to the making of a textile item for an individual or the home in a safe and appropriate way
- 3.4 demonstrate fabric embellishment techniques

Element Health and Wellbeing

- 1.8 discuss the elements of a healthy lifestyle
- 1.9 recognise the importance of nutrition and diet in contributing to health and wellbeing
- 1.10 explain the role of the nutrients in contributing to a healthy balanced diet
- 1.11 describe the basic structure and basic functions of the digestive system
- 1.12 investigate the nutritional requirements at each stage of the lifecycle
- 1.13 plan and prepare meals for individuals with diet-related diseases
- 1.14 apply the nutritional requirements of individuals with special dietary considerations when planning and preparing meals

- 2.4 discuss the requirements of a safe and nurturing home environment
- 2.5 assess the importance of making informed and responsible decisions in everyday life
- 2.6 apply the design principles and guidelines to room planning and the design of an interior space in the home

- 3.5 appreciate the therapeutic and leisure role of participating in textile work

Element Sustainable and Responsible Living

- 1.15 investigate the impact of their food choices from an ecological and ethical perspective
- 1.16 apply sustainable practices to the selection and management of food and material resources

- 2.7 identify how individuals, families and households can contribute to sustainable and responsible living
- 2.8 describe sustainable everyday practices in the home to include energy efficiency, waste management and water conservation
- 2.9 explore the influence of technology on the management of personal, family and household resources

- 3.6 demonstrate ways in which clothing and/or textile household items can be repaired, re-used, re-purposed, recycled and upcycled
- 3.7 evaluate textile care procedures used in the home from an environmental perspective
- 3.8 discuss the influences of trends and choices on textile and clothing, including ethical and ecological considerations

Element Consumer Competence

- 1.17 compare common foods used in food preparation and how they affect the nutrition and sensory quality of the product
- 1.18 evaluate commercial and homemade food products
- 1.19 interpret the information found on a variety of food products using front- and back-of-pack food labels

- 2.10 apply consumer decision-making skills in the management of personal, family and household resources for everyday living
- 2.11 debate consumers' rights and responsibilities
- 2.12 examine how consumers are protected in Ireland by legislation, statutory and non-statutory agencies
- 2.13 apply financial literacy skills in the preparation and evaluation of a budget for independent living

- 3.9 apply their knowledge of textile care symbols