

Home Economics classes can influence career choices such as:

- **Family Studies**

social worker, family counsellor, child care worker, property manager, educator, nursing

- **Foods & Nutrition:**

Food stylist, health inspector, chef, caterer, dietitian, food writer or critic, food scientist, educator, nutritionist

- **Textiles Studies**

Costume designer, interior decorator, fashion designer or illustrator, personal shopper, upholsterer, fashion merchandizer, educator

Transition Year

- Home Economics is a core subject in Transition Year where all students undertake a cookery module. This aims to develop students' confidence in their culinary abilities and to develop analytical and evaluative skills in students.

"It must be remembered that the purpose of education is not to fill the minds of students with facts. it is to teach them to think, if that is possible, and always to think for themselves."

Robert Hutchins

Home Economics:

So much more than just cooking and sewing!

Home Economics:

it's a course for life



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Home Economics



*...it's a course
for life.*

Home Economics is an applied subject combining theory with practice in order to develop understanding and solve problems. It is concerned with the way individuals and families manage their resources to meet physical, emotional, intellectual, social and economic needs.

Why Choose Home Economics?

- It prepares students of both sexes for life in a consumer-oriented society
- It provides a learning foundation for those seeking employment in a wide range of careers, such as:
 - the food industry
 - tourism and the catering industry
 - education
 - clothing and design,
 - the health and social services
- Furthermore, it develops an appreciation of the significance of the students learning to the Irish economy and the European Union.

Students will be encouraged:

- to develop positive attitudes towards themselves, their home and their community.
- to develop a sense of safety and hygiene in the workroom/classroom, at home and in the community.
- to develop discernment and judgement in consumer matters.
- to develop an awareness of the sensitivity to differences between family units.
- to develop a sense of accuracy and attention to detail.
- to develop a sense of co-operation, flexibility, improvisation, responsibility and tolerance.

The Junior Certificate Home Economics course includes 5 core areas namely;	The Leaving Certificate Home Economics course includes 3 core areas namely;
1) Food Studies	1) Food Studies
2) Social and health studies	2) Resource Management and Consumer studies
3) Consumer Studies	3) Social Studies: it also includes an elective area of study eg: Home Design and Management
4) Resource management and Consumer studies	At leaving certificate level students also have an opportunity to account for 20% of their marks by completing a practical journal
5) Textiles	

Students who take Food Studies will:

- Describe factors that influence personal food choices
- Evaluate commercial food products
- Identify the influence of food marketing practices
- Determine environmental and health issues related to consumption and production of food
- Modify recipes to improve their nutritional value
- Critique the use of additives and enrichments, pesticides and nutrition and health statements of foods.

Students who take Textiles Studies will:

- Identify the conditions under which clothing and textiles are produced
- Look at local opportunities to renew and recycle clothing and textiles
- Describe basic care of textile items including stain removal
- Use a variety of sewing techniques to construct textile items
- Evaluate textile products

Since there is less time being spent at **home** with families there is a need now more than ever to build the confidence of our students in taking care of themselves...

The Benefits of all Home Economic Classes are that:

- Students gain hands-on-skills that can change their lives and the lives of others around them
- Students will use what they learn every day of their lives
- Students have the opportunity to discover their own abilities, and develop a curiosity to learn more.
- Students develop positive self esteem, creativity, time management skills and global awareness