

JUNIOR CYCLE HOME ECONOMICS OVERVIEW - ACADEMIC YEAR 2022/2023

FIRST YEAR

Term 1	Strands:	Elements:	Learning Outcomes – Students should be able to...
	1	Individual and family Empowerment Sustainable and Responsible living	1.1 Identify the factors that affect personal food choices. 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. Food Choices
		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. Micro and Micronutrients
		Health and Wellbeing	1.2 Plan, prepare, cost and evaluate healthy and nutritious individual and family meals and snacks. 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 nutrients I contributing to health and wellbeing. A Balanced Diet
		Individual and Family Empowerment	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 preparation, cooking and presentation of food. 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. Menu Planning & Preparing to Cook
		Individual and Family Empowerment Sustainable and responsible living	1.2 Plan, prepare, cost and evaluate healthy and nutritious individual and family meals and snacks. 1.16 Apply sustainable practices to the selection and management of food and material resources. Breakfast and packed Lunches

Christmas Exams

Terms 2 & 3	Strands:	Elements:	Learning Outcomes – Students should be able to...
	1	Individual and family Empowerment Health and wellbeing	1.5 Apply safe and hygienic practices in food handling, preparation, storage and serving. 1.9 Recognise the importance of nutrition and diet in contributing to health and wellbeing. Fruit & Vegetables
		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. Cereals and Home Baking
		Individual and family Empowerment	1.6 Using a problem-based learning approach, apply nutritional knowledge in the planning and preparation of food for the family.

		Health and Wellbeing	<p>1.12 Investigate the nutritional requirements at each stage of the lifecycle. Diet through the life cycle</p>
		Individual and family Empowerment	<p>1.2 Plan, prepare, cost and evaluate healthy and nutritious individual and family meals and snacks. 1.4 Demonstrate culinary and creative skills in relation to preparation, cooking and presentation of food. Stock, Soup & Sauces</p>
	1 & 2	Individual and family Empowerment Health and Wellbeing	<p>1.5 Apply safe and hygienic practices in food handling, preparation, storage and serving. 2.4 Discuss the requirements of a safe and nurturing home environment. Food Safety & Hygiene</p>
	3	Individual and family Empowerment	<p>3.1 Demonstrate basic hand and machine sewing techniques. 3.3 Apply basic hand sewing and /or machine sewing technique to the making of a textile item for an individual or the home in a safe and appropriate way. Sewing Skills</p>
Summer Exams			

JUNIOR CYCLE HOME ECONOMICS OVERVIEW - ACADEMIC YEAR 2022/2023

SECOND YEAR

Term 1	Strands:	Elements:	Learning Outcomes – Students should be able to...
	1	Individual and Family Empowerment	1.5 Apply safe and hygienic practices in food handling, preparation, storage and serving. 1.9 Recognise the importance of nutrition and diet in contributing to health and wellbeing. Dairy Products and The Tooth
		Health and Wellbeing	1.9 Recognise the importance of nutrition and diet in contributing to health and wellbeing. 1.13 Plan and prepare meals for individuals with diet-related diseases. Fats, Oils and Spreads
		Health and Wellbeing	1.11 Describe the basic structure and functions of the digestive system. Digestion
		Individual and Family Empowerment	1.5 Apply safe and hygienic practices in food handling, preparation, storage and serving 1.9 Recognise the importance of nutrition and diet in contributing to health and wellbeing. Meat, Poultry, Fish, Eggs and Meat Alternatives
		Health and Wellbeing	1.13 Plan and prepare meals for individuals with diet-related diseases. 1.14 Apply the nutritional requirements of individual with special dietary considerations when planning and preparing meals. Special Diets
	3	Sustainability and Responsible Living	3.6 Demonstrate ways in which clothing and/or textile household items can be repaired, reused, repurposed, recycled and upcycled. 3.8 Discuss the influences of trends and choices on textile and clothing, including ethical and ecological considerations. Textile Choice
		Sustainability and Responsible Living	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. 3.9 Apply their knowledge of textiles care symbols. Textile Care
Christmas Exams			
Terms 2 & 3	Strands:	Elements:	Learning Outcomes – Students should be able to...
	2	Individual and Family Empowerment	3.1 Demonstrate basic hand sewing techniques. 3.2 Apply the design brief process and principles to the making of a creative item for an individual or the family. 3.3 Apply basic hand sewing techniques to the making of a textile item 3.4 Demonstrate fabric embellishment techniques. 3.5 Appreciate the therapeutic and leisure role of participating in textile work. CBA 1 Creative Textiles
		Consumer Competence	2.10 Apply consumer decision-making skills in the management of personal, family and household resources for everyday living. 2.13 Apply financial literacy skills in the preparation and evaluation of a budget for independent living.

			Managing Home Finances
	3	Health and wellbeing Consumer Competence	2.5 Assess the importance of making informed and responsible decisions in everyday life. 2.11 Debate consumers' rights and responsibilities. 2.12 Examine how consumers are protected in Ireland by legislation, statutory and non-statutory agencies. The Competent Consumer
Summer Exams			

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THIRD YEAR

Term 1	Strands:	Elements:	Learning Outcomes – Students should be able to...	
	1	Health and Wellbeing	1.8 Discuss the elements of a healthy lifestyle. Health and Wellbeing	
	2	Individual and Family Empowerment	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. 2.4 Discuss the requirements of a safe and nurturing home environment. The Family	
		Health and Wellbeing		
		Consumer Competence		2.10 Apply consumer decision-making skills in the management of personal, family and household resources for everyday living. Good Home Management
		Health and Wellbeing		2.6 Apply the design principles and guidelines to room planning and the design of an interior space in the home. Choosing and Designing a Home
		Sustainable and Responsible Living		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. Sustainable and Responsible Living
		Sustainable and responsible Living	2.9 explore the influence of technology on the management of personal, family and household resources Technology in the Home	
Christmas Exams				
Terms 2 & 3	Strands:	Elements:	Learning Outcomes – Students should be able to...	
			CBA 2	
	1	Individual and Family Empowerment	1.3 Apply a range of cooking principles and techniques in the preparation of healthy individual and family meals, incorporating budgetary considerations. 1.7 Use available technology for food planning and preparation. Cooking Food	
	2	Health and Wellbeing	2.4 Discuss the requirements of a safe and nurturing hoe environment. Safety in the Home	
	1	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. Food processing	

		Sustainable and Responsible Living Consumer Competence	1.16 Apply sustainable practices to the selection and management of food and material resources. 1.19 Interpret the information found on a variety of food products using front-of-pack and back-of-pack food labels. Food Packaging and Labelling
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State Examinations