

**Grade 7 Home and Family**

<b>Topics/Subtopics TERM 1</b>	<b>Objectives</b>	<b>Assignments</b>	<b>No. Of teaching sessions per class</b>
<b>1. SAFETY</b> * Terms: precaution, accidents * Causes of accidents * Common accidents eg. Burns, scalds, cuts, bruises, falls, choking, poisoning, electrocution. * Precautions to prevent accidents	Students should be able to: * define terms relating to safety in the home * list the causes of accidents * identify and implement preventative measures to avoid accidents	* Paste picture of potential accidents in notebook and state a precaution for each	2/80 mins
<b>2. KITCHEN EQUIPMENT</b> * Categories of small equipment (tools and gadgets) Weighing and Measuring ; serving; hob and stove top cooking; mixing, stirring, lifting, dipping,turning; cutting, chopping, mashing; cake and pastry making; baking and oven cooking * Definition of resources	* Name the different pieces of large and small equipment used in food preparation * Define the term 'resources' & 'technology' * State the use and function of various small equipment (resources) * Select the appropriate resource for completing different tasks	* Write the meaning of the following terms related to food and nutrition and name suitable resource/technology for carrying out these tasks: * To blend, chop, combine, glaze, grate, peel, beat, toss, dice, cream, sieve, whip. * Show pictures of (4) simple and (4) advanced technology used in food preparation and service. State the use of each.	1/ 80 mins
<b>4. HYGIENE IN FOOD PREPARATION AND SERVICE</b> * Define i. Personal hygiene ii. Kitchen hygiene * Hygiene practices during food preparation * Food handler * Food * Surroundings * Definition of: * Contamination * Cross Contamination * Cleanliness of surfaces, equipment/ utensils * Garbage disposal	* Explain the importance of hygiene in food preparation and service. * Identify and explain/discuss rules governing * Personal Hygiene * Kitchen Hygiene during food preparation and service * Discuss proper garbage disposal rules. * State the steps in caring for surfaces in kitchen; counter/table top, cutting board, knife, grater, strainer, pots & pans, greasy utensils	* Collect, mount and paste pictures of good hygiene practices. * Demonstrate the correct lining of a garage bin. The correct cleaning of knives, work board, grater, strainer, greasy utensils.	2/80 mins
<b>5. WEIGHTS AND MEASUREMENTS</b> * Measure: * Dry measuring cup * Liquid measuring cup * Measuring spoon	* Measure liquid and dry ingredients appropriately * Weigh using the spring balance scale	Practical * Rock buns	1/80 mins
<b>6. TECHNOLOGY IN THE KITCHEN</b> (a). Blender- parts, function, care (b). Stove - parts, care, functions	* Identify parts and functions of stove, blender. * Use and care correctly	<b>Practical</b> * Make fruit punch using blender * Bake rock cakes using stove/oven	1/80 mins 1/80 mins

**TERM II CLOTHING & TEXTILES**

<p><b>7. SEWING TOOLS &amp; EQUIPMENT</b></p> <ul style="list-style-type: none"> <li>* Classification- Pressing, marking, measuring, cutting, other tools</li> <li>* Use</li> <li>* Care</li> </ul>	<ul style="list-style-type: none"> <li>* Define sewing tools and equipment</li> <li>* Classify tools according to their functions</li> <li>* Outline care of sewing tools</li> <li>* Identify pressing equipment and tools</li> </ul>	<p><b>Practical</b></p> <p>Paste pictures in Scrapbook showing sewing tools</p>	<p align="center">1/80 mins 1/40 min- theory 1/40 min- practical</p>
<p><b>8. BASIC STITCHES</b></p> <ul style="list-style-type: none"> <li>* Definition of term stitch</li> <li>* Classification <ul style="list-style-type: none"> <li>* Temporary stitch</li> <li>* Permanent stitch</li> <li>* Decorative stitch</li> </ul> </li> <li>* Rules for working stitches</li> </ul>	<ul style="list-style-type: none"> <li>* Classify stitches according to temporary, permanent and decorative.</li> <li>* Identify basic stitch from diagrams and samples</li> <li>* Choose and construct temporary, permanent, decorative stitches</li> <li>* Make a pillow case incorporating hand sewing and decorative stitches</li> <li>* Select appropriate embroidery pattern</li> </ul>	<p><b>Practical</b></p> <p>Make pillow case using basic stitches and decorative stitches</p>	<p align="center">1/40 min - practical 1/40 min - practical</p>
<p><b>9. HEMS</b></p> <ul style="list-style-type: none"> <li>* Definition</li> <li>* Types- visible, invisible</li> <li>* Use</li> </ul>	<ul style="list-style-type: none"> <li>* Define the term 'hem'</li> <li>* Identify types of hem.</li> <li>* Complete hem of pillow case</li> </ul>	<p><b>Practical cont'd</b></p> <p>Make pillow case using basic stitches and decorative stitches</p>	<p align="center">1/80 mins -practical continues</p>
<p><b>10. FABRIC CONSTRUCTION</b></p> <ul style="list-style-type: none"> <li>* Definition <ul style="list-style-type: none"> <li>* Fibre</li> <li>* Element</li> <li>* Design</li> <li>* Line</li> <li>* Texture</li> </ul> </li> <li>* Classification <ul style="list-style-type: none"> <li>* Natural</li> <li>* Man made/synthetic</li> </ul> </li> <li>* Colour wheel/ Elements of design</li> </ul>	<ul style="list-style-type: none"> <li>* Define terms related to fabric construction</li> <li>* Identify element of design in pictures of clothing</li> <li>* Grouped fibres as natural and man-made</li> </ul>	<ul style="list-style-type: none"> <li>* Complete assignment showing elements of design</li> <li>* Make a colour wheel</li> </ul> <p>Construct colour wheel in class- crayon, paint, water colours</p>	<p align="center">1/80 mins  1/80 mins</p>

**TERM III**

<p><b>MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>* Definition of management, Home Management</li> <li>* Management processes- POICE</li> <li>* Planning</li> <li>* Organising</li> <li>* Controlling</li> <li>* Evaluating</li> <li>* Application of the management process to carry out family related activities eg prepare Breakfast</li> </ul>	<ul style="list-style-type: none"> <li>* Define management, Home Management, Resource, Technology</li> <li>* List steps in the Management Process</li> <li>* Apply the Management Process to Family related activities</li> </ul>	<p>Plan an activity eg. Party to carry out the management process</p>	<p align="center">1/80 mins  2/80 mins</p>
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