MISSION STATEMENT

We, the members of the Home Economics Department at the Immaculate Conception High School, inspired by the teachings of St. Francis, are committed to the total education of the students. It is our goal to foster and develop acceptable standards of behaviour and expressions as we educate the students about nutrition, healthy lifestyles and fashion. We will maintain the school's values and mission, that is, to promote Reverence for God, Self, Others and the Environment.

GENERAL OBJECTIVES

The main goal of the ICHS Home Economics programme is to provide a strong foundation in the subject areas being taught – Food and Nutrition and Clothing and Textiles. We hope in addition, students may be encouraged to pursue future careers in areas related to this course of study.

TERM I
1. **Career Opportunities in Textile Industry**
   a. Definition of terms Textile, Clothing
   b. Careers related to Textile and Clothing
   c. Local and International Designers (Bill Edwards, Michael Kors)

2. **Body Measurement and Figure Type**
   a. What is figure type?
   b. Different figure types
   c. Determining your figure type/taking body measurement
   d. Choosing appropriate clothing to suit figure type

3. **Wardrobe Planning**
   a. Define the term wardrobe planning
   b. Importance of wardrobe planning
   c. Factors to consider when planning wardrobe
   d. Plan a wardrobe for work

4. **Sewing Tools and Equipment**
   a. Definition of sewing tools and equipment
   b. classification of sewing Tools and equipment
   c. Uses of sewing tools and equipment
   d. Care of sewing tools and equipment
   e. Construct a Pin Cushion

5. **Pressing and Ironing**
   a. Difference between pressing and ironing
   b. Rules for Pressing or Ironing
   c. Types of Pressing/Ironing Equipment and Uses

Term II
1. **Sewing Machine**
   a. Types of Sewing Machine (hand, treadle, electric, etc.)

b. Parts of the Sewing Machine
c. Functions/uses of parts of the sewing machine
d. Care of the sewing machine
e. Threading the Sewing Machine
f. Using the Sewing Machine

2. **Stitches**
   a. Classification of Stitches - Temporary, Permanent and Decorative
   b. General rules for working stitches
   c. Uses of stitches
   d. Working Stitches for each group. E.g.: Basting (even and uneven), Blanket Stitches
   e. Methods of applying simple surface designs e.g. Applique
   f. Construct a decorative piece

3. **Clothing and Culture**
   a. Definition of terms fashion, style, fad, vogue, classic
   b. Reasons for wearing clothes
   c. Guidelines for selecting clothes
   d. Influence of the different cultures on fashion in Jamaica
   e. Clothing used in various ceremonial rites and festivals e.g. weddings, worship

Term III
4. **Seams**
   a. Definition of the term seam
   b. Classification of seams – Conspicuous seams and Inconspicuous seams
   c. Types of seams – open seam, French seam, double-stitched seam, etc.
   d. Rules for working seams
   e. Seam Finishes - Definition of Seam Finish - Types of seam finishes

1. **Fabric Study**
   a. Definition of terms e.g. Fibre, Textile, Yarn, Fibre blend, Regenerated Fibre, Synthetic fibre
   b. Classification Fibres: Natural Fibres and Man-made/Manufactured Fibre
   c. Origin (source of fibre)
   d. Countries which fibre is grown
   e. Advantages and Disadvantages of the fibre
   f. Fabrics made from the fibre
   g. Uses and Care of the fibre
   h. Identification of fibres – burning test, microscopic test, etc.

2. **Clothing Care**
   a. Daily clothing care
   b. Simple repair (tacking on buttons, hemming)
   c. Care labels
   d. Laundering instructions
   e. Stain removal

PLEASE NOTE
> **Students are expected to be prepared for all practical classes.**
> **Test is given after each topic has been completed.**
> **Materials needed:**
>   1. Hardcover Notebook
>   2. Dressmaker's Shear
>   3. Hand Sewing Needles
>   4. 1 card Common pins
>   5. Embroidery thread at least four (4) different colours

6. Reel of white or cream thread
7. 1 yard Calico
8. 2 domestic machine needles size 14
9. Seam Ripper