

IMMACULATE CONCEPTION HIGH SCHOOL
HOME ECONOMICS DEPARTMENT
SYLLABUSES

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.

WHAT IS HOME ECONOMICS?

You may say home economics is making a standard muffin with the right amount of peak or planning a meals using a variety of textures and colours or knowing that scurvy results from a lack of Vitamin C.

You can say home economics is sewing a straight seam or putting on a button so it won't fall off or picking a pattern just right for you.

BUT it's more than that.

You can say home economics is acquiring consumer skills to evaluate choices on the market or learning to communicate in personal relationships or trying to create environments pleasing to live in or relating nutrition to how we feel and look

AND you might be closer.

You can say that home economics deal with life itself – That involved in bettering lives of **real** people doing **real** things, thinking real thoughts.

(FSC FORUM Newsletter 2007)

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 to being well prepared for home economics, students may be encouraged to pursue future

schooling or careers and will emerge from each grade impressed with the elegance and scope of the subject, and be excited by its vast potential for fun and creativity.

**IMMACULATE CONCEPTION HIGH SCHOOL
HOME ECONOMICS DEPARTMENT
CLOTHING AND TEXTILE SYLLABUS
GRADE 8**

TERM I

1. Sewing Tools and Equipment

- a. Selection of sewing tools and equipment
- b. Grouping sewing Tools
- c. Uses of sewing tools and equipment
- d. Care of sewing tools and equipment

2. Sewing Machine

- Types of Sewing Machine (hand, treadle, electric, etc.)
- Parts of the Sewing Machine
- Functions/uses of parts of the sewing machine
- Care of the sewing machine
- Threading the Sewing Machine
- Using the Sewing Machine

3. 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, Herringbone, Hemming, Chain Stitch, Lazy Daisy, French knot, Stem Stitch, Cross Stitch and others.

TERM II

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

5. Disposal of Fullness/Methods of Controlling Fullness

- a. Definition of fullness
- b. Functions of fullness on garments/articles
- c. Methods of introducing fullness in garment – darts, pleats and gathers only
- d. Pleats - types (knife, box and inverted)

- construct the different kinds of pleats

TERM III

6. Fasteners

- Definition of Fasteners
- Types of fasteners in relation to location of opening.
- Functions of fasteners on garments

7. Fabric Study

- Definition of terms:
 - Fibre, Textile, Yarn, Staple fibre, Filament fibre
 - Fibre blend, Regenerated Fibre, Synthetic fibre
- Classification Fibres: Natural Fibres and Man-made/Manufactured Fibre
- Natural Fibres: Cotton, Linen, Wool and Silk
 - Origin (source of fibre)
 - Countries which fibre is grown
 - Advantages and Disadvantages of the fibre
 - Fabrics made from the fibre
 - Uses and Care of the fibre
 - Identification of fibres – burning test, microscopic test, etc.

8. Pressing and Ironing

- Difference between pressing and ironing
- Rules for Pressing or Ironing
- Types of Pressing/Ironing Equipment and Uses
 - Iron
 - Ironing Board
 - Sleeve Board
 - Seam Roll
 - Pressing Mitt
 - Others

PLEASE NOTE

- Students are expected to be prepared for all practical classes.
- Test given after each topic has been completed.
- Items needed:
 - Scissors
 - Needles
 - Common pins
 - Embroidery thread
 - Reel of white or cream thread