

HOME ECONOMICS

FOR

Junior Secondary School



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JSS1
HOME ECONOMICS
FIRST TERM

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Week 1

Topic: INTRODUCTION TO HOME ECONOMICS

Contents:

- Introduction to Home Economics
- Importance of Home Economics
- Careers in Home Economics

A. INTRODUCTION TO HOME ECONOMICS

Home Economics is a wide subject that covers a number of science and arts activities practiced at home, work and also in school. Home Economics also known as home making, is very important because it has the largest hearing on health, happiness, and security of human beings.

AREAS IN HOME ECONOMICS

Home economics is made up of many areas which can be stream-lined or broken down to three sub-areas. All the areas in home economics are related. The three major areas in Home Economics are:

1. Food and nutrition
 2. Home management
 3. Clothing and textiles
- Food and nutrients: This aspects deal with food e.g purchasing, preparation, serving, preservation and knowing the functions of different food nutrients in the body.
 - Home management: This covers housing and household cares, maintenance of the home, furnishing and family living. It deals with the manipulating different resources at once disposal.
 - Clothing and textiles: This deals with the study of textiles material, the use and care of each pattern conservation and dressmaking, knitting and craft e.t.c

B. IMPORTANCE OF HOME ECONOMICS

Home economics is of great importance to youths and adults. Some of the importance of the subject is as follows:

1. It teaches people how to live a good, healthy and happy family, community, nation or the world as a whole
2. It helps people on how to care for themselves
3. It helps people to become self-reliant
4. It creates awareness in students about the danger of food poisoning and how to prepare and preserve food
5. People who study home-economics can take up various careers in home-management, food and nutrients and clothing, and textiles
6. It equips the students with knowledge, skills, and attitudes that will enable them to cope with problems relating to the health and environment
7. It helps them to get prepared for the roles of home makers

C. CAREERS IN HOME ECONOMICS

The following are some careers in Home-economics:

1. FOOD AND NUTRITION

- Dietitians
- Nutritionist
- Food technology e.t.c

2. CLOTHING AND TEXTILES

- Designing
- Pattern illustration
- Modeling e.t.c

3. HOME-MANAGEMENT

- Interior management
- House keepers
- Teaching e.t.c

Every career requires some training, certain subjects are required for admission into the same home economics programs of the higher institutions such as colleges of education, monotechs and polytechnics, and universities. These institutions which award various classes of certificates which qualify graduates for employment.

1. Senior secondary school subjects to be taught includes food and nutrition, clothing and textile and home management
2. College of education: It is usually a three year program in which the Nigerian Certificate Education (NCE) certificate is awarded
3. Mono-technics and polytechnics: The mono focuses on only one area of study, while polytechnics offer many programs.
4. University: These offers: i. 4 years Bachelor of Science (B.Sc) or Bachelor of Education in Home-economics. (ii) 1-2 years master degree in any area of one's choice (iii) 3-4 years Doctor of Philosophy (Ph.D.)

ASSESSMENT

1. Define Home Economics
2. The three major areas in Home Economics are
3. State 5 importance of Home Economics
4. Name three careers in Home Economics

ANSWER

1. Home Economics is a wide subject that covers a number of science and arts activities practiced at home, work and also in school.
2. (a) Food and nutrition (b) Home management (c) Clothing and textiles
3. (a) It teaches people how to live a good, a healthy and happy family, community, nation or the world as a whole (b) It helps people on how to care for themselves (c) It helps people to become self-reliant (d) It creates

awareness in students about the danger of food poisoning and how to prepare and preserve food (e) People who study home-economics can take up various careers in home-management, food and nutrients, and clothing and textiles.

4. (a) Food and Nutrition (b) Clothing and Textiles (c) Home Management

Week 2

Topic: MYSELF AS AN INDIVIDUAL – THE HAIR

Contents:

- The Hair
- Hair Infection
- Hair Combs/Brushes

A. THE HAIR

A Hair is a substance that looks like a fine thread growing especially on the head. The Hair that is well cared for is attractive and beautiful to the wearer. Human beings (both male and female) are members of a group of living things called “mammals”. **Hair** is a protein filament that grows from follicles found in the dermis, or skin. Hair is one of the defining characteristics of mammals. The human body, apart from areas of glabrous skin, is covered in follicles which produce thick terminal and fine vellus hair. The most common interest in hair is focused on hair growth, hair types and hair care.

There are two major types of hair, namely;

1. Natural hair
 2. Artificial hair
- **Natural hair:** This can be either short or long. It types of hair given to us by God can also come in forms.
 1. Dry hair
 2. Coarse hair
 3. Greasy hair
 4. Short hair
 5. Oily hair
 - **Artificial hair:** Are things attached to our natural hair to make them more beautiful and attractive such includes attachment, wig e.t.c

B. HAIR INFECTION

These are problems that can develop in any types of true hair that have not been properly cared for. They include

1. Dandruff
2. Head-lice
3. Ringworm

ADVANTAGES OF ARTIFICIAL HAIR

1. Time is saved as one does not have to set and dress the hair piece daily
2. Once the wig is set, it is convenient to use
3. People with scanty or ugly hair cover it up by wigs e.t.c

DISADVANTAGES OF ARTIFICIAL HAIR

1. People who use artificial hair pieces tend to neglect their natural hair because they only pay attention to wigs
2. It can be very uncomfortable in hot weather e.t.c

C. HAIR COMBS/BRUSHES

Combs and brushes are some of the tools we use in taking care of our hair. The use of these tools is very important to keep the hair in good condition at all times. Combs are made-up of the following materials (a) plastic (b) flexible rubber (c) wood (d) metal

QUALITIES OF HEALTHY HAIR

It is necessary to understand the qualities of hair that is healthy. Healthy hair must possess the following qualities

1. It must look shiny and glossy
2. It must grow
3. It must not break easily
4. It must not split
5. It must always smell nice

ASSESSMENT

1. Define Hair?
2. What are the two major types of hair?
3. List 4 qualities of healthy hair?
4. List three types of hair infection

ANSWER

1. A Hair is a substance that looks like a fine thread growing especially on the head.
2. (a) Natural hair (b) Artificial hair
3. (a) It must look shiny and glossy (b) It must grow (c) It must not break easily (d) It must not split
4. (a) Dandruff (b) Head-lice (c) Ringworm

Week 3

Topic: THE EYE

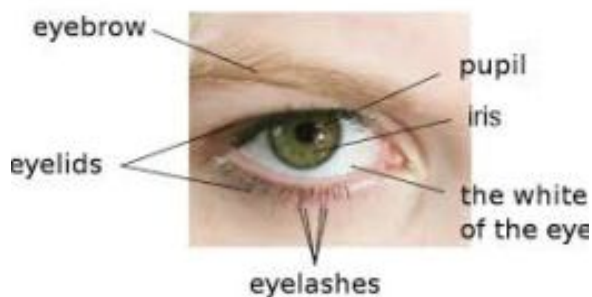
Contents:

The Eye

Care of the Eye

A. THE EYE

The eye is one of the important parts of the body needed to enjoy a very good life. It is the organ of vision. The Eye is used for feeling (sense or sight). The Eye is very useful when you work and play. It enables us to see objects that are far and near. It can also tell others how you feel at any particular time and the type of person you are. The Eye is made up of different parts with each part, performing a special function.



PARTS OF THE EYE

1. **The Eye Balls:** These are the organs of sight each is connected to the brain by the sensory nerve called optical nerve
2. **Eyelashes:** Protect the eyes from dust and dirt
3. **Cornea:** A protective layer. It keeps dust and dirt from passing through the pupil of the eye
4. **The Iris:** The colored part of the eye that surrounds the pupil
5. **The Pupil:** The hole in front of the eyeball through which light rays pass into the eye
6. **The Retina:** A light-sensitive spot where an image is formed
7. **Lens:** A glass-like part of the eye. It focuses the light rays into one spot on the retina, thus forming the image e.t.c

Lack of proper care of the eyes can lead to

1. Eye infection
2. Poor Sight
3. The need to wear glasses
4. A strain on the eyes
5. In serious cases, a major injury to the eyes could result in blindness

B. CARE OF THE EYE

1. Clean your eyes gently, do not rub
2. Do not look directly at a bright light or sunlight
3. Eat food rich in “vitamin A” such as carrot, green vegetables, and red palm oil
4. Do not read or do fine jobs i.e sewing under bad light
5. Do not sit too close to the television screen continually view it lying in front of the sit on the floor
6. Do not fix your eyes to watching a television screen
7. Do not wash your eyes with disinfectant unless on doctors advice e.t.c

COMMON EYE DEFECTS

1. Short-sightedness (myopia): results in the inability to see objects that are far away, but objects that are near can be seen.

2. Long-sightedness (hyperopia): results in the inability to see objects that are too near, but objects that are far can be seen

3. Night blindness: results in the inability to see in the dark. In each case, its necessary to see an “optician”

4. Astigmatism: is a common vision problem that causes distorted, fuzzy, or blurry vision as a result of an irregular curve in the eye’s lens or cornea or because the cornea is not perfectly shaped to direct light into the eye.

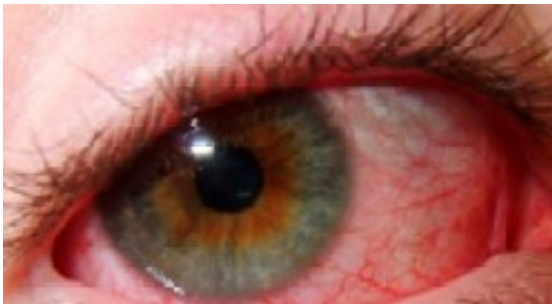
5. Conjunctivitis: Conjunctivitis, or “pink eye,” is an infection or swelling in the eye area that causes inflammation of the conjunctiva, giving the eye a red or pink color



Conjunctivitis “pink eye”

6. Cataract: Cataracts are dense, cloudy areas that slowly form in the lens of the eye. They are common in older people, but can also be present at birth or caused by medications, disease, trauma, or radiation.

7. Eye Redness: Eye redness occurs when the vessels of the eye become irritated or swollen. It can occur due to dry air, dust, allergies, or as a result of a more serious condition.



Eye Redness

8. Eyelid Inflammation (Blepharitis): Blepharitis is inflammation of the eyelash follicles. Its cause is unclear, but allergies, mites, dandruff, and certain medications may increase the likelihood of this form of inflammation.



Eye Inflammation

9. Strabismus (crossed eye): Strabismus, or “crossed eyes,” causes the eyes to not line up in the same direction. It tends to develop in children who are very young, and is often treatable.



Strabismus (Crossed Eye)

10. Eye burning (with discharge and itching): Eye burning accompanied by discharge and/or itching is usually a sign of infection, and should be looked at by a doctor immediately. It can also be a sign of a foreign body in the eye or an injury to the eye.



Eye burning with itching and discharge

ASSESSMENT

1. List and explain 5 parts of the eye
2. List 4 common eye defects
3. State four ways you can care for the eye

ANSWER

1. (a) The Eye Balls: These are the organs of sight each is connected to the brain by the sensory nerve called optical nerve (b) Eyelashes: Protect the eyes from dust and dirt (c) Cornea: A protective layer. It keeps dust and dirt from passing through the pupil of the eye (d) The Iris: The colored part of the eye that surrounds the pupil (e) The pupil: The hole in front of the eyeball through which light rays pass into the eye
2. (i) Short-sightedness (myopia)
(ii) Long-sightedness (hyperopia)
(iii) Night blindness

(iv)Astigmatism

3. (i) Clean your eyes gently, do not rub (ii) Do not look directly at a bright light or sunlight (iii) Eat food rich in "vitamin A" such as carrot, green vegetables, and red palm oil (iv) Do not read or do fine jobs i.e sewing under bad light

Week 4

Topic: THE NOSE AND THE EAR

Contents:

The Nose

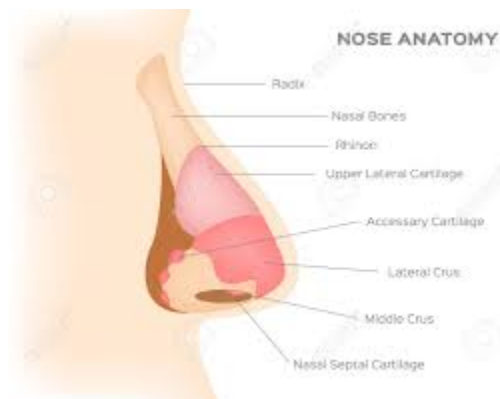
Care of the Nose

The Ear

Care of the Ear

A. THE NOSE

The nose is the organ of smell and also functions as part of the body's respiratory system. The very top of the nose consists of bone, while the rest is made of cartilage. The nose is divided into two nostrils by a partition called "septum". The visible part of the human nose is the protruding part of the face that bears the nostrils. The nerves of smell which run from the nose to the brain are called the Olfactory Lobe. The nose has an area of specialized cells which are responsible for smelling (part of the olfactory system). Another function of the nose is the conditioning of inhaled air, warming it and making it more humid.



Human Nose

FUNCTIONS OF THE NOSE

Your nose does three things for you. They are:

1. The sense of smell
2. The air entering the lungs is filtered and warmed by tiny hairs at the entrance of the nostrils

3. It acts as a passage or channel through which the air we breathe passes in the lungs

B. CARE OF THE NOSE

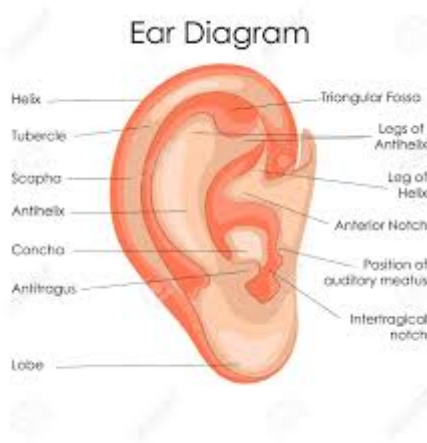
1. Avoid pushing objects into the nose
2. Avoid picking/plucking the hair in the nose
3. Do not sniff-in, but blow out properly
4. Always use a clean handkerchief
5. If you get a foreign object in your nose, blow it out, if you cannot see a doctor

LACK OF CARE OF THE NOSE

Not caring for the nose can cause the following:

1. Nasal infection
2. Breathing difficulties
3. Nose bleeding

C. THE EAR



The ear is the organ for hearing. The **ear** is the organ that detects sound. It not only receives sound but also aids in balance and body position. The ear is part of the auditory system. It can be divided into three major part, namely

1. The Outer ear: This is the part we see. It looks like funnel starting from the structure outside the commonly call ear. It goes inside as far as what is called 'ear drum'. The outer ear is the most external portion of the ear. The outer ear includes the fleshy visible outer ear, called the pinna or auricle,

the ear canal, and the outer layer of the tympanic membrane, also known as the ear drum. The outer ear is the only visible portion of the ear in humans.

2. Middle ear: This starts from the eardrum and goes further inside. The middle ear is an air-filled cavity behind the tympanic membrane, includes three bones (ossicles): the malleus (or hammer), incus(or anvil), and stapes (or stirrup). The middle ear also connects to the upper throat via the Eustachian tube
3. The Inner ear: This is after the middle ear. The inner ear is composed of the cochlea. Filled with liquid, the cochlear canal has 20,000 ciliated cells (nerve cells which transmit the signals to the brain) in each ear.

How your Ear works

The outer ear picks up the noise called vibration and then send them through the inner drum to the inner side such vibration are then interpreted as sound the brain with the help of the auditory nerves. Any source of sound sends vibrations or sound waves into the air. These funnel through the **ear** opening, down the external **ear** canal, and strike your eardrum, causing it to vibrate. The vibrations are passed to the three small bones of the middle **ear**, which transmit them to the cochlea.

Inner Ear Function

1. The vibrations set the liquid contained in the inner ear, in motion.
2. The ciliate cells located in the liquid amplify the sound vibrations and categorize them by frequency. They transform mechanical energy into nerve signals.
3. The auditory nerve collects all the pulses emitted by the ciliate cells.
4. The brain registers, analyses and interprets all the information.

Functions of the Ear

1. It is the sense organ of hearing
2. It helps us to maintain balanced

D. CARE OF THE EAR

1. Avoid putting any sharp object into the ear
2. Remove small excess of wax in the ear canal gently with a cotton swab

3. Do not attempt to reach your internal ear with an object
4. Wash the outer ear daily and dry carefully with a clean towel
5. Large deposits of wax in the ear should be removed by the doctor etc.

Lack of Care of the Ear

1. Poking the ear with a sharp object can damage the ear drum and lead to permanent deafness.
2. When the ear is infected as a result of lack of care, the brain can also become infected. This is because both organs are connected and work together
3. Excess deposit of wax in the ear can block the ear tube and lead to temporary deafness

ASSESSMENT

1. List two functions of the nose
2. List five ways to care for the nose
3. The ear is part of the auditory system. It can be divided into three major part, name them
4. Name three ways to care for the ear

ANSWER

1. (a) The sense of smell (b) The air entering the lungs is filtered and warmed by tiny hairs at the entrance of the nostrils
2. (i) Avoid pushing objects into the nose (ii) Avoid picking/plucking the hair in the nose (iii) Do not sniff-in, but blow out properly (iv) Always use a clean handkerchief (v) If you get a foreign object in your nose, blow it out, if you can not see a doctor
3. (i) The outer ear (ii) Middle ear (iii) The inner ear
4. (i) Avoid putting any sharp object into the ear (ii) Remove small excess of wax in the ear canal gently with a cotton swab (iii) Do not attempt to reach your internal ear with an object.

Week 5

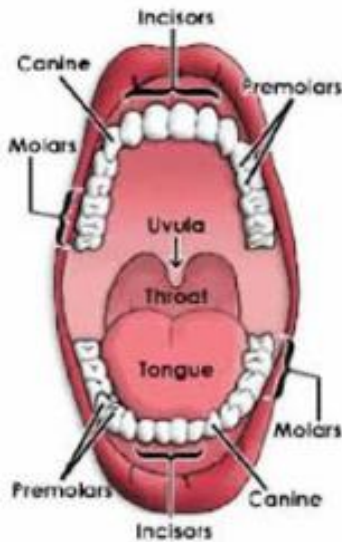
Topic: THE TEETH

Contents:

- The Teeth
- Structure of the Teeth
- Daily care of the Tooth
- Causes of Tooth decay

A. THE TEETH

A tooth is made up of many parts. A tooth is a small, calcified, whitish structure found in the jaws of many vertebrates and used to break down food. Some animals, particularly carnivores, also use teeth for hunting or for defensive purposes. The roots of the teeth are covered by gums. The outer part of the tooth is called “the Enamel” and it is dentine. A set of clean, strong and healthy teeth can make you look attractive. The teeth are useful for chewing most of the food we eat, thereby aiding digestion. They function in mechanically breaking down items of food by cutting and crushing them in preparation for swallowing and digestion.



Teeth

Human beings grow two sets of teeth namely:

1. The first set is the milk teeth during childhood, it can also be called Temporary Teeth. These are 24 in number.

2. The second set is called “The Permanent Teeth” and are usually 32 in number

TYPES OF TEETH

The types of teeth can be sub-divided into four groups, namely:

1. The Incisors: These are in the center of the front of the jaw. They are used for cutting off lumps of food
2. The Canine: These are pointed and used for tearing food
3. Pre-molars: These are next to canine. Each has one or more points for cutting. They usually have flat surfaces for grinding food
4. Molars: These are behind the pre-molars. They are similar to the pre-molars. They are only present in the permanent dentition

B. STRUCTURE OF THE TOOTH

1. The Crown: The part of the tooth projecting above the gum
2. The Root: The part buried in the jaw-bone
3. The Neck: The space between the crown on the root
4. The Dentine: The tough center of the which surround and protect the pulp cavity
5. The Pulp cavity: Contains blood vessels and nerve
6. The Enamel: A very hard substance which covers the crown of the teeth

CHOICE AND USE OF TOOTH CLEANING MATERIALS

These include chewing sticks, toothbrush, and toothpaste

1. Choose only smooth and clean sticks
2. Wash the chewing stick thoroughly with clean water before use
3. Clean the teeth using up and down movement
4. Wash after use and store properly, preferably in a cell phone paper

C. DAILY CARE OF THE TOOTH

The small piece of food left in the mouth after a meal can cause a tooth problem. It is therefore important that you clean the teeth and mouth every day and after meals. The following are important when taking care of our teeth/mouth

1. Clean your teeth every morning and at bedtime with either a clean chewing stick or toothbrush with paste
2. Rinse your mouth properly after each meal, especially after eating sweet foods
3. Do not pick your teeth with sharp instruments such as pins, brooms, needles e.t.c
4. Eat a balanced diet for strong healthy teeth, some important foods are milk, fruit, fish, meat and other sources of calcium
5. Exercise your teeth by eating fairly hard foods like maize, carrots, coconut e.t.c

D. CAUSES OF TOOTH AND GUM INFECTION

1. Sugar, sweets and starchy foods can bring about tooth decay
2. Lack of care of the teeth
3. Putting dirty object or finger in the teeth
4. The habit of picking teeth with sharply pointed articles like pins e.t.c

PREVENTION OF TOOTH DECAY

1. Keep your toothbrush or stick clean
2. Do not use another person's toothbrush or chewing stick
3. Clean the teeth regularly at least twice daily (morning and night) and properly
4. Visit the dentist whenever you have a tooth problem e.t.c

ASSESSMENT

1. What is the tooth
2. Human beings grow two sets of teeth, name them
3. List the four types of teeth
4. State three causes of tooth decay
5. Identify three ways of preventing tooth decay

ANSWER

1. A tooth is a small, calcified, whitish structure found in the jaws of many vertebrates and used to break down food.
2. The Milk teeth and Permanent teeth
3. (i) Incisors (ii) Canine (iii) Pre-molars (iv) Molars
4. (i) Sugar, sweets and starchy foods can bring about tooth decay (ii) Lack of care of the teeth (iii) Putting dirty object or finger in the teeth (iv) The habit of picking teeth with sharply pointed articles
5. (i) Keep your toothbrush or stick clean (ii) Do not use another person's toothbrush or chewing stick (iii) Clean the teeth regularly at least twice daily (morning and night) and properly.

Week 6

Topic: THE HANDS AND FEET

Contents:

- The Hands and Feet
- Care of the Feet
- Types of Shoes

A. THE HANDS AND FEET

Hands, fingers, nails, and feet are exposed just as much as your face. These parts are seen by other people more than some other parts of the body. The procedure/care and treatment given to the hands and fingernails are called “manicure”. While the treatment and care given to the feet and toenails are called “pedicure”. The treatment includes cutting and painting the toenails and fingernails with nail varnish.

MANICURE SET

This is a collection of materials needed for treating the hands, feet, fingernails, and toenails. It usually consists of a pair of nail scissors, nail file, nail brushes, nail varnish, nail remover, cotton wool/balls e.t.c

To make your toe and finger-nails beautiful, using your manicure set do the following:

1. Cut your nails short and shape them beautifully using the nail file
2. Wash your hands and nails (including the tips) thoroughly and dry well
3. Apply nail varnish neatly on the nails in two layers, allowing the first layer to dry before putting on the second layers leave your nails to dry in the air
4. Old or already chipped varnish should be removed before the process is repeated at another time.

B. CARE OF THE HANDS AND FEET

i. CARE OF THE FEET

1. Dry your feet daily and dry well especially between the toes anytime you get dirty
2. Keep the toe-nails short
3. Always keep your socks and stockings clean

4. Do not wear shoes that are not your size e.t.c

ii. CARE OF HANDS AND FINGER-NAILS

1. Wash your hand thoroughly when they are dirty and after using the toilet
2. Rinse under running water and dry them properly
3. Using a nail brush, scrub around and under the fingernails
4. Keep your fingernails short and clean
5. Do not bite your nails, cut them with a pair of scissors as nail biting can bring germs into the mouth

C. TYPES OF SHOES

There are different types of shoes. They are usually made of:

1. Man-made leather
2. Pure leather
3. Rubber

CARE OF FOOTWEAR

1. We wear shoes in order to protect our feet from dirt. However, for shoes to provide any comfort, they must be comfortable
2. Your shoes should leave some spaces for your foot to expand, not pressing your toe tightly together
3. Avoid wearing very high-heeled shoes. Remember that your feet can develop some foot problems if not well balanced always
4. Choose low-heeled, comfortable shoes for daily use, sandals and open shoes, hot weather and covered high heeled shoes for special occasions

COMMON PROBLEMS OF THE FEET

1. Corn: These are commonly caused by ill-fitting shoes. They form as small molds of die-hard and waxy skin
2. Calluses: These appear as thickened areas of skin around the heel. They can be removed by scrubbing with a pumice stone
3. Athlete's foot: If the feet are constantly wet, bacteria and fungi grow in the space between the toes and soles of the feet. The result in athlete's foot.

ASSESSMENT

1. What is a manicure set
2. State three ways to care for your hands and fingernails
3. Identify three common problems of the feet
4. List two ways of caring for our feet

ANSWER

1. Manicure set is a collection of materials needed for treating the hands, feet, fingernails, and toenails.
2. (i) Wash your hand thoroughly when they are dirty and after using the toilet
(ii) Rinse under running water and dry them properly (iii) Using a nail brush, scrub around and under the fingernails
3. (i) Corn (ii) Calluses (iii) Athlete's foot
4. (i) Dry your feet daily and dry well especially between the toes anytime you get dirty (ii) Keep the toe-nails short

Week 7

Topic: THE SKIN

Contents:

- The Skin
- Care of the Skin
- Functions of The Skin
- Common Skin Diseases

A. THE SKIN

The skin is one of the hard-working organs in the body. The skin is the outer covering of the body. In humans, it is the largest organ and sense organ. Skin is a thin layer of tissue forming the natural outer covering of the body of a person or an animal. It is the largest organ of the body. The skin protects us from microbes and the elements help regulate body temperature and permits the sensations of touch, heat, and cold. The skin's color is created by special cells called melanocytes, which produce the pigment melanin. Melanocytes are located in the epidermis. The skin is made up of two main layers namely:

1. The Dermis: This is the inner layer also known as the "true skin". It is directly under the outer layer. Inside the true skin, you will find other structures like the oil gland (sebaceous gland), sweat gland, sweat duct, fat deposit e.t.c
2. The Epidermis: This is the outer layer. It has no blood vessels or nerves. It is covered with hair and tiny holes called "seat pores"

Structure of the Skin

Dermis: This is beneath the epidermis. It is a layer of connective tissue containing blood capillaries, hair follicles, sweat glands, sebaceous gland, sensory nerve ending, and fat cells.

1. **Blood capillaries:** This supplies food and oxygen to the dermal and epidermal cells and removes wastes. The capillary loops close to the body surface help to regulate the body temperature.
2. **Hair Follicles:** This is a deep pit formed by the unfolding of the Malpighian layer. Each hair is a cylinder composed of dead cells; grow as new cells at the 'root'. A hair erector muscle is attached to each follicle. Its contraction pulls the hair to a more upright position, i.e. it makes the hair 'stand up'.
3. **Sebaceous gland:** Secretes sebum which repels water (waterproof) and also prevents microbes from multiplying.
4. **Sweat gland:** Absorbs fluid from the surrounding tissues and capillaries. This fluid is then passed out as sweat through the sweat duct. Sweat is 99% water, 0.3% salt, and minute amounts of urea and lactic acid.
5. **Sensory nerve ending:** The skin is also a sense organ. Various nerve endings, capable of responding to touch, heat, cold and pressure.
6. **Subcutaneous fat:** It is found beneath the dermis. It acts as a food reserve and an insulating layer, to prevent heat loss.

FUNCTIONS OF THE SKIN

1. It keeps the body warm in cold weather
2. It helps the body to get rid of waste products through sweating
3. It protects the body against dehydration, invading microbes, mechanical damage and damage due to ultraviolet rays and poisonous chemicals.
4. It contains receptors sensitive to heat, cold, touch and pressure.
5. It plays a major role in temperature control (vasodilation and vasoconstriction).
6. It has a minor role as an excretory organ. Urea and lactic acid are lost.
7. The skin produces vitamin D in the fatty cells by using infra-red rays of the sun
8. It helps to keep the body temperature normal by producing sweat during hot weather

9. It protects the body from bacterial infections (germs) poor weather and injury
10. When the sun shines on the skin, vitamin D is produced by the skin
11. **Sensation:** contains a variety of nerve endings that react to heat and cold, touch, pressure, vibration, and tissue injury.
12. **Heat regulation:** the skin contains a blood supply far greater than its requirements which allows precise control of energy loss by radiation, convection and conduction. Dilated blood vessels increase perfusion and heat loss, while constricted vessels greatly reduce cutaneous blood flow and conserve heat.
13. **Control of evaporation:** The skin provides a relatively dry and semi-impermeable barrier to fluid loss. Loss of this function contributes to the massive fluid loss in burns.
14. **Storage and synthesis:** Acts as a storage center for lipids and water, as well as a means of synthesis of vitamin D.
15. **Excretion:** Sweat contains urea, however, its concentration is 1/130th that of urine, hence excretion by sweating is at most a secondary function to temperature regulation.
16. **Water resistance:** The skin acts as a water resistant barrier so essential nutrients aren't washed out of the body.

TYPES OF SKIN

It very important to know our skin type. This helps us to know how to care for them properly. Below are types of skin

1. **Normal skin:** It is soft, clear, smooth and without spots or blemish.
2. **Oily skin:** This is greasy and occurs when the oil glands produce too much oil.
3. **Dry skin:** This kind of skin is usually thin, sensitive and have wrinkles easily especially around the mouth and eyes. This can result from poor feeding, ill health, dry weather and lack of care.
4. **Combination (oily and dry skins):** Has some part of the skin oily i.e. the nose and forehead. While other parts are dry i.e. cheeks

B. CARE OF THE SKIN

It is necessary to keep the skin clean by having a regular bath. In order to care for the skin, it is important to:

1. Wash your whole body daily more than once during hot, dry and dusty season
2. Have a shower after serious exercise or games to avoid body odor
3. Keep your towel, underwears and other clothes clean
4. Use good toilet soap and sponge
5. Take abundant fresh air
6. Do not use bleaching cream
7. Eat a balanced diet that is rich in milk, proteins, fruits, cod-liver oil, vegetable e.t.c

RESULTS OF NEGLIGENCE OF THE SKIN

If the skin is left to remain dirty, the following will result:

1. Air will not pass into the body through the skin
2. The sweat pores will be blocked
3. Bad odour and different kinds of skin problems will occur e.g. pimples, irritation e.t.c

C. COMMON SKIN DISEASES

Below are some common skin diseases which might result in skin problems due to lack of are:

1. Ringworm
2. Pimples
3. Scabies
4. Eczema
5. Chicken pox or Measles
6. Diaper Rash
7. Heat Rash
8. Boil

SKIN INJURIES

1. Bruises: These result when the body is given a blow with sufficient force. There is bleeding under the skin without breaking it. Swelling and discoloration of the injured area occur

Treatment: Place a clean piece of cloth or handkerchief soaked in very cold water, over the bruised area.

2. Stings: They are bites from insect such as wasp, bee, and scorpion. The sting may sometimes remain in the skin and should be removed.
3. Cuts: These occur whenever the skin is opened, torn or punctured by a sharp object like knives, broken bottles, and glasses, scissors or any rough edge.

Treatment: Wash with antiseptic solution i.e. clean water into which some drops of antiseptic e.g. addition of dettol

4. Burns and Scalds: these are skin injuries caused by heat. Burns are caused by dry heat or boiling liquids on the skin

Treatment: (i) Cover the burnt or scalded area immediately with cold water
(ii) cover the area with Vaseline petroleum jelly and place a layer of gauze over it

Control of Body Temperature

Under normal conditions, the heat the body gain is balanced by the heat it loses. The balance, however, can be upset by hot weather, vigorous exercise, high fever or exposure to solar radiation. The balance is restored by the actions of the hypothalamus and the skin.

- A rise in body temperature stimulates the following processes to get rid of excess body heat:
 1. **Vasodilation:** The arteriole in the skin (swell) increases the flow of blood through the skin. This leads to increased loss of heat through the dermis by convection and radiation.
 2. **Sweating:** The sweat glands become active and produce large amounts of sweat that flow out onto the surface of the skin. As this sweat evaporates, heat from the body is used up, thus cooling the body.
- A fall in body temperature stimulates the following processes to produce and conserve heat:
 1. **Vasoconstriction:** The arterioles are narrowed, thereby reducing the flow of blood to the skin and so minimizing heat loss.

2. **Sweating:** The sweat glands become inactive and produce very little sweat that flows out to the skin surface, thereby conserving body heat.

ASSESSMENT

1. The skin is made up of two main layers, highlight them
2. Mention five common skin diseases
3. List five functions of the skin
4. State four ways to care for your skin

ANSWER

1. (i) The Dermis (ii) The Epidermis
2. (i) Ringworm (ii) Pimples (iii) Scabies (iv) Eczema (v) Chickenpox
3. (i) It plays a major role in temperature control (vasodilation and vasoconstriction). (ii) It has a minor role as an excretory organ. Urea and lactic acid are lost. (iii) The skin produces vitamin D in the fatty cells by using infra-red rays of the sun (iv) It helps to keep the body temperature normal by producing sweat during hot weather (v) It protects the body from bacterial infections (germs) poor weather and injuries
4. (i) Wash your whole body daily more than once during hot, dry and dusty season (ii) Have a shower after serious exercise or games to avoid body odor (iii) Keep your towel, underwears and other clothes clean (iv) Use good toilet soap and sponge

Week 8

Topic: GOOD POSTURE

Contents:

- Introduction
- Importance of Good Posture
- Fatigue

INTRODUCTION

The way you carry your body when you stand, sit, walk or work is very important, this is because it can affect your health, appearance and the ease with which you do your work. Rest, sleep and exercises are also necessary for good health. Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities.

WHAT IS GOOD POSTURE?

Good posture is the way the body parts are held up or carried when you walk, sit, stand or work. A good posture can be developed by any healthy person. It requires determination and practices.

IMPORTANCE OF GOOD POSTURE

1. Good posture enhances the appearance
2. People look better when they stand upright and move gracefully
3. Good posture gives self-confidence and respect
4. It affects the way your clothes fit you, cloth fit better with good posture
5. Keeping the back straight, especially when young reduces the chance of a backache
6. It can affect a person's movement and activities
7. Standing upright often shows that you have self-confidence
8. Keeps bones and joints in the correct alignment so that muscles are being used properly.
9. Helps decrease the abnormal wearing of joint surfaces that could result in arthritis.

10. Decreases the stress on the ligaments holding the joints of the spine together.
11. Prevents the spine from becoming fixed in abnormal positions.
12. Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
13. Prevents strain or overuse problems.
14. Prevents a backache and muscular pain.
15. Contributes to a good appearance.

Rest: This is the act of relaxing either sitting or lying down with your eyes open or shut. During rest, you are however aware of all that is going on around you. For instance, while resting, you can hear your younger ones making noise around you.

Sleep: This is an advanced stage of rest. During sleep, you become unaware or unconscious of what is happening around you. At these times, brain and body get complete rest.

Exercise: This is the act of making the body muscles perform some activities. There are various forms of exercise i.e. jumping, walking, running, playing games i.e. tennis, football, basketball etc.

IMPORTANCE OF REST AND SLEEP

1. To enable the body systems to work smoothly
2. To reduce tension
3. To allow the worn out cells to be replaced and the damaged ones replaced
4. To allow the bones to regain their correct length after they have been shortened during the day to day activities.

IMPORTANCE OF EXERCISE

1. It encourages sound sleep and growth
2. It increases the flow of blood to the muscles
3. It makes the muscles strong, firm and healthy
4. It helps the whole body keep fit and healthy
5. Exercise stimulates the appetite

6. It makes the sweat glands of the skin more active e.t.c

FATIGUE

Fatigue is tiredness. **Fatigue** (also called **exhaustion, tiredness, languidness, languor, lassitude, and listlessness**) is a subjective feeling of tiredness which is distinct from weakness and has a gradual onset. Physical fatigue is the transient inability of a muscle to maintain optimal physical performance and is made more severe by intense physical exercise. Mental fatigue is a transient decrease in maximal performance resulting from prolonged periods of cognitive activities.

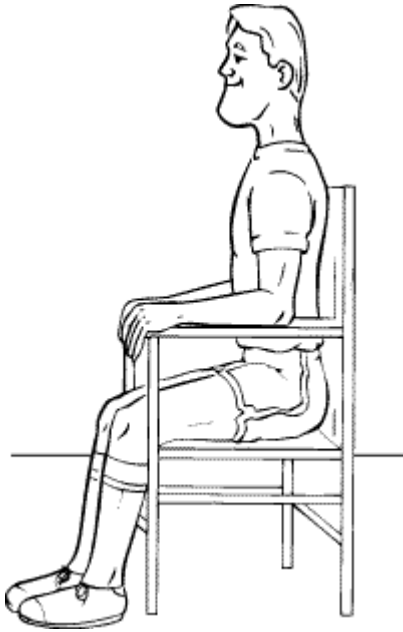
EFFECTS OF FATIGUE

1. It makes one feel dull and sluggish
2. It causes unhappiness, irritation, and unfriendliness
3. It prevents a person from doing his/her work

TREATMENTS OF FATIGUE

1. Take plenty of rest
2. Eat balanced meals, at least three times daily
3. Avoid overworking yourself
4. Seek medical treatment whenever you are sick
5. Whenever you are worried or sad over a personal problem, try to discuss it with a good friend, parents or your teacher.

Correct sitting position



- Sit up with your back straight and your shoulders back. Your buttocks should touch the back of your chair.
- All three normal back curves should be present while sitting. A small, rolled-up towel or a lumbar roll can be used to help you maintain the normal curves in your back. Here's how to find a good sitting position when you're not using a back support or lumbar roll:
 - Sit at the end of your chair and slouch completely.
 - Draw yourself up and accentuate the curve of your back as far as possible. Hold for a few seconds.
 - Release the position slightly (about 10 degrees). This is a good sitting posture.
- Distribute your body weight evenly on both hips.
- Bend your knees at a right angle. Keep your knees even with or slightly higher than your hips. (use a footrest or stool if necessary). Your legs should not be crossed.
- Keep your feet flat on the floor.
- Try to avoid sitting in the same position for more than 30 minutes.
- At work, adjust your chair height and work station so you can sit up close to your work and tilt it up at you. Rest your elbows and arms on your chair or desk, keeping your shoulders relaxed.

- When sitting in a chair that rolls and pivots, don't twist at the waist while sitting. Instead, turn your whole body.
- When standing up from the sitting position, move to the front of the seat of your chair. Stand up by straightening your legs. Avoid bending forward at your waist. Immediately stretch your back by doing 10 standing backbends.

Correct driving position

- Use a back support (lumbar roll) at the curve of your back. Your knees should be at the same level or higher than your hips.
- Move the seat close to the steering wheel to support the curve of your back. The seat should be close enough to allow your knees to bend and your feet to reach the pedals.

Correct lifting position



- If you must lift objects, do not try to lift objects that are awkward or are heavier than 30 pounds.
- Before you lift a heavy object, make sure you have firm footing.
- To pick up an object that is lower than the level of your waist, keep your back straight and bend at your knees and hips. **Do not bend forward at the waist with your knees straight.**
- Stand with a wide stance close to the object you are trying to pick up and keep your feet firm on the ground. Tighten your stomach muscles and lift

the object using your leg muscles. Straighten your knees in a steady motion. Don't jerk the object up to your body.

- Stand completely upright without twisting. Always move your feet forward when lifting an object.
- If you are lifting an object from a table, slide it to the edge of the table so that you can hold it close to your body. Bend your knees so that you are close to the object. Use your legs to lift the object and come to a standing position.
- Avoid lifting heavy objects above waist level.
- Hold packages close to your body with your arms bent. Keep your stomach muscles tight. Take small steps and go slowly.
- To lower the object, place your feet as you did to lift, tighten stomach muscles and bend your hips and knees.

ASSESSMENT

1. What is good posture
2. Mention five importance of good posture
3. List two effects of fatigue
4. What are the treatments of fatigue
5. Define an Exercise

ANSWER

1. Good posture is the way the body parts are held up or carried when you walk, sit, stand or work.
2. (i) Keeping the back straight, especially when young reduces the chance of a backache (ii) It can affect a person's movement and activities (iii) Standing upright often shows that you have self-confidence (iv) Keeps bones and joints in the correct alignment so that muscles are being used properly. (v) Helps decrease the abnormal wearing of joint surfaces that could result in arthritis.
3. (i) It makes one feel dull and sluggish (ii) It causes unhappiness, irritation, and unfriendliness
4. (i) Take plenty of rest (ii) Eat balanced meals, at least three times daily (iii) Avoid overworking yourself

5. Exercise is the act of making the body muscle perform some activities.

Week 9

Topic: COSMETICS AND DEODORANTS

Contents:

- Cosmetics and Deodorants
- Importance of Make-ups and Cosmetics
- Uses of Cosmetics

COSMETICS AND DEODORANTS

Cosmetics are make-ups used in improving natural features, while deodorants are used to take out of perspiration.

TYPES OF COSMETICS

Cosmetics can be classified into two major groups namely:

1. Traditional or Indigenous Cosmetics: These are naturally occurring cosmetics. Some of them were used in the past to improve appearance. They include:

- Tiro (Yoruba), Tanjere (Igbo), eye makeup (English): It can be ground into very smooth black powder. It is applied as an eyeliner using a very special thin stick reserved for the purpose.
- Camwood powder (English), Osun (Yoruba): This is reddish in colour. It can be made into a paste by mixing the powder with little water and palm oil. It can be used on the face and the entire body. It is said to have a smoothening effect on the skin
- Efun (Yoruba), Nzu (Igbo): This is local chalk. It can be made into a fine powder and applied in the face and body. It is used mostly during rites and rituals

2. Modern/Imported Cosmetics: those are cosmetics that are produced with the available materials in our society. They are mostly moved from other countries to our own country i.e

- Cleansing cream
- Perfume
- Deodorant

- Skin Tonic
- Moisturizer
- Foundation cream e.t.c

DEODORANTS: These are substances which can be applied to the skin to prevent color from forming on the body when a person sweats. Body odor is commonly caused by sweating or perspiration under the arms or in the armpits. They are different types of deodorant such as roll-on, spray or powder types.

ANTIPERSPIRANTS: These are special products or astringents that reduce the amount of perspiration a person secretes for several hours.

USE OF DEODORANTS AND ANTIPERSPIRANTS

1. Remove unsightly hair under your armpits
2. Wash your armpits thoroughly during bath
3. Apply deodorants lightly according to type e.t.c

IMPORTANCE OF MAKE-UPS OR COSMETICS

1. They are used to improve a natural feature
2. They can be used to hide a person's poor or undesirable feature
3. Some make-ups can help protect the skin
4. When properly used, they can make one look more attractive
5. Some can be used as a treatment for skin problems like pimples e.t.c

USES OF COSMETICS

1. Body creams, pommels, and lotions are rubbed into the skin to protect it from dryness
2. Hair make-up: Used for beautifying and protecting the hair
3. Eyebrow pencils, mascara, eyeshadows are used to bring out our beauty
4. Toilet soaps, bath jellies, and liquid are used in washing off dirt from the skin
5. Nail polish or vanish: To bring out the beauty of our toe and hand nails
6. Powders for beautifying and protecting the face and the body

ASSESSMENT

1. What is the difference between cosmetics and deodorants
2. Cosmetics can be classified into two major groups, list them
3. List 3 importance of cosmetics
4. What are the uses of cosmetics

ANSWER

1. Cosmetics are make-ups used in improving natural features, while deodorants are used to take out of perspiration.
2. (i) Traditional or Indigenous Cosmetics (ii) Modern/Imported Cosmetics
3. (i) They are used to improve a natural feature (ii) They can be used to hide a person's poor or undesirable feature (iii) Some make-ups can help protect the skin
4. (i) Body creams, pommels, and lotions are rubbed into the skin to protect it from dryness (ii) Hair make-up: Used for beautifying and protecting the hair (iii) Eyebrow pencils, mascara, eyeshadows are used to bring out our beauty (iv) Toilet soaps, bath jellies, and liquid is used in washing off dirt from the skin.

JSS1
HOME ECONOMICS
SECOND TERM

TABLE OF CONTENT

WEEK 1 TOPIC:	PERSONAL CLOTHING
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WEEK 4 TOPIC:	THE HOME
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WEEK 7 TOPIC:	DECISION MAKING
WEEK 8 TOPIC:	CARE OF THE FAMILY HOUSE
WEEK 9 TOPIC:	ENTERTAINMENT

Week 1

Topic: PERSONAL CLOTHING

Contents:

- Personal Clothing
- Clothes for different occasions
- Care of Clothes
- Laundry Work

A. PERSONAL CLOTHING

Clothes are garments, dresses are articles worn on the body. Outer clothing include our cloths, jewelry, shoes, hand bags and other accessories. Clothing is fiber and textile material worn on the body. The wearing of clothing is a feature of nearly all human societies. The amount and type of clothing worn is dependent on physical stature, gender, as well as social and geographic considerations

REASONS WHY WE WEAR CLOTHES

1. Protection
2. Modesty
3. Appearance
4. Role identity
5. Mood
6. Status or position
7. Culture

POINTS TO CONSIDER IN CHOOSING CLOTHES TO WEAR

1. Occasions
2. Age
3. Activity
4. Weather
5. Money available

6. Personal figure and complexion
7. Quality of fabric e.t.c

B. CLOTHES FOR DIFFERENT OCCASIONS

Remember that clothes are expensive and should be choosing considering the occasion

1. School clothes: These should be simple and comfortable. They should be of washable fabrics such as cotton, polyester e.t.c
2. Sports wear: These should allow for freedom of body movements. They should be sown to cover the body. Sport shoes should be low heeled and comfortable
3. Work clothes: Some jobs require uniform e.g. nurses, doctors, police force e.t.c Work clothes should be selected to suit the kind of work to be done. Shoes should be low heeled and comfortable
4. Under wears: These are worn directly on the skin. They must be of easily washable fabrics that are absorbent i.e (cotton material). Under wears include pants, brassieres, petticoats or waist slips and tights are meant for girls
5. Night wear: These are for bedroom use. Outside the bedroom, wear a dressing gown over the night dress.
6. Other clothing's for different occasions includes:
 - Clothes for special occasion
 - Clothes for formal occasion i,e. birthday, wedding e.t.c
 - Clothes for household work or activities e.t.c

CLOTHING ACCESSORIES

These are things worn on the body to complement our dressing. They include jewelries, shoes, handbags, make-ups e.t.c. These items should suit the clothes and occasions.

C. CARE OF CLOTHES

It is important to care for your clothes of the following reasons:

1. To improve your confidence and appearance
2. To maintain good or healthy skin
3. To look smart and presentable
4. To enable the clothes last longer
5. To maintain the color and texture of clothes e.t.c

D. LAUNDRY WORK

Laundry is the process of washing and finishing our clothing. Finishing can be done by ironing of the clothes. Steps involved in laundering of clothes include.

1. Sorting
2. Mending
3. Stain removed
4. Soaking or steeping
5. Washing
6. Rinsing
7. Boiling
8. Bluing and stiffening
9. Drying
10. Finishing or ironing

LAUNDRY EQUIPMENT

These are equipment used in washing and finishing our washing exercise. They can be classified into four major groups namely:

1. Equipment of Washing: These include buckets or pail, tubs and laundry sinks e.t.c These can be used for soaking, washing and rinsing of clothes
2. Equipment for Boiling: Include special pots and tongs for turning the clothes

3. Equipment for Drying: These include plastic or wooding pegs, clothes line e.t.c
4. Equipment for Finishing: These include irons, ironing boards, ironing pads e.t.c.

ASSESSMENT

1. Define personal clothing?
2. List 5 points to consider in choosing clothes to wear?
3. Differentiate between personal clothing and clothing accessories?
4. List two ways to care for our clothes?

Week 2

Topic: HEALTHY FEEDING HABITS

Contents:

- Healthy Feeding Habits
- Types of Food
- Meal Planning
- Guidelines for Healthy Feeding
- Guidelines for Table Manners

A. HEALTHY FEEDING HABITS/ FOOD NUTRIENTS

The human body is like a machine that needs fuel to do its work. These needs fuel to do it work. These needs are met with the help of the food we eat.

WHAT IS FOOD?

Food is any liquid or solid material which when eaten and digested can provide the body with energy. Food nutrients are chemical substances that are present in the food we eat. Food is any substance consumed to provide nutritional support for the body. It is usually of plant or animal origin, and contains essential nutrients.

There are six classes of food nutrients namely:

1. **Carbohydrates:** Carbohydrates are the main energy source for the brain. Without carbohydrates, the body can not function properly. Sources include fruits, breads and grains, starch and sugars.
2. **Proteins:** Protein is the major structural component of cells and is responsible for the building and repair of body tissues. Protein is broken down into amino acids, which are building blocks of protein. Protein sources include low-fat meat, dairy, beans, fish, soy-milk, eggs.
3. **Vitamins:** Vitamin is vital to protect our body from diseases and also maintain the health of our body. There are two types, the fat soluble and the water soluble vitamin.
4. **Fat and oils:** Fat is an energy source that when consumed, increases the absorption of fat-soluble vitamins including vitamins A, D, E and K. Sources include: margarine, palm oil.

5. **Minerals:** Minerals assist in the regulation of many body functions, some of which involve regulating fluids and producing energy and health of our bones and blood. This nutrient also helps rid our body of harmful byproducts of metabolism. Some examples of well-known minerals are calcium, potassium, sodium and iron.
6. **Water:** Water aids digestions and also controls homeostasis.

TYPES OF FOOD

1. **Comfort Food:** Comfort food is traditional food which often provides a nostalgic or sentimental feeling to the consumer and is often characterized by a high carbohydrate level and simple preparation. The nostalgic element most comfort food has may be specific to either the individual or a specific culture.
2. **Fast Food:** Fast food is the term given to food that is prepared and served very quickly, first popularized in the 1950s in the United States. While any meal with low preparation time can be considered fast food, typically the term refers to food sold in a restaurant or store with preheated or precooked ingredients, and served to the customer in a packaged form for take-out/take-away. e.g Burger, Hot Dog.
3. **Junk Food:** Junk food is a pejorative term for food containing high levels of calories from sugar or fat with little protein, vitamins or minerals. Use of the term implies that a particular food has little “nutritional value” and contains excessive fat, sugar, salt, and calories. Junk food can also refer to high protein food containing large amounts of meat prepared with, for example, too much unhealthy saturated fat; many hamburger outlets, fried chicken outlets and the likes supply food considered junk food.
4. **Organic Food:** Organic foods are foods produced by organic farming. While the standards differ worldwide, organic farming in general features cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity. Synthetic pesticides and chemical fertilizers are not allowed, although certain organically approved pesticides may be used under limited conditions. In general, organic foods are also not processed using irradiation, industrial solvents, or synthetic food additives.
5. **Whole Food:** Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed. Whole foods typically do not contain *added* salt, carbohydrates, or fat. Examples of whole foods include unpolished grains, beans, fruits,

vegetables, and animal products, including meats and non-homogenized dairy products.

6. **Natural Food:** “Natural foods” are often assumed to be foods that are minimally processed or do not contain any food additives, or do not contain particular additives such as hormones, antibiotics, sweeteners, food colors, or flavorings that were not originally in the food.

FUNCTIONS OF FOOD

1. It helps the growth and development of tissues
2. It provides the body with heat and energy
3. It helps bowel movement
4. It protects the body from diseases
5. Food is necessary for good health and vitality e.t.c

B. MEAL PLANNING/FOOD GROUPS

Meal planning is the process of organizing, arranging and preparing needs to be consumed by family members. Food nutrients can be divided into four major groups namely:

1. **Body-building foods:** These are foods with protein e.g egg, beans, milk, meat, fish e.t.c
2. **Energy foods:** These are carbohydrate and fat. They are both energy giving food though the energy supply from fat and oil is more than the nutrient of carbohydrate i.e palm oil ,groundnut oil, butter and starchy foods.
3. **Protective foods:** These help in the body building, regeneration and repairing of the body tissues. We have vitamin and minerals under protective foods . Examples are fruits and vegetables
4. **Roughage:** This is an important food item. It is the indigestible part of food such as cellulose

Feeding Habit

Feeding habit is your everyday pattern of eating. “Healthy feeding habit” results from choosing nutritious food in a conscious way while unhealthy feeding habits results from making poor food choice over a long period of time.

IMPORTANCE OF THE HEALTHY FEEDING HABITS

1. It makes you look and feel better at all times.
2. It helps in healing of wounds than when we eat a poorly nourished one.
3. It provides the body with energy.
4. It protects our body from getting some diseases later in life i.e heart diseases etc

C. GUIDELINES FOR HEALTHY FEEDING HABITS

1. Eat a well balanced meal from all the food groups.
2. Choose nutritious meal in a conscious way.
3. Choose a diet that is low in saturated fat and cholesterol.
4. Choose a diet that is moderate in sugar.
5. Choose a diet with plenty grain products, fibres, vegetables and fruits.

D. GUIDELINES FOR TABLE MANNERS

1. Always wash your hands before and after a meal.
2. Do not hurry over meal or eat too quickly.
3. Chew your food properly
4. Do not talk with food in your mouth
5. Close the mouth when chewing the food
6. Do not put too much food into the mouth at a time

ASSESSMENT

1. Define food?
2. List 6 classes of food nutrients?
3. List 4 functions of food?

Week 3

Topic: THE FAMILY

Contents:

- The Family
- Roles/Responsibilities of Family Members
- Values

A. THE FAMILY

A family is a group of persons or people who live together and are united either by cords of marriage, blood, adoption, by birth and sharing of common residence. The family consists of father and mother/ mothers and children.



Typical Example of a Family

TYPES OF FAMILY

NUCLEAR FAMILY: It can also be referred as a monogamous family. It consist of a father, a mother and children.

POLYGAMOUS FAMILY: This type of family is made of a man and his wives and their children.

EXTENDED FAMILY: It is the type of family that is made up of the father, mother, children and relatives like aunt, uncle, grandparents e.t.c



An extended family consisting of the father, mother, grandparents, cousins, aunts and uncles.

FAMILY RELATIONSHIP OR KINSHIP PATTERN

TITLE	RELATIONSHIP
Parents	Father and mother
Siblings	Brothers and sisters
Grandparents	Parents parent
Uncles	Mather's or father's brother
Aunts	Mother's or father's sister
Nephews	Brother's or sister's sons
Nieces	Brother's or sister's daughters

B. ROLES/RESPONSIBILITIES OF FAMILY MEMBERS

ROLE OF THE FATHER

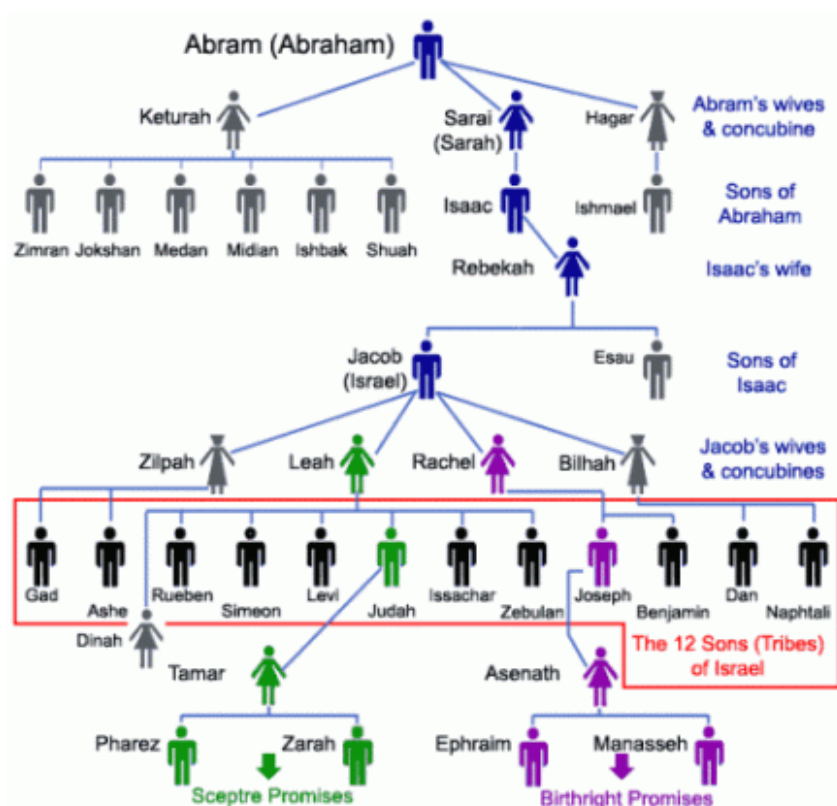
1. He is the head of the family
2. He is the family bread winner
3. He maintains discipline in the family
4. He provides money for food, clothing and the up-keep of the family
5. He shows love and maintains peace in the home

ROLES OF THE MOTHER

1. She bears and rear children
2. She shows love to her husband and children
3. She is the home-maker in the family
4. She teaches the children different skills
5. She cares for the home and the family members

ROLES OF CHILDREN

1. Respect and obey their parent and other adults in the society
2. Help with house chores for young ones cleaning the house e.t.c
3. Learn the culture of the society
4. Love themselves and their parents
5. They carry the name of the family e.t.c



Example of a Family Tree

C. VALUES

Values means the worth of and item. They are also beliefs, feelings or ideas about, what is important. Values are based on the ideas about what is right, good, desirable e.t.c. It may be positive or negative. Examples of positive values are friendship, love, respect, orderliness e.t.c. while negative values are dishonesty, envy, falsehood, corruption e.t.c. Values are things that cannot be seen, but are shown through actions

FAMILY VALUES

These are the beliefs and ideas about what is important to a family. A Family must share common beliefs and goals, must work together and be united at all times. Family values could be honesty, respect for elders, trustworthiness e.t.c

IMPORTANCE OF VALUES TO THE FAMILY

1. It helps family to make good decision
2. It controls behavior
3. It helps you to consider other people
4. It provides motivation for actions
5. It prevents conflicts

ASSESSMENT

1. Define family?
2. List the three types of family?
3. Define family values?
4. List five importance of family value?

Week 4

Topic: THE HOME

Contents:

- The Home
- Violence

A. THE HOME

A home is a house in which people/family lives. A house is just a building without people living in it. The home is abode or dwelling place for a family. It is a place where the family members can do many things such as relaxing, share their interest, activities e.t.c.

Family needs that are met in the home can be classified into three major groups namely:

1. Physical needs i.e. rest, food, sleep
2. Emotional needs i.e. comfort, privacy
3. Social needs i.e love, sense of belonging e.t.c

FACTS ABOUT THE HOME

1. It normally belongs to a family which owns it
2. It is a dwelling place for a family
3. It meets the shelter needs of the family
4. It provides comfort and security for the family
5. There must be communication among family members in the home
6. They share love, companionship and intimacy in the home

B. VIOLENCE

Violence is a physical force used to harm someone or something. It result in damage to property or injury to people. In some cases, it may results to death. Violence is “the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, which either

results in or has a high likelihood of resulting in injury, death, psychological harm, mal-development, or deprivation”.

TYPES OF VIOLENCE

Violence can be divided into three broad categories:

- **Self-directed violence:** Self-directed violence is subdivided into suicidal behaviour and self-abuse. The former includes suicidal thoughts, attempted suicides – also called *para suicide* or *deliberate self-injury* in some countries – and completed suicides. Self-abuse, in contrast, includes acts such as self-mutilation.
- **Interpersonal violence:** Interpersonal violence is divided into two subcategories: Family and intimate partner violence – that is, violence largely between family members and intimate partners, usually, though not exclusively, taking place in the home. Community violence – violence between individuals who are unrelated, and who may or may not know each other, generally taking place outside the home. The former group includes forms of violence such as child abuse, intimate partner violence and abuse of the elderly.
- **Collective violence:** Collective violence that is committed to advance a particular social agenda includes, for example, crimes of hate committed by organized groups, terrorist acts and mob violence. Political violence includes war and related violent conflicts, state violence and similar acts carried out by larger groups.

Violent acts can be:

- physical
- sexual
- psychological
- emotional



A violent act from Father to the family

FACTS ABOUT VIOLENCE

1. Its often learnt when people grow up with violence
2. It occurs in many family
3. Children and teens learn violence from adults or see it on television
4. It can be unlearned
5. Violence hurts people

DOMESTIC VIOLENCE

This is the type of violence that occurs in the home. It can be between husband and wife or among siblings or from parents to children.

TYPES OF DOMESTIC VIOLENCE

There are different types of domestic violence.

1. Child abuse: Neglect abuse
2. emotional abuse
3. physical abuse

4. sexual abuse

5. incest



Sexual Abuse

WAYS OF HANDLING DOMESTIC VIOLENCE

They are ways of handling domestic violence. All the different types of domestic violence are wrong. In order to handle it, it is necessary that:

1. Listen and provide help to those abused person if necessary
2. Always listen to your children complain not neglecting them especially those relating to abuse
3. The home should always be conducive for all family members
4. Family members should communicate properly with each other
5. Parents should know and respect the rights of their children.

Assessment.

1. Define Home?
2. Define Violence?
3. Identify and explain types of Violence?
4. List 3 ways of handling Domestic Violence?
5. List 5 types of Domestic Violence?

Week 5

Topic: HOUSING THE FAMILY

Contents:

- Housing the Family
- Factors that influence the location and choice of Family Housing
- Functional areas in the Home

A. HOUSING THE FAMILY

Housing includes the many different types of shelter (houses) in which people live.

TYPES OF HOUSES

There are different types of houses in Nigeria, they are:

1. **Traditional types:** These types of houses are still found in some of the rural areas
2. **Modern types:** These houses are usually found in our towns and cities.

Traditional houses: These are made of red mud in unique style and shape. These houses are found mostly in the northern part of Nigeria.

1. Bamboo trees: These houses come in different shapes and with that shed roof.
2. The plain mud huts: These are made with very smooth mud. In the past, the roofs were made with shed but now iron sheets are being used for the roofs.

Modern types: Modern houses can be made from red bricks or cement block with iron sheet, aluminium or asbestos for roofing. They are usually designed to contain one family. They can be inform of:

1. Storey Building: It can be designed to have two or more four flats or can be divided into four wings. Two storey building
2. Single family houses: These are single housing units that are free standing. It is on its own without sharing walls with another housing unit e.g. Duplex
3. The multi-storey houses: These can be designed to many flats.

ADVANTAGES OF SINGLE FAMILY HOUSES

1. They offer more privacy
2. They can be built or selected to meet the needs of the family
3. No co-tenants to quarrel with or have issues with.

DISADVANTAGES OF SINGLE FAMILY HOUSES

1. It is usually more expensive
2. It requires more land

ADVANTAGES OF MULTIPLE FAMILY HOUSING

1. Less land is used as compared to single family building
2. They are often more affordable
3. They are more readily available than the single family houses

DISADVANTAGES OF MULTIPLE FAMILY HOUSING

1. They may not have enough space for storage and out-door activities
2. Residents/ families may share spaces
3. It may be noisy
4. Co-tenants might have occasions to quarrel e.t.c

B. FACTORS THAT CAN INFLUENCE THE LOCATION AND CHOICE OF FAMILY HOUSING

1. Economic factors
2. Location of the houses (cities)
3. Size of the family
4. Family life cycle
5. Special needs for family members
6. Design of the house

7. Ventilation and lightning e.t.c

C. FUNCTIONAL AREAS IN THE HOME

There are many rooms in a house and each room has its own use. The following are some of the functional areas in the house

1. The sitting room: Is a room in a residential house for relaxing and socializing.
2. The dining room: A dining room is a room for consuming food. In modern times it is usually adjacent to the kitchen for convenience in serving, although in medieval times it was often on an entirely different floor level. Historically the dining room is furnished with a rather large dining table and a number of dining chairs; the most common shape is generally rectangular with two armed end chairs and an even number of un-armed side chairs along the long sides.
3. The bedroom: A bedroom is a room where people sleep. A typical Western bedroom consists of a bed, closet, nightstand, desk, and dresser
4. The kitchen: A kitchen is a room or part of a room used for cooking and food preparation. In the West, a modern residential kitchen is typically equipped with a stove, a sink with hot and cold running water, a refrigerator and kitchen cabinets arranged according to a modular design. Many households have a microwave oven, a dishwasher and other electric appliances. The main function of a kitchen is cooking or preparing food but it may also be used for dining, food storage, entertaining, dish-washing.
5. The bathroom: A bathroom is a room for personal hygiene, generally containing a bathtub or a shower.
6. The Toilet: A toilet is a sanitation fixture used primarily for the disposal of human urine and feces. They are often found in a small room referred to as a toilet, bathroom or lavatory. A toilet can be designed for people who prefer to sit (on a toilet pedestal) or for people who prefer to squat (over a squatting toilet).
7. Laundry room: A laundry room (also called a utility room) is a room where clothes are washed. In a modern home, a laundry room would be equipped with an automatic washing machine and clothes dryer, and often a large basin, called a *laundry tub*, for hand-washing delicate articles of clothing such as sweaters, and an ironing board.

8. Other functional areas in some houses are Garage – for parking cars, Swimming pool – for relaxing, Study room or Library – where you can study and where books are kept, Storage room – for storing material in the home.



SITTING ROOM



Bathroom and Toilet



Bedroom



Dining room



Garage



Kitchen



Laundry room

ASSESSMENT

1. List 4 factors that can influence the location and choice of family housing
2. Mention 5 functional areas in the home
3. Compare and contrast the advantages and disadvantages of single and multiple family housing
4. List and explain the types of houses

Week 6

Topic: FAMILY RESOURCES AND NEEDS

Contents:

- Family Needs
- Family Resources
- Needs of Children from Parents

A. FAMILY NEEDS

Needs are things that are essential. The resources for meeting these needs are however limited. The family members have physical, emotional, mental and social needs. A family needs what humans basically needs. Food, water, clothing, shelter, and air are the needs of a family. Good communication, love, respect, understanding, more time to spend together regardless of a busy hectic schedule are also what a family needs. When all these are present within a family, then the family is a happier and a healthier one as well regardless of how poor the family is or how richer or well off they it may be.

Wants are these things we desire, though they are not essential for our health and well being

TYPES OF NEEDS

Our needs can be classified into two major groups namely:

1. Basic or primary needs: clothing, housing, food
2. Secondary needs: recreation, personal allowance e.t.c

B. FAMILY RESOURCES

Family resources are things that families can use to meet their needs and reach their goals.

TYPES OF FAMILY RESOURCES

Resources can be classified into two major group:

1. Human resources: These exist within an individual i.e skills, knowledge, individual imagination, time, energy e.t.c
2. Material/non-human resources: These are resources that exist outside people but can be controlled, owned or used by the family i.e money, possession e.t.c.

CHARACTERISTICS OF RESOURCES

1. Utility
2. Accessibility
3. Inter changeability
4. Manageability

C. NEEDS OF CHILDREN FROM PARENTS

1. Meeting their daily needs: Children need to know there is someone who loves them and that their needs will be met as soon as possible. This means:
 - feeding them (babies) or giving them food when they're hungry
 - keeping them warm, dry (babies) and safe from danger
 - helping them if they are in pain, scared or upset
 - making sure there is always someone you trust to look after them
2. Making them feel safe and secure: When children feel safe and secure, they learn to trust other people. Children who do't feel safe can be anxious and unhappy. This can affect their health and learning. But when they learn that they can trust the adults around them, it helps them grow up happy, healthy and to enjoy the world around them.
3. Plenty of Praise: Your child wants to please you. If you praise them when they do well at something or are trying hard, it will make them want to do it again. Praising your child for being good will make them want to be good,

and it will help them feel good about themselves. Children who feel good about themselves tend to:

- learn more easily and make more effort to achieve
 - get into less trouble
 - get on well with others
 - make friends more easily
 - feel happier and more secure
4. Listen to them: As they get older and are more able to use words, children begin to ask lots of questions. By listening carefully and doing your best to answer their questions, you will show them that learning is fun. Listening is another way of showing that you are interested and care about them. Even when kids are asking for something they can't have, they need an answer and a simple explanation.
 5. Rewards and Special Treats: All parents want their children to behave. If you give kids attention when they are good, it will make them want to be good more often. If you only notice them when they are naughty, it might make them want to be naughty more often. The best reward for being good is getting your time and attention. Taking time to play and have fun together doesn't have to cost money. A picnic, a walk in the park or a trip to the beach can be lots of fun.
 6. Emotional Attention: As children grow older into teenagers, their needs and wants begin to differ and they develop various characters. Emotional needs of such children/teenagers should be taken care of by their parents. Parents need to pay more attention to their children as they grow up.

Assessment.

1. What do you understand by Family Needs?
2. What do you understand by Family Resources?
3. What are the characteristics of Resources?
4. Differentiate between Family needs and resources.
5. Mention 5 needs of children from their parents.

Week 7

Topic: DECISION MAKING

Contents:

- Decision Making
- Factors that Influence Decision Making

A. DECISION MAKING

Decision making is the act of making a choice from alternative causes of action. It can only take place where there are two things to choose from when you are faced with only one course of action there will be no decision making.

STEPS IN DECISION MAKING

1. Identify the decision to be made
2. List the alternatives
3. Choose the best alternative
4. Act on your decision
5. Evaluate your decision

B. FACTORS THAT INFLUENCE DECISION MAKING

Your decisions are influenced by many factors such as:

1. Family
2. Needs
3. Resources
4. Value
5. Needs and want

SIMPLE PERSONAL DECISION

Making good decisions can prevent one from making mistakes in life. Some personal decisions can have a greater effect on our individual lives than others do. Below are some of the personal decisions that are very essential in our individual lives.

1. Food related decisions: Food is very essential in our day to day activities, some decisions relating to food issues are; the food to eat at a particular time, when to eat the food, how to eat, what should I eat e.t.c
2. Clothing related decisions: It relates to clothing of every individual in a home. It has to do with what design to buy or wear, shoes to wear, hairdo to make and other accessories that will suit the wearer.
3. Housing related decisions: This includes the type of house to own, household article to buy, the size of the house e.t.c
4. Choice of friends: i.e Selecting people to relate and move with.
5. Educational decisions: It has to do with one's educational background i.e school to attend, books to read, what to become in life, the institutions to go to e.t.c

Assessment.

1. What do you understand by Decision making?
2. What are the factors that influence decision making?
3. What are the major steps in making a decision?
4. Mention 5 essential personal decisions.

Week 8

Topic: CARE OF THE FAMILY HOUSE

Contents:

- Care of the Family
- Equipment, Tools and Materials for Cleaning the House
- Cleaning of the House

A. CARE OF THE FAMILY HOUSE

The house plays many important roles in the lives of the members and also for the well being of the family

REASONS FOR CARE OF THE FAMILY HOUSE

1. It helps maintain clean appearance
2. It helps to maintain good hygiene
3. It helps to prolong the life span of the house and its content i.e cleaned carpet will last
4. To prevent the spoilage of household equipment, tools, linen, furniture etc
5. To maintain good health
6. For orderliness in the house

B. EQUIPMENT, TOOLS AND MATERIALS FOR CLEANING THE HOUSE

I. Brooms and Brushes– Brooms are made from palm fronds, while brushes are made from horse hair, nylon or vegetable fibre

USES

1. Short or hand brooms or long brushes are used for sweeping the floor
2. Long handled soft brooms and brushes are used for removing cobwebs from walls and ceiling

3. Toilet brushes – used for cleaning the water closet (WC) toilet
4. Stiff hard brushes are used for cleaning upholstery rugs and carpet etc

II. Dusters

These are normally made soft non-fluffy or lithe clothes

1. Used slightly damped with water and suitable oil
2. They can be used dry for gathering and removing dust from surface etc
3. Mop-heads made of trusted cotton yarns: These are attached to a long or short handles

USES

1. Dry mops are used for dusting surfaces
2. Damp wet mops can be used for watching floors other comma house cleaning tools includes:
3. Dust pens
4. Buckets or pails
5. Dust bin etc

C. CLEANING OF THE HOUSE

Cleaning is the process of removing dust, tarnishes, stains, and other foreign matter from articles and surface

METHODS OF CLEANING

1. **DUST:** Is fine dry loose particles blown by air. It often contains powder dry vegetables and animal matter, bacteria etc.
2. **DIRT:** Is dust that becomes firmly held moisture, Greece or rough surfaces. It is fixed dust and cannot be removed by currents of air.
3. **DUSTING:** This is the process of removal of dust, using a cloth or duster.

D. DISPOSAL OF HOUSEHOLD WASTES

Families consume different goods and services and in the process generate different kinds of wastes such as wastes food, pieces of clothes, and pieces of paper, empty tins and bottles

When wastes are not properly disposed, different problems can occur such as

1. Blockage of water channels
2. Breeding place for diseases carrying pests like mosquito

METHODS OF WASTE PRODUCTS DISPOSAL

The method of disposal is determined by the type of waste and the facilities available include:

1. Burying: That is broken plates, bottles, cups etc.
2. Burning: Dry wastes materials i.e. old newspapers, dried leaves, rags can be disposed by burning
3. Feeding animals i.e. pigs and chicken can feed on food waste such as cooked rice, yams etc. Dogs can eat bones, while goats and sheep can feed on some vegetable wastes.
4. Making composts: Waste which can rotten or decay such as vegetables some animals can be used for making compost.

Assessment.

1. List 5 reasons why we care for the family house?
2. What equipment do we use in cleaning the house and what are their uses?
3. List 4 major ways of disposing waste products?
4. Mention 3 methods of cleaning?

Week 9

Topic: ENTERTAINMENT

Contents:

- Entertainment
- Responsibilities of a Guest
- Responsibilities of a Host/Hostess
- Functions of a Waiter/Waitress
- Invitation Letter

A. ENTERTAINMENT

The simplest form of entertainment is to invite a friend for a meal, drink and hospitality. A host is a male who receives and entertains other people/persons while 'hostess' is a female who entertains and receives guests. Anyone who lodges boards or receives guests. A guest is known as a person entertained by some other people. Anyone who lodges, boards, or receives refreshment, for pay in hotels can also be referred to as a guest.

B. RESPONSIBILITIES OF A GUEST

A good guest is as necessary to the success of a party as a skillful host/hostess. The following responsibilities to be discharged by a guest who was invited to a party are:

1. Reply the invitation letter
2. Dress properly
3. Take part in all activities planned by the host, hostess
4. Treat other guests in a friendly manner/way

C. RESPONSIBILITIES OF A HOST/HOSTESS

1. Decide on the type of party to give

2. Decide on the date, the number of food to serve
3. Send invitation letters to guests well in advance
4. Shop wisely
5. Clean and decorate your home for the party.

D. FUNCTIONS OF A WAITER/WAITRESS

Waiting staffs are those who work at a restaurant or a bar, and sometimes in private homes, attending customers—supplying them with food and drink as requested. An individual waiting tables is commonly called a server,waitperson,waitress (females only), waiter (referring to males).

1. See that the dining room is neat and comfortable
2. His/her movement must be skillful, quiet and quick
3. His/her appearance must be neat and inviting
4. To see that service of meal is orderly, prompt, inconspicuous and delightful e.t.c.

E. INVITATION LETTER

Sending invitation is very important. It should be done early enough. A complete invitation letter regardless of its form should include:

1. The name of the host/hostess
2. Type of event
3. The date
4. Time and place of the party e.t.c

Assessment.

1. What are the responsibilities of a guest?
2. What are the functions of a waiter/waitress?
3. What are the responsibilities of a host/hostess?
4. What are the characteristics of a complete invitation letter?

JSS1
HOME ECONOMICS
THIRD TERM

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Week 1

Topic: SIMPLE SEWING TOOLS AND EQUIPMENT

Contents:

- Simple Sewing tools
- Types of Needles
- Guidelines for Choosing Sewing tools and Equipment

A. SIMPLE SEWING TOOLS

These are certain pieces of equipment that you require for sewing. These various simple sewing tools and equipment can be grouped according to their uses.

1. Tools and equipment for measuring

- Hem marker
- Tape measure
- Ruler

2. Tools and equipment for marking and tracing

- Tracing wheel
- Tracing paper
- Tailor's chalk

3. Tools and equipment for cutting

- Scissors and shears
- Stitch tipper

4. Equipment for stitching

- Dress maker's pin
- Pin-cushion and emery bag
- Needles e.t.c

B. TYPES OF NEEDLES

Needles are available in different sizes and types

1. Sharp: This is for average length with small eye. Used mostly for hand sewing
2. Between: A short one with a small eye
3. Crewel and embroidery: These have eyes that are easy to thread. They are used for embroidery as the name implies
4. Machine needles: Used only with the sewing machine
5. Thimble
6. Sewing machine
7. Sewing thread

SEWING BAG OR BOX

This is special container used for packing the small sewing equipment tools, and aids such as thread, tailor's chalk e.t.c when box is used, items should be orderly arranged in it. Sewing kit is a collection of small sewing tools and equipment properly arranged in a sewing box or bag

C. GUIDELINES FOR CHOOSING SEWING TOOLS AND EQUIPMENT

1. Choose tools and equipment with smooth edges to prevent snagging in fabric
2. It should be accurate and easy to read
3. Choose a tape measure that will not fray or stretch i.e plastic tape
4. Choose marking equipment that will not leave permanent marks on the fabric

5. Choose cutting equipment i.e scissors and shears that will not rust i.e stainless steel
6. Choose equipment with good and durable handles e.t.c

ASSESSMENT

1. List THREE guidelines for choosing tools and equipment?
2. List the types of needles?

Week 2

Topic: SEWING PROCESSES

Contents:

- Sewing Processes
- Types of Stitches
- Seams

A. SEWING PROCESSES

The basic process of sewing involves fastening of fabrics, leather, furs or similar other flexible materials with the help of needle and threads. Sewing is mainly used to manufacture clothing and home furnishings. In fact, sewing is one of the important processes in apparel making. Most of such industrial sewing is done by industrial sewing machines. The cut pieces of a garment are generally tacked, or temporarily stitched at the initial stage. The complex parts of the machine then pierces thread through the layers of the cloth and interlocks the thread. Stitching is the process of passing threaded needle in and out of a material to make a specific design pattern.

IMPORTANCE OF SEWING PROCESSES

Stitches are used to

1. Join two or more pieces of materials together
2. Mend clothes
3. Make embroidery or decorative designs or clothes and article.

B. TYPES OF STITCHES

1. Temporary stitches: These hold pieces of fabric together temporarily i.e within a short period of times. They are removed as soon as they have served their purpose i.e even temporary stitches and tailor's stitches
2. Permanent stitches- These are used in joining two or more pieces of materials together permanently. A machine tread must be used in joining the clothing together i.e running stitches, back stitches, hemming stitches, sewing stitches. etc

3. Decorative\Simple Embroidery stitches– These are used for decorating garment. They are used on well made garment. The decoration should be suitable for the material as well as the wearer. Samples of decorative stitches are stem stitches, chain stitches, French knot, herring bone stitches etc.

C. SEAMS

A seam is the line of stitching that joins two or more pieces of cloth together. There are different types of seams. It is important to choose the correct seam for any given article or part of garment

POINTS TO CONSIDER WHEN CHOOSING A SEAM

1. Purpose or use of the garment
2. The kind of material or fabric being sewn i.e flat seam are suitable for heavy materials like wool while French seam is suitable for thin materials like silk
3. The person to wear the clothes
4. Position of the seam i.e lapped seam is suitable for curved seams

TYPES OF SEAM

1. Open of plain seam– This is the simple and most commonly used seam. It has little bulk
2. French seam– This is a flat seam. It does not show from the right side. All raw edges are completely enclosed. It is suitable for children's cloth
3. Run and fell seam– This lies flat within the rows of stitching on the right side of the garment. All raw edges are enclosed, thus no extra neatening is required. It is strong and durable.
4. Lapped or over laid seam– It is visible on the right side. It is very strong and commonly used on pointed seams where stitches from the inside is difficult

ASSESSMENT

1. The basic process of sewing involves___
2. List THREE importance of sewing processes

Week 3

Topic: COSMETIC PRODUCTION/ HOUSEHOLD CRAFTS

Contents:

- What are Cosmetics?
- Uses of Pomade

A. WHAT ARE COSMETICS?

Cosmetics are product which is applied in different part of the body to improve the natural features in us. They include pomade, deodorant, powder, lips sticks, creams. Cosmetics (also known as makeup or make-up) are care substances used to enhance the appearance or odor of the human body. They are generally mixtures of chemical compounds, some being derived from natural sources (such as coconut oil) and many being synthetics. In the U.S., the Food and Drug Administration (FDA), which regulates cosmetics, defines cosmetics as “intended to be applied to the human body for cleansing, beautifying, promoting attractiveness, or altering the appearance without affecting the body’s structure or functions.”

TOOLS FOR MAKING POMADE

1. Sauce pan
2. Mixing spoon
3. Bottle or plastic pomade container

RECIPE

1. 1 cup of petroleum jelly
2. 4/5 cup of mineral oil
3. 1% mineral wax for thickening
4. 1 teaspoon of linolime
5. Color and perfume

PROCEDURE

1. Measure out all ingredients as specified
2. Put all ingredients in a sauce pan
3. Add linolime into the mixture
4. Add to wax and melt
5. Add color
6. Add perfume and avoid evaporation
7. Stir thoroughly to obtain your pomade and pour into the container

B. USES OF POMADE

Below are the uses of pomade

1. To protect the skin from harsh effects of the weather especially in dry season
2. It can be applied to cuts and burns (minor)
3. It can be applied to dry skin
4. Applied on the skin after bath to give the skin a fresh healthy looks

ASSESSMENT

1. What are Cosmetics?

Week 4

Topic: SEXUALLY TRANSMITTED DISEASES

Contents:

- Sexually Transmitted Diseases
- Acquired Immune Deficiency Syndrome
- Self Medication

A. SEXUALLY TRANSMITTED DISEASES

Sexually Transmitted Diseases and Venereal Diseases are illnesses spread from one person to another through sexual contact.

TYPES OF SEXUALLY TRANSMITTED DISEASES

1. Gonorrhoea – Is caused by the bacterium *Neisseria gonorrhoea*. Symptoms includes

- Itching and discharge from penis and vagina
- Painful urination
- Can cause Infertility
- If a pregnant woman has the disease, her child eyes will be affected at birth

2. Syphilis – This is caused by the bacterium *Treponema palladium*. Symptoms and sign include

- Sores on the sex organs
- Fever, aches, rashes and hair loss.
- At latter stages, it affects the heart, eye and brain
- It can lead to insanity and death

B. (AIDS) ACQUIRED IMMUNE DEFICIENCY SYNDROME

Acquired Immune Deficiency Syndrome is a spectrum of conditions caused by infection with the virus called human immunodeficiency virus (HIV).

I. HOW HIV SPREADS

HIV is found in the blood and in the sexual fluids (semen in men and vaginal secretions in women). HIV is spread through

1. Having sex with someone who already has HIV.
2. Transfusion of infected blood
3. Use of a needle, blade, clippers or sharp objects that have been used on person with HIV and not sterilized afterwards
4. Mother to Child during Pregnancy or at Child Birth

II. SIGNS OF HIV/AIDS

1. People with HIV/AIDS suffer from different and opportunistic sicknesses like fever, rash and diarrhea
2. They lose weight
3. Death is the final result

III. WAYS HIV INFECTION CAN BE PREVENTED

1. Abstinence: Do not have sex until you get married. When you are married you stay faithful to your partner
2. Women with HIV should seek advice before getting pregnant
3. Avoid blood transfusion as much as possible
4. Do not share razor blades
5. Cover cuts and wounds with waterproof plaster

IV. WHAT HIV DOES TO THE BODY

HIV (human immunodeficiency virus) damages the body's immune system, which interferes with its ability to fight off disease-causing agents. The virus kills CD4 cells, which are white blood cells that help fight off various infections. HIV is carried in body fluids, and is spread by sexual activity. It can also be spread by contact with infected blood, breast feeding, childbirth, and from mother to child during pregnancy. When HIV is at its most advanced stage, an individual is said to have AIDS (acquired immunodeficiency syndrome). There are different stages of the progression of HIV infection. The stages include primary infection, asymptomatic infection, symptomatic infection, and AIDS. In the primary infection stage, an individual will have flu like symptoms (headache, fatigue, fever, muscle aches) for about 2 weeks. In the asymptomatic stage, symptoms usually disappear, and the patient can remain asymptomatic for years. When HIV progresses to the symptomatic stage, the immune system is weakened, and has a low cell count of CD4+ T Cells. When the HIV infection becomes life-threatening, it is called AIDS. People with AIDS fall prey to opportunistic infections and die as a result.

V. GUIDELINES FOR CARING FOR PEOPLE WITH HIV

1. Provide a home where there is peace, rest, love and acceptance
2. Help them with household work so that they can have time to rest
3. Make them eat nutritious food
4. Share their financial burden.
5. Wash their clothes and sheets
6. Pay their regular visit

C. SELF-MEDICATION

Self medication is the process where a person prescribes a drug for self or gets someone else other than a qualified professional to do so when she/he is sick.

1. A person's self diagnosis of illness might be wrong so you may buy the wrong drug for an illness
2. You might choose the wrong drug even if you are sure of the disease
3. You may take the wrong dosage of drug even when the drug is suitable of the illness
4. There maybe serious side effect of you given

ASSESSMENT

1. What are sexually transmitted diseases?
2. List THREE types of sexually transmitted diseases?

Week 5

Topic: PUBERTY, PERSONAL HYGIENE AND ADOLESCENCE

Contents:

- What is Puberty?
- Menstruation
- Body Odour
- Special Needs and Challenges of Adolescents

INTRODUCTION

At about ten to fourteen years of age, different changes take place in the body of both boys and girls. These changes are signs of puberty.

A. WHAT IS PUBERTY?

Puberty is the short span of time which marks the beginning of sexual maturation. This period differs in both boys and girls. Boys gradually reach puberty at about the age of twelve, while girls reach at about ten to eleven.

I. DIFFERENCE BETWEEN ADOLESCENCE AND ADOLESCENTS

Adolescence is the period in every individual's life that lies between the end of childhood and beginning of adulthood. It is specially a period in one's life, when you prepare to be an adult while adolescent is a boy or girl that is passing through the adolescence period.

II. SIGNS OF PUBERTY

BOYS

There is increase in height

Voice breaks and become deeper and their chest broader

Sex organs develop

The boys have wet dreams

GIRLS

The increase in the girl is rapid, but boys later catch up with them and may overtake them

Hips become broader

Menstruation starts

The breast develops

III. SIMILAR SIGNS IN BOYS AND GIRLS

1. Pimples sometimes appears on their face but they usually disappear after a time
2. Hair grows under armpits of both girls and boys and at the lower end of the abdomen, around the reproductive organs, beard around the jaw.

IV. COMMON CHARACTERISTICS IN ADOLESCENT BOYS AND GIRLS

1. They try to gain independence from their parent
2. Become self-conscious and may bother about their appearance
3. Feeling of attraction to the opposite sex
4. Have emotional changes. They can be anxious moody or irritable
5. Could show concern about their future
6. Feel hungry easily. They are growing fast, they therefore need extra food.

B. MENSTRUATION

Menstruation is the monthly flow of blood from the womb, through the vagina in every woman of childbearing age. This period is called Menstrual Period. It takes place after about every 25-30 days. The number of days before the next period is called 'Menstrual Cycle'. The menstrual period is different from one person to another.

I. MENSTRUAL HYGIENE

As the body sends out blood, it also sends out body odor. It should be noted that during the menstrual period, there is a high risk of infection.

II. MENSTRUAL HYGIENE PRACTICES

The following are the hygiene practices to follow during menstruation:

1. Use very good and absorbent sanitary pads
2. Take frequent baths (at least twice a day)
3. Sanitary pad should be changed to prevent odor.
4. Some powder may be sprinkled on the inside of each thigh to reduce the chances of the place becoming sore
5. Always wash your hands after each change of pad
6. The soiled pad should be wrapped in paper or nylon before disposing in the waste bin

C. BODY ODOUR

When a teenager reaches puberty, there is an increase in body secretion. This can lead to a bad or strong odor in both boys and girls. 'Body odor' is an unpleasant smell that comes from the body most especially during rigorous exercise or after engaging in strenuous activities.

I. CAUSES OF BODY ODOUR

1. Failure to bath regularly
2. Poor hygiene during menstruation
3. Stale perspiration.
4. Using of body care products that smells badly i.e cream, soaps, perfume etc.
5. Wearing dirty clothes i.e under wears generally
6. Accumulation of dirty on the body.

II. PREVENTION OF BODY ODOUR

1. Frequent bathing is very important i.e during menstrual period or after a rigorous exercise

2. Changing your under wears every day.
3. If you sweat a lot , use a very good deodorant especially under your armpits.
4. Dress smartly, but seriously
5. Use cosmetics moderately
6. Use light perfume especially around pulse area
7. It should be used only on clean clothes and body to give a sweet smell

D. SPECIAL NEEDS AND CHALLENGES OF ADOLESCENTS

1. Adjustment
2. Status
3. Independence
4. Need for achievement
5. Peer pressure
6. Physical needs
7. Needs for parental understanding and support.

ASSESSMENT

1. What is Puberty?
2. List FOUR signs of Puberty in both girls and boys?
3. Differentiate between Adolescent and Adolesent?

Week 6

Topic: THE IMPACT OF FAMILY VALUES ON LIFESTYLE

Contents:

- What is Value?
- Importance of Values or Value System
- Factors that Influences Values

A. WHAT IS VALUE?

Value is the worth placed on item, Values are beliefs, feelings or ideas of what is important, desirable and good.

Lifestyle is the particular way of life of a person, family or a nation.

TYPES OF VALUES

1. **INTRINSIC VALUES:** These are values that are important for their own sake. Examples are, love, freedom, truth e.t.c.
2. **INSTRUMENTAL VALUES:** These are values that help you to achieve the intrinsic or high values. Examples are orderliness and efficiency.
3. **Values that are intrinsic and instrumental:** These can impact and also can you in achieving higher values. Examples are comfort, health, religion, honesty e.t.c.

TYPES OF LIFESTYLE

1. **Roles and Roles combination:** The different ways are based on the roles performed by each person e.g employers, employees, parents e.t.c
2. **Consumer Practices:** Some people may be conspicuous consumers, others maybe moderate e.g types of food, clothing e.t.c. which people choose
3. **Occupation and Employment patterns:** Pattern will normally influence how a person does a thing i.e. the life styles e.g bankers, doctor, teachers.

B. IMPORTANCE OF VALUES OR VALUE SYSTEM

I. TO THE INDIVIDUAL

1. A value system helps you to make decisions
2. Values provide motivation
3. Values control behavior
4. Dear values provide confidence and strength
5. Values bring consistency to your outlook and actions
6. Values determines the type and levels or goals you set for yourself

II. TO THE FAMILY

1. Determines the quality of life and lifestyle of the family
2. Determines the types of goals the family sets
3. Influences family decisions
4. Determines how families use their resources
5. Helps family to decide the nature and effect of outside family

III. TO THE SOCIETY

1. It helps the society to make decisions about resources allocation
2. It helps the society to develop various areas of importance or economy e.g health, education e.t.c
3. It helps the society to provide for every member of the society
4. It helps the society to plan and provide good programs for the citizens
5. It helps the society to solve problems in country
6. It helps society to prevent evil practices in the country

C. FACTORS THAT INFLUENCES VALUES

1. Family
2. Education
3. Friends you keep
4. Older persons who serve as examples
5. Movies, television, books, internet
6. Religious belief/ trainings

7. Culture of the society

ASSESSMENT

1. Define Value?
2. List TWO types of Value?
3. List FIVE factors that influences Values?

Week 7

Topic: FAMILY CONFLICTS

Contents:

- What is Conflict?
- Ways of Resolving Conflicts

A. WHAT IS CONFLICT?

A conflict is a struggle between two or more people who disagree. A family conflict is a struggle between two or more family members who disagree over issues.

CAUSES OF CONFLICTS IN FAMILIES

1. Situational Causes: Any situation that dissatisfies people can cause conflict
2. Personality Difference: Different behavioral pattern can bring about conflicts in the family
3. Power Struggle: Conflicts can occur when people feel a need to be in control. Power is the ability to influence another person.

NEGATIVE RESULTS OF CONFLICTS

1. Negative emotions arise such as anger, fear e.t.c
2. People who are often angry may become ill
3. People may say things they do not mean
4. Relationships suffer
5. Violence may occur

B. WAYS OF RESOLVING CONFLICTS

Conflict resolution is a process that occur in five stage

1. Becoming aware of the conflict or problem
2. Setting limits
3. Arguing stage
4. Negotiating and compromise
5. Following up

IMPORTANT GUIDELINES IN CONFLICT RESOLUTION

1. Use words, not fists
2. Take a decision to resolve the conflict peacefully
3. When you talk, take turns i.e every person must be given the chance to talk
4. Show respect to the other person and control your voice
5. Speak the truth

ASSESSMENT

1. Define Conflict?
2. List the causes of conflict?

Week 8

Topic: HUMAN RIGHT AND VIOLATION

Contents:

- Human Right
- Hints to Note about Rights of the Child
- Basic Principles of Child Rights

A. HUMAN RIGHT

A right is a statement showing a nature due, moral claim and legal entitlement. Right can also be called freedoms and benefits that are guaranteed to people by law.

Fundamental Rights

Fundamental rights of every Nigeria person are written in the constitution of the Federal Republic of Nigeria, chapter IV section No – 43, page 18–20. These include:

1. Right to life
2. Right to dignity of human person
3. Right to fair hearing
4. Right to private and family life
5. Right to freedom of thought, conscience and religion
6. Right to freedom of expression and the press
7. Right to freedom of movement
8. Right to freedom from discrimination
9. Right to acquire and own immovable property anywhere in Nigeria

B. HINTS TO NOTE ABOUT THE RIGHTS OF A CHILD

1. In Nigeria, a child is anybody who is 18 years or below
2. The United Nation (UN) convention on the right of the child was adopted by the UN General Assembly on 25th of November 1989. Nigeria was one of the countries that ratified the convention.

3. The organization of African Unity (AU) proclaimed the 1990's as the 'decade of the African Child'
4. June 16th of every year was set aside as the 'Day of the African Child'
5. Parents, Teachers, government and children have roles to play in the implementation of the rights of the child.

C. BASIC PRINCIPLES OF CHILD RIGHTS

1. Every child has the right to life
2. Every child is entitled to a name, family and nationality
3. Every child is free to belong to many associations or assembly according to the law.
4. Every child has the right to express opinion and freely communicate with them on any issues subject to restriction under the law
5. Every child is entitled to receive compulsory basic education
6. No child should suffer any discrimination irrespective of ethnic, language, religion e.t.,c

RIGHTS OF WOMEN AS STATED BY CONVENTION ON THE ELIMINATION OF ALL FORMS OF DISCRIMINATION AGAINST WOMEN (cedaw)

1. The right to work as an inalienable right of all human beings
2. The right to the same employment opportunities as men
3. The right to free choice of profession and employment
4. The right to social security programs
5. The right to family benefits
6. The right to free choice of vocational training

ASSESSMENT

1. Fundamental rights of every Nigeria person are written in the constitution of the Federal Republic of Nigeria, chapter IV section No – 43, page 18-20. State them?

