

HOME ECONOMICS

FOR

Junior Secondary School



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AKADALEARN

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FIRST TERM HOME ECONOMICS JSS2

Week 1

Topic: FAMILY CRISIS

FAMILY CRISIS

A family crisis is a situation that marks a turning point in a Family, when things cease to go on as usual in the family as a result of some certain situations or changes going on in the family.

TYPES OF FAMILY CRISIS

1. Arrival of a new baby
2. Clashes of personality
3. Relocation of family
4. Loss of job/ employment
5. Divorce
6. Illnesses and accidents
7. Death of a family member

I. ARRIVAL OF A NEW BABY

The arrival of a newborn baby is normally a joy to the family but it can also be a source of crisis in the following ways:

1. The father may feel neglected
2. Other children may become jealous
3. More pressure on the family's resources
4. More demand on the mother's time and energy
5. Everyone in the family is affected by the 24 hours a day job of taking care of the baby

WAYS OF MANAGING THE CRISIS

1. The family should plan and prepare properly before each new baby arrives
2. Everyone in the family should be involved in some aspects of the child

II. CLASHES OF PERSONALITY

Family members differ in their abilities, likes and dislikes and in the way they react to different situations

WAYS OF MANAGING THE CRISIS

1. Family should set family values, lifestyles, goals and standards
2. The family must agree on how to accommodate individual value systems
3. Family rules should be acceptable to members

III. RELOCATION OF FAMILY

Family may have to move from where they live to another place.

WAYS OF MANAGING THE CRISIS

1. Have a positive attitude
2. Give the new community and people a chance
3. Join a local group
4. Learn as much as possible about the new community

IV. LOSS OF JOB/EMPLOYMENT

When a family member especially the bread winner loses his job, a serious crisis results. In such situations the family needs can no longer be met.

WAYS OF MANAGING THE CRISIS

1. Family goals will need to be reviewed
2. Alternative employment must be sought

3. Family members may have to take on new responsibilities

V. DIVORCE

Divorce means the break up of a marriage. Divorce has negative effects on husband and wife, children and in-laws.

WAYS OF MANAGING CRISIS

1. The family members need to find ways of adjusting wherever they find themselves
2. Parents needs to agree on how to help the children
3. Children should be allowed to communicate with parents
4. Counselling can help

OTHER GENERAL STRATEGIES FOR FAMILY CRISIS

1. Co-operation
2. Communication
3. Follow family routine as fast as possible
4. Where it is necessary and possible, family can always seek help from outside
5. The family should be adaptable to changes which may come with crises

ASSESSMENT

1. What is family Crises?
2. List FOUR types of family crises?
3. List FOUR ways of managing family crises?

Week 2

Topic: FOOD NUTRITION

FOOD NUTRITION

Nutrients are chemical substances in the food we eat. Nutrients are the nutritional components in foods that an organism utilizes to survive and grow. Nutrient is defined as “a substance obtained from food used in the body to promote growth, maintenance, and repair of body tissues”, or simply as “a substance that provides nourishment”.

There are six classes of food nutrients. They are:

1. Carbohydrate
2. Fats & oil
3. Proteins
4. Minerals
5. Vitamins
6. Water

Food nutrient	Functions	Sources	Deficiency
1. Carbohydrate	Provides the body with heat & energy for work	Yam, rice, maize	Lack of energy tiredness.
2. Fats & oils	Same as above	Butter, magazine, palm oil	Skin may become rough
3. Proteins	For growth For building new tissues. For repair of damaged, worn out tissues	Meat , fish, egg, beans, soya beans	Poor growth & development generally weakens, kwashiorkor
4. Mineral	For growth e.g bones, teeth-;	milk, egg, meat milk	Poor functioning of the body e.g weak,

	for building new tissues; for repair of damage		bones and teeth, headaches
5. Vitamins	Protect the body from diseases. Important for vitality	Fruits, vegetables, egg yolk, cold liver oil	Loss of immunity, weakness and loss of appetite
6. Water	Helps digestion; important for body tissues and fluids	Fruits, vegetables, drinking water, beverages	Normal digestion and other bodily functions may be affected

Protein

- Protein is mainly used for growth and body repair.
- When there is an insufficient intake of energy, protein would be broken down and used as body fuel, which may lead to protein-energy malnutrition.
- One gram of protein provides 4 kcal.

Carbohydrate

- Carbohydrate is the major energy source in an average diet, which is also the preferred fuel.
- One gram of carbohydrate provides 4 kcal.
- When adequate carbohydrate is provided in the diet, protein would be spared for growth and repair.
- Carbohydrate can be divided into three main types: monosaccharides, disaccharides and complex carbohydrate (starches and dietary fibres)

Fats and Oil

- Fat is technically known as triglycerides, which is a class of lipids
- Fat is a concentrated energy source, which provides 9 kcal for each gram of fat.
- Fat carries fat-soluble vitamins, i.e. vitamin A, D, E and K.

- Fat prevents heat loss in extreme temperatures and protects organs against shock.
- Fat can be divided into saturated fat and unsaturated fat depending on their chemical structures.
- Unsaturated fat can be further divided to mono- and poly-unsaturated fats.
- Excess fat intake has been linked to major health problems, including an increased risk of heart disease, obesity, hypertension, diabetes and certain types of cancers.

Vitamins

- Vitamins are micronutrients, meaning the body needs them in small quantities.
- Vitamins are organic compounds produced by living beings, while minerals are inorganic elements that originate in the earth.
- Vitamins and minerals support the body's biochemical processes.
- Each of the vitamins and minerals has a distinct function, including regulating metabolism, guarding the cells from oxidative stress and synthesizing hormones.

Water

- Water is vital for the normal functioning of all your body's systems.
- It helps cleanse your body of wastes and toxins, carries essential nutrients to your cells, lubricates your joints and helps maintain your body temperature.
- If your urine output is about 6 cups per day, your urine is slightly yellowish or clear and you don't often feel thirsty, your water intake is likely adequate.

ASSESSMENT

1. List the SIX classes of food nutrients and TWO sources each?

WEEK 3

TOPIC: FOOD HYGIENE AND PREPARATION

Contents:

Food Hygiene

Guidelines for Food Hygiene

A. FOOD HYGIENE

Food hygiene is the prevention of harmful bacteria from growing in the food by keeping the kitchen clean as well as washing, cooking and storing food properly. Food hygiene are the conditions and measures necessary to ensure the safety of food from production to consumption. Food can become contaminated at any point during slaughtering or harvesting, processing, storage, distribution, transportation and preparation. Food hygiene is important because harmful bacteria can grow in food and spread food-borne disease such as typhoid and botulism.

GUIDELINES FOR FOOD HYGIENE

1. Wash cooking utensils and surfaces with hot soapy water every time you prepare food
2. Wash fresh fruits and vegetables thoroughly with a little salt water
3. Wash the tops of can foods such as sardine and evaporated milk before opening them
4. Use clean plate for cooked food
5. Keep pests such as dogs and cats out of the kitchen
6. Wash your hands after using the toilet and before you handle food
7. Cover your hair when in the kitchen so as to keep hair out of food
8. Store perishable food (meat, fresh fish) in the freezer
9. Once food is cooked, keep it hot until it is eaten
10. Store leftover food in the refrigerator

GUIDELINES FOR SUCCESSFUL COOKING AND SERVING OF MEALS

As you get ready to cook, there are certain procedures you have to follow these are:

1. Plan how to cook balanced meals
2. List all the ingredients required and use food in season
3. Clean all the utensils
4. Make yourself clean and ready for work by:
 - Your hair must be covered with a clean scarf
 - Wear a clean apron
 - Wash your hands thoroughly
 - Avoid sneezing into the food
 - Cook food by the best method in order to have maximum retention of nutrients cooking includes:
 1. boiling: i.e. cooking food in boiling water e.g yam
 2. steaming: i.e. cooking food in the steam not boiling water
 3. frying: cooking food in hot oil e.g. akara
 - Tidy up the kitchen after cooking

ASSESSMENT

1. Define Food Hygiene?
2. List FIVE guidelines for Food Hygiene?

Week 4

Topic: BEVERAGES

Contents:

- Beverages
- Washing Up

BEVERAGES

A beverage is any liquid for drinking apart from water. Drinks artificially prepared for human consumption are called beverages. Beverages are used for the following:

1. Refreshment and quenching the thirst e.g. coke, fruit juice
2. Stimulating the body in cold weather e.g. coffee, tea, vodka
3. Nourishing the body e.g. milk drinks, egg flip

There are different types of beverages made to fulfill our cravings.

Soft drink is a non-alcoholic carbonated beverage that contains flavorings, sweeteners and other ingredients. It is usually commercially prepared and sold in bottles or cans. It may or may not contain calories depending on the sweetener used. Soft drinks are available in regular, diet, low calorie, caffeinated and caffeine-free drinks.

Alcoholic beverages are said to have negative effects on human health because of its alcohol content. However, the nutrients that each variety of these beverages contains should not be overlooked. Calories and carbohydrates can be found in all alcoholic beverages. Polyphenols found in red wine is known to be a good antioxidant. It acts within the body to reduce chemicals that damage cells or free radicals. Resveratrol, another powerful antioxidant in red wines, helps prevent damage to blood vessels and blood clots.

Fruit juices are not only tasty but also a great source of nutrients such as fiber, vitamins, minerals and antioxidants. Fruits can bring innumerable health benefits and the nutrient you can get from fruit juices depends on how natural it is. Nutrients contained in milk are essential for maintenance of good health. It is an excellent source of calcium and a good source of phosphorus, magnesium and other nutrients.

Milk consumption is recommended because it promotes healthy balanced diet. Other types of beverages are tea, coffee, soy-based beverages, energy and sports drinks.

Other beverages are:

Milk and Dairy Based Beverages – Milk is an excellent source of calcium and good source of other essential nutrients, including vitamin D, potassium, vitamin B12, riboflavin, phosphorus and protein.

Energy drinks – The ingredients and nutrient contents of various brands of energy drinks varies considerably. Energy drinks provide carbohydrates and caffeine and some contain B vitamins, amino acids and herbal extracts

COFFEE

This is a breakfast beverage that contains caffeine (stimulant to the heart and nerves). Coffee has no food so it is wise to drink it with milk. It should be stored in a tightly covered container to preserve flavor.

PREPARATION OF INSTANT COFFEE

½ -1 teaspoon of instant coffee powder

1- cup boiling water

milk (as desired)

sugar (to taste)

METHOD

1. Put the coffee powder into a cup
2. Add boiling water
3. Add hot milk
4. Add sugar to taste
5. Stir and serve

COCOA

Cocoa powder is made from cocoa beans. It contains a little carbohydrate and fat.
Examples of cocoa beverage –

METHOD OF PREPARATION OF COCOA

1-2 tea spoon of cocoa powder

Boiling water

½ cup of milk

Sugar to taste

1. Place the cocoa powder into cup, gradually add boiling water
2. Add milk and sugar
3. stir well and serve

WASHING UP

After preparation and service, it is important to wash up utensils and put the kitchen in order. Guidelines are:

1. Get all materials necessary ready and within reach
2. Wash in hot soapy water
3. Rinse every item well in clean water
4. Put the items away in the proper places
5. Rinse the sink and wipe it dry
6. Wipe the table of counters used
7. Wash the dish cloth and put out to dry in the sun

ASSESSMENT

1. Cocoa powder is made from___
2. There are different types of beverages made to fulfill our cravings, they are?

Week 5

Topic: MANAGING FAMILY CLOTHING

Contents:

What is Family Clothing?

Guidelines on proper storage of Family Clothing

Garment Repairs

A. WHAT IS FAMILY CLOTHING?

Family clothing refers to garments, dresses or articles we place on the body to prevent exposure, beautify or adorn it. Clothing is very necessary for human beings and they require good management for the following reasons:

1. It makes the material last longer
2. Regular washing and good maintenance of clothing in the wardrobe keeps materials fresh
3. Mending of clothes help to save money for the owner as the repaired clothes could still be worn instead of being thrown away
4. Good health and good appearance are maintained by wearing clean and well-kept clothes
5. Good clothing maintenance adds to personal pride

B. GUIDELINES ON PROPER STORAGE OF FAMILY CLOTHING

1. Place the dress on a hanger as soon as it is removed from the body
2. Do not hang a garment by its neck on a hook or nail. This pulls the dress out of shape
3. Use hangers that are suitable for the width and curve of the shoulders
4. Remove belts from dresses that are hung as this may cause strain on the side sea
5. After hanging and brushing the clothes, air them to remove body odor and grease

METHOD OF STORAGE AND CARE OF FAMILY CLOTHING

1. Brush dresses before putting them away
2. Remove stains immediately they occur to save the fibres from damage
3. Remove decorations on the garments before they are put away
4. Iron clothes regularly before wearing them again
5. Do not put perfume on the clothes, perfumes contain chemicals that can spoil the fabrics

C. GARMENT REPAIRS

Garment repairs is the process of mending clothing article. Garment repair is important for the following reasons:

1. Proper garment repair helps to prolong the life and usefulness of clothes
2. It gives the clothes and wearer a good appearance
3. It keeps the wardrobe tidy
4. It prevents more damage to clothes
5. It saves money that could have been used to buy new clothes

Week 6

Topic: HOUSEHOLD LINEN

HOUSEHOLD LINEN

Household linen refers to textile used in the home–economics. Example of household linen include

1. Curtains and draperies
2. Bed linen e.g. bed sheets, mattress covers, blanket, pillow cases e.t.c
3. Table linen e.g. table clothes, table napkins, tray or trolley and tea clothes
4. Bathroom linen e.g. bath towels and face towels
5. Kitchen linen e.g. dish cloth, hand towels, glass cloth tea towels, muslin, oven gloves or clothes

Before we choose household linen consider:

1. The type of fabric
2. Durability of the fabric
3. The needs and size of the family
4. Money available to the family
5. Size of the bed should be considered when choosing bed sheets, pillow cases and bed spread
6. All types of towels should be soft and absorbent
7. Household linen should be color friendly

GENERAL PROCEDURE FOR MAINTAINING HOUSEHOLD LINEN

1. Wash napkins and floor clothes immediately after use
2. Iron washed linen properly
3. Air and fold the aired linen properly
4. Dirty linen should be kept in a covered basket until they can be laundered

5. Remove all stains during the washing process
6. Store heavy linen e.g. bed spread in dry shelves in a cupboard
7. Small light articles such as clothes, napkins may be kept in drawers

STORAGE OF HOUSEHOLD LINEN

Household linen are stored in drawers, ottoman chests, glass shelves (in the toilet and bathroom) and metal racks in the kitchen.

ASSESSMENT

1. Define Household Linen?
2. List FIVE examples of Household Linen?

Week 7

Topic: FAMILY HOUSE

FAMILY HOUSE

A Family house is a building in which members of the house live together. There are several areas in a family house.

The functional areas of a family house are used for different purposes. The functional areas include kitchen, bedroom, toilet, bathroom, sitting room, dining room, laundry room (optional).

Sitting room: It is used to receive and entertain visitors. The family relaxes and watches Television here. Precious collections are displayed on the étagère in the sitting room. Sometimes parties and meetings are held in the sitting room

Dining room: This is where the family and visitors eat their meals.

Bedroom: This is where people sleep, keep valuables and dress up.

Bathroom: This is where family members take their bath

MAINTENANCE OF THE FAMILY HOUSE

In the family house, there are various types of surfaces. Surface in this context refers to the floors, walls and ceilings in the house.

The surfaces need regular maintenance to keep them in good condition. The Equipment used to maintain the family house are vacuum cleaner, carpet sweeper, broom, mop, scrubbing brush e.t.c while materials used are soap, abrasives, detergents, bleach and disinfectant. All surfaces are swept and dusted daily.

Tiled, wooden, cement and terrazzo floors are mopped and scrubbed weekly while carpets, rugs and heavy curtains are vacuumed monthly.

Household waste is disposed off daily. The surroundings are kept clean by cutting grass around the house and by preventing stagnant water from collecting around the house. Broken furniture and fixtures (tap, sinks, door handles e.t.c) are repaired regularly.

ASSESSMENT

1. Define Family House?
2. How can a Family House be maintained?

Week 8

Topic: EQUIPMENT/MATERIALS FOR HOUSEHOLD MAINTENANCE

CLEANING AGENTS

Cleaning agents can be classified as solvents, detergents, abrasive, alkalis, bleaches, waxes and polishes.

CLEANING EQUIPMENT

We have brooms, brushes, dusters, mops and dust pans as cleaning equipment others include buckets, carpets, sweeper and vacuum cleaner.

GENERAL GUIDELINES FOR CARE OF CLEANING EQUIPMENT

1. Handle them carefully
2. Use them correctly
3. After each use clean the equipment
4. Give each equipment more thorough cleaning once a week
5. Store each equipment properly after use once a week
6. Avoid damaging equipment
7. Repair a damaged equipment as soon as possible.

ASSESSMENT

1. Cleaning agents can be classified as____
2. What are cleaning equipments?
3. List FIVE GENERAL GUIDELINES FOR CARE OF CLEANING EQUIPMENT?

Week 9

Topic: COOKING AND PREPARING OF SIMPLE SNACKS

COOKING AND PREPARING OF SIMPLE SNACKS

Snacks are easily cooked light meals. Snacks are prepared mainly to be taken during break periods at work, in school, at the farm or when travelling. Examples of snacks are chinchin, buns, plantain chips, akara balls e.t.c

GUIDELINES FOR THE PREPARATION AND SERVING OF SNACK

1. The snack should be balanced
2. It should be light and easy to digest
3. It should not prevent the individuals from eating the main meals
4. Snacks should be served with suitable drinks

SERVING SNACKS AND BEVERAGES

1. Snacks are usually foods that can be eaten with fingers. They may be served casually
2. Always provide serviette or napkins for guests
3. Handle hot beverages carefully cold ones are easy to serve
4. Snacks can be passed round for people to pick and place into individual napkins on snacks plates provided
5. Snacks and beverages can be served on individual tray

ASSESSMENT

1. List FOUR ways of serving snacks and Beverages?

**SECOND TERM NOTES
ON HOME ECONOMICS
JSS2**

Week 1

Topic: SURFACES IN THE HOME

INTRODUCTION

Surfaces in the home refers to walls, floors, ceilings, window surfaces and table. All those require care and maintenance. There are certain materials used to make surfaces in the home. The materials include mud, glass, wood, and concrete. It is important to know how to care for them. The floors in many homes are finished using various materials which improve the appearance of the home and make the floor easier to clean.

IMPORTANCE OF FLOOR COVERINGS

1. Floor coverings cover cheaply finished floors
2. Improve the appearance of a room
3. Make the floor easier to clean.

There are different types of floors, these are:

MUD FLOOR

Mud floor is a traditional type of floor that is still in use in many parts of Nigeria.

ADVANTAGES OF MUD FLOOR

- It is cheap
- It is cool and suitable for hot weather
- Mud is readily available everywhere

DISADVANTAGES OF MUD FLOOR

- It is not durable
- It is not suitable for riverine areas
- It is not suitable for certain areas in the home, especially in the bathroom

Other types of floor include vinyl floors, concrete floor, wooden floor, marble floor, terrazzo floor e.t.c.

Concrete floor: This is made of a mixture of cement, sand, gravel and water. Terrazzo floor is made from marble chips set in colored cement. Marble floor has a smoother and more expensive appearance than terrazzo.

Vinyl tile floor: Plastic tiles fixed to the floor with suitable adhesive

FLOOR COVERINGS

These are special materials used for covering the floor. Examples of floor coverings are mats, linoleum, rugs and carpets

ADVANTAGES OF FLOOR COVERINGS

1. It is relatively cheap
2. They can be made in attractive pattern
3. Rugs and carpets protect the floor

DISADVANTAGES OF FLOOR COVERINGS

1. Some are not durable
2. They can be dented and scratched

ASSESSMENT

1. Mention TWO importance of floor covering?
2. List TWO advantages of floor covering?
3. List TWO disadvantages of floor covering?

Week 2

Topic: WOOD

Contents:

- Wood
- Wood Finishing

A. INTRODUCTION

Wood is gotten from the stem and branches of a tree, when it is cut. Wood has many uses in the home. As such, it is important that we learn how to look after it properly.

USES OF WOOD

1. In many buildings, the doors and windows are usually wooden
2. To make many items of furniture like chairs, table e.t.c
3. As a source of fuel for cooking
4. To make paper
5. To make carvings and ornaments

There are two main types of wood:

1. Hard wood: This is obtained from broad-leaf trees. It is heavy and sold. Some examples of hardwood are iroko, ebony, opepe. Hard wood is used for roofing, door making, paneling and wooden houses
2. Soft wood: This is obtained from trees with needle like leaves which commonly grow in cooler climates e.g. pine, balsa. Soft wood is used to make paper and plywood

B. WOOD FINISHING

Finishing is the treatment given to wood surface. Wood finishes include paints, waxes, oils, lacquers, fillers, polishes e.t.c the method of cleaning a wood surface depends on the types of finish used on the wooden surface.

– USES OF WOOD FINISHING

1. To improve the appearance of the wooden surface
2. To prevent the wood from absorbing moisture
3. To protect the wood from boring pest attack
4. To prevent discoloration of wood
5. To prevent dirt from filling the wood pores

– TYPES OF WOOD FINISHING

1. Plain wood: Is finished by simply smoothing it. No form of finishing substance is applied to it. Most wooden cooking utensils have plain wood surface e.g. pastry board, table, draining board
2. Old and varnished wood surface: Oil finish is produced by rubbing the new wooden surface with special oil. Varnished finish is produced by rubbing special varnish on the wood.
3. Painted wood: Wood can be painted in different colors using suitable paints e.g. doors, windows, furniture
4. Polished wood surface: This is a kind finishing used to improve the natural beauty of color or grains of a wood surface e.g. cup boards, wall dividers, office tables, side boards e.t.c
5. Formula surface: Used as a finishing for table in different colors and designs.

Assessment.

1. Mention 5 types of wood finishing?
2. What are the uses of Wood?
3. Mention and explain the 2 types of wood?
4. What are the uses of wood finishing?

Week 3

Topic: GLASS

DEFINITION OF GLASS

Glass is made from sand. There are various types of glass objects used on the home. Glass is an amorphous (non-crystalline) solid material which is often transparent and has widespread practical, technological, and decorative usage in things like window panes, tableware, cups e.t.c. These are:

1. Table glassware: Tumbler, jug, plates, cruet e.t.c.
2. Glass oven ware
3. Glass bottles and vases
4. Mirrors
5. Window panes, door panels, glass furniture and decorative accessories

I. CARE OF GLASS AGENTS IN THE HOME

1. Protect the wares from striking on hard objects
2. Do not pour very hot water into a cold flask nor very cold water into a hot flask
3. Glass oven ware should not be put suddenly in a hot oven. It should be allowed to warm up gradually
4. Avoid scratching the surface of glass wares with abrasive or sharp objects
5. Do not place glass tumblers inside one another. For storing or carrying so that they do not become stuck together

II. CLEANING OF GLASS WARES

1. Soak glass ware – Those used for milk or starch in cold water and those used for grease in warm water
2. Rinse thoroughly in clean water
3. Place the ware upside down on a clean board or other suitable surface to drain

4. Dry thoroughly with clean dish cloth while the ware still warm
5. Store properly
6. It is also possible to wash glass ware in the dish washer where such is available

III. CLEANING OF GLASS WINDOWS AND DOORS

Daily Cleaning

1. Remove surface dust by cleaning with a clean soft lintel cloth
2. Rub thoroughly with a second clean cloth

Weekly Cleaning

1. After dusting, wash the glass pane with soapy water and soft lintel cloth
2. Remove stubborn stains with kerosene
3. Dry with a clean, soft, dry lintels cloth

IV. CLEANING OF MIRROR AND FRAMED PICTURE

Daily cleaning

1. Wipe with clean, lintless cloth to remove surface dust
2. Polish with a second cloth

Weekly cleaning

1. Wipe to remove surface dust
2. Clean the frame according to type
3. Clean mirror/ glass with a small pad or newspaper dipped in kerosene
4. Tub thoroughly with a soft dry lintless cloth

V. CLEANING OF GLASS FURNITURE

1. Clean the frame work according to type
2. Follow the procedure for cleaning glass window and door pane

Assessment.

1. How do we care for our glass agents at home?
2. What are the procedures in cleaning our glass wares?
3. What is glass?

Week 4

Topic: MAINTENANCE OF THE FAMILY HOUSE

INTRODUCTION

The functional areas of the home should be kept clean always. Furniture should be arranged for easy flow of traffic in the room. Piece of furniture should be balanced on opposite walls. The largest pieces of furniture should be placed on the largest wall space.

THE SITTING ROOM

Daily cleaning

1. Open the doors and windows for air to flow into the room. Empty trash can
2. Sweep the floor and dust all surfaces
3. Arrange furniture, newspaper and cushions properly

Weekly cleaning

1. Sweep the floor, take out all small pieces of furniture and clean them.
2. Remove cob webs, clean windows, clean and polish the large pieces of furniture in the room
3. Replace all pieces of furniture neatly

THE DINING ROOM

Daily cleaning

1. Open the windows and sweep the floor. Clean the table with piece of cloth, wring out in warm soapy water
2. Dust the furniture and put fresh flowers.

After meal cleaning

1. Clear the table and remove pieces of food.
2. Sweep off all pieces of food on the floor.
3. Clean the tables.
4. Arrange the chairs neatly.

Weekly cleaning

- Follow the procedure for the weekly cleaning of the sitting room.
- Clean the table mats, table covers and napkins thoroughly.

KITCHEN

Daily cleaning

1. Sweep and mop the floor.
2. Wash dirty plates
3. Clean the sink and the draining board.
4. Empty the dustbin

Weekly cleaning

1. Remove cobwebs
2. Sweep out the food store
3. Scrub the floor
4. Empty and scrub the dustbin

TOILET AND BATHROOM

There are different types of toilets and bathrooms i.e. modern and traditional, they require care and cleaning. Traditional bathroom is often found in one-room apartments where people share toilet and bathroom

Care of Modern Bathroom

1. Open the windows, sweep the floor, wash the bath tub and hand basin with soft sponge
2. Take towels out in the sun. rinse the bath-tub and mop up any water splashes on the floor

Care of Modern Toilet

1. Open the window and sweep the room. Flush the toilet
2. Lift the seat and sprinkle toilet cleaner such as harpic inside the bowl
3. Scrub the bowl with toilet brush
4. Mop the floor and supply fresh toilet paper if necessary

Assessment.

1. List 3 ways of cleaning the Sitting room.
2. List 3 ways of cleaning the Kitchen.
3. List 3 ways of cleaning the Toilet and Bathroom.

Week 5

Topic: ONE ROOM APARTMENT

ONE-ROOM APARTMENT

A one-room apartment is a single room that is used as a bathroom, dining room, sitting room, study and sometimes kitchen, all at the same time.

Reasons for choosing One-room apartment

1. Lack of money to rent a flat
2. Scarcity of adequate housing
3. Family size: A single person can prefer one-room apartment to a flat
4. Personal needs

Arrangement of One-room apartment

1. Ensure proper ventilation
2. Do not overcrowd the room with furniture
3. Place items of furniture in such a way to ensure (i) easy movement in the room (ii) easy cleaning of the room
4. Use room divider to screen the sleeping area
5. Use proper food storage facilities

CARE OF ONE-ROOM APARTMENT

1. Draw the curtains, open the door and windows to air the room
2. Dust all furniture
3. Make the bed
4. Arrange all pieces of furniture neatly
5. Tidy up cooking utensils and dishes after meal preparation and service
6. Tidy up the food preparation area
7. Put fresh flower if necessary

Weekly cleaning

1. Open the doors and windows to air the room
2. Remove the curtain strip the bed
3. Take the mattress out in the sun, shake properly and leave to air
4. Take all small piece of furniture, clean each according to type
5. Sweep down walls, ceilings, doors and windows. Clean each according to type
6. Clean any ornaments and picture
7. Clean the bed thoroughly
8. Clean the floor according to type
9. Bring in the mattress and make the bed
10. Clean the flower vase according to type and put in fresh flowers and water

Assessment.

1. What is the ideal arrangement for one-room apartment?
2. Mention 5 ways of cleaning one-room apartment?
3. What are the reasons for choosing one-room apartment?

Week 6

Topic: HOME SURROUNDING

HOME SURROUNDING

Home surrounding can be used for many purposes such as:

1. As playground for children
2. Space for family relaxation in the evening
3. As space for parking cars
4. For outdoor cooking
5. As a garden

A clean home surrounding must not be bushy. It is important to keep it clean because:

1. Pests and snakes cannot hide in a clean surrounding
2. There will be no broken bottles to cause accidents
3. A clean surrounding is attractive and welcoming
4. It is soft for children to play around

CARE OF HOME SURROUNDING

1. Sweep the surrounding everyday
2. Keep the refuse bin area clean
3. Do not leave empty cans, broken plates, cups and bottles lying around
4. Clean all drains once a week
5. Once a month, trim the hedges and cut the grass around the house

Drains: A drain is an outlet for waste water. A drainage system is made up of the methods and channels of removing and disposing of liquid waste.

1. Free drainage system: The waste water is simply poured on the ground outside the house.

- Sweep the area daily to remove dirt
- Pour dry sand over the area when it becomes swampy and slippery
- Disinfect the area at least once a week with izal

2. Open drainage system: Gutters are provided for waste water to flow along. Some gutters are built with concrete while others are not. Gutters could be open or covered

CARE OF GUTTERS

- Do not throw rubbish into the gutter
- Remove all rubbish from waste water before pouring it into the gutter

3. Concealed drainage: All the paths through which the waste water flows are concealed completely. It is common in urban towns where the drainage system is properly planned

CARE OF CONCEALED DRAINAGE SYSTEM

1. Do not let food or solid waste pass through
2. Provide the kitchen sink, wash hand basin and bath tubs with sieve to catch solid waste
3. Flush drain after each use with plenty water
4. Sterilize the sink once a week with boiling water or household bleach

Assessment.

1. Why do we keep our home surrounding clean?
2. How do we clean our home surrounding?
3. What is a drain?
4. What are the methods used in removing and disposing of liquid waste?

Week 7

Topic: SEAM AND EDGE FINISHING

Contents:

- Seam
- Seam Finishing
- Seam Finishing Process
- Edge Finishing

A. SEAM

Seam is a line of stitching that joins two or more pieces of cloth. There are different types of seams e.g. open/ plain, French run and fell and lapped seams.

TYPES OF SEAM

All basic seams used in clothing construction are variants on four basic types of seams.

- Plain seams
 - French seams
 - Flat or abutted seams
 - Lapped seams
1. A plain seam is the most common type of machine-sewn seam. It joins two pieces of fabric together face-to-face by sewing through both pieces, leaving a seam allowance with raw edges inside the work. The seam allowance usually requires some sort of seam finish to prevent raveling. Either piping or cording may be inserted into a plain seam.
 2. In a French seam, the raw edges of the fabric are fully enclosed for a neat finish. The seam is first sewn with wrong sides together, then the seam allowances are trimmed and pressed. A second seam is sewn with right sides together, enclosing the raw edges of the original seam.

3. In a flat or abutted seam, two pieces of fabric are joined edge-to-edge with no overlap and sewn with hand or machine stitching that encloses the raw edges. Antique or old German seam is the 19th century name for a hand-sewn flat seam that joins two pieces of at their selvages. This type of construction is found in traditional linen garments such as shirts and chemises, and in hand-made sheets pieced from narrow loom widths of linen.
4. In a lapped seam, the two layers overlap with the wrong side of the top layer laid against the right side of the lower layer. Lapped seams are typically used for bulky materials that do not ravel, such as leather and felt.

B. SEAM FINISHING

Seam finishes are basic sewing processes used to neaten the raw edges of a seam, especially the open seam. A seam finish is a treatment that secures and neatens the raw edges of a plain seam to prevent raveling, by sewing over the raw edges or enclosing them in some sort of binding.

ADVANTAGES OF SEAM FINISHING

1. It prevents the raw edges from fraying
2. It prolonged the life of the articles
3. It makes the finished work neat
4. It give the finished work a professional look

C. SEAM FINISHING PROCESS

1. Pinking: Finishing with pinking shears for bulky fabrics that do not fray
2. Over casting is suitable for all fabrics
3. Edge stitching: Good for fabrics that fray
4. zigzag
5. Bound seam finishing: For fabrics that fray easily

POINTS TO CONSIDER IN SEAM FINISHING

1. Type of Fabrics: The type of fabrics will determine the type of seam finish to use e.g. fabrics that will not fray. Pinking finishing can be used, fabrics that fray you can use edge stitching.
2. The use to be made for the article
3. Position of the seam

D. EDGE FINISHING

Edge Finishing: Is the process of neatening the edges of articles or garments. Edge finishing process include pinking, overcasting, edge stitching, zigzag finishing and bond finishing.

USES OF EDGE FINISHING

1. to neaten the edge of the garment
2. to secure the edge and prevent fraying and raveling of fabric
3. to decorate an edge e.g. using bias binding for finishing necklines and armholes

POINTS TO CONSIDER IN EDGE FINISHING

1. The type of material or fabric e.g. closely woven fabrics which do not fray or ravel may be finished with pinking shears
2. The shape of the edge to be finished. Curved edge that stretch e.g necklines, armholes can be finished with bias binding
3. The purpose of the finishing, for instance the finishing can be for decoration with some bound finishes.

Assessment.

1. Mention and explain the 4 basic types of Seams.
2. What are the advantages of Seam finishing?
3. What are the points to consider in Edge finishing?

4. List 5 Seam finishing process.

Week 8

Topic: FACING

Contents:

Facing

Guidelines for attaching Facing

FACING

Facing a part of a garments, the process of covering the raw edge or finishing it with a piece of cloth or fabric. Facing show on only one side of the garments. We have two types of facing:

1. Inside Facing: When facings are turned to the wrong side
2. Conspicuous or Decorative Facing: When facings are finished on the right side of the garments

USES OF FACING

1. For neatening a garment by covering the raw edges
2. To reinforce the garment edge and retain its shape
3. To decorate a garment, when it is applied on the right side

GUIDELINES FOR ATTACHING FACING

1. Facings should be cut to the same shape as the edge of the garment to be faced
2. The grain-line of the facing should match that of the edge being faced
3. The width of the facing should always be enough to give a flat finish
4. The facing edge and garment edge should be placed exactly together with right side together
5. If facing is to show on right side, put the right side of facing to wrong side of the garment

6. If facing is to appear on the wrong side, place the right side against the right side of garment

TYPES OF FACING

Straight Facing: This is used on straight hems or front of button through skirts

To make:

1. Cut the facing on the straight or cross grain
2. Place right sides together, pin and tack facing to garment
3. Sew along the seam line. Remove tacking, trim seams
4. Turn facing wrong side, roll the seamed edge between thumbs and fingers
5. Edge stitch the raw edge of the facing
6. Tack and press flat the facing
7. Stitch facing down on wrong side

Shaped Facing: Commonly used for armholes of sleeveless garments and necklines of collarless garments

Procedure for attaching Shaped Facing

1. Prepare the facing
2. Place the right side of the facing to right side of garment. Match notches
3. Pin and tack facing to position
4. Back stitch or machine on the seam line maintaining the exact shape of the edge
5. Remove busting and trim turning
6. Snip into corners
7. Press turning upwards, towards free edge of facing

Assessment.

1. What is facing?
2. Mention the 2 types of Facing.
3. What are the uses of Facing?
4. Mention 5 procedures for attaching Shaped Facing.

Week 9

Topic: BODY MEASUREMENTS

BODY MEASUREMENTS

In order to make clothes, you need to take body measurements. There are various tools used to take body measurements. These are:

1. Tape measure: for measuring parts of the body
2. Pencil: for writing down the measurement
3. Paper: for recording the measurement
4. A String: To be tied around the natural waistline

Guidelines for taking Body Measurements

1. Take measurements covers closer fitting garments or under garments
2. Measure accurately
3. Record each measurement as soon as it is made
4. Use a tape measure that does not stretch
5. Stand well when taking body measurements

Basic Body Measurements

- For girls
 1. Bust round the fullest part of the chest
 2. Waist: round the smallest part of the trunk
 3. Hip: round the largest part of the body below the waist
 4. Length of back: from base of the neck to the waist
 5. Across the back
 6. Across chest
- For boys

1. Neck: measure round fullest part of the neck
2. Chest: measure round the fullest part of chest
3. Sleeve Length: measure from point of shoulder to elbow and from elbow to wrist

Patterns for Garments

Patterns are shapes of garment parts cut out of paper

Uses of Patterns in Garments Construction

1. They prevent serious mistakes in dress making
2. They prevent waste of time in dress making
3. They make sewing easy
4. They reduce trial and error in sewing

There are two types of patterns: commercial and drafted patterns

1. Commercial Patterns: They are designed and made by experts to fit standard body figures using specific body measurements.
2. Drafted Pattern: This is made to fit a particular person. The person's body measurement are first taken, then the pattern is drafted to fit his/her size

Assessment.

1. What are the various tools used in taking body measurement?
2. Mention 5 guidelines for taking body measurement.
3. Mention and explain the 2 types of pattern

THIRD TERM NOTES ON HOME ECONOMICS
JSS2

Week 1

Topic: BOY/GIRL RELATIONSHIP

Contents:

Methods of Developing Boy/Girl Relationship

Guidelines for Healthy and Wholesome Boy/Girl Relationship

Problems Associated with Unhealthy Boy/Girl Relationship

Courtship

A. BOY/GIRL RELATIONSHIP

A Relationship is the way in which two or more people or things are connected, or the state of being connected, close association between two or more people. A boy/girl relationship usually starts when a boy and a girl meet and they develop an attraction or a feeling of likeness towards each other. It comes before courtship. In some cases, the relationship between a boy and a girl in a school may not lead to courtship.

B. METHODS OF DEVELOPING BOY/GIRL RELATIONSHIP

There are certain ways by which boy/girl relationship develops in the school.

1. Participating in sports and games
2. Joining school clubs e.g boy scout and girl guides, debating society e.t.c
3. Becoming members and taking part in religious organization activities
4. Participating in community development projects
5. Taking part in school leadership activities such as school prefects, class prefects e.t.c

C. GUIDELINES FOR HEALTHY AND WHOLESOME BOY/GIRL RELATIONSHIP

1. Adolescents should choose friends who have good characters
2. They should seek their parent's approval of their friends
3. They should bring their friends home and introduce them to their parents

4. They should feel free to discuss their problems with parents
5. They should choose friends who have common interests with them
6. Friends should be free to visit each other's home
7. Parents should discuss freely with children at all times

D. PROBLEMS ASSOCIATED WITH UNHEALTHY BOY/GIRL RELATIONSHIP

1. Unhealthy sexual relationship before marriage
2. Sexual Transmitted Infections or diseases like HIV/AIDS, Gonorrhoea, Syphilis e.t.c
3. Teenage pregnancy
4. Dropping out of school
5. Lack of self discipline and respect
6. Anti-social behavior such as stealing, smoking e.t.c
7. Abortion and death

E. COURTSHIP

Courtship is a process of relationship which leads to marriage. Courtship period is the time during which the young man and woman intending to marry get to know each other. At this period they get to know each other better.

CHARACTERISTIC FEATURE OR ACTIVITIES INVOLVED WITH COURTSHIP

1. The intending partners find out more about each other e.g their like and dislike
2. They determine how well suited they are to go into a lasting union
3. They find out how each is accepted in the other's family
4. They learn about each other's family customs and traditions way of life
5. They find out the extent to which they really love and care for each other
6. They discuss their future plans

Assessment.

1. What is a Relationship?

2. Mention 5 problems associated with boy/girl relationship.
3. Mention how we can develop boy/girl relationship.
4. Mention 5 activities involved with courtship.

Week 2

Topic: MARRIAGE

Contents:

Factors to Consider when Choosing a Life Partner

Marriage Systems in Nigeria

Why People Marry

A. INTRODUCTION

WHAT IS MARRIAGE?

Marriage is the union of a man and a woman as husband and wife. Marriage is a legally or formally recognized union of a man and a woman as partners in a relationship. *Marriage*, also called matrimony or wedlock, is a socially or ritually recognized union or legal contract between spouses that establishes rights and obligations between them, between them and their children, and between them and their in-laws, as well as society in general

B. FACTORS TO CONSIDER WHEN CHOOSING A PARTNER

1. Age
2. Background
3. Economic security
4. Character
5. Health
6. Love
7. Compatibility
8. Parental consent
9. Blood group

C. MARRIAGE SYSTEMS IN NIGERIA

Nigeria is made up of different ethnic group. Each ethnic group often has its own marriage system

1. **Traditional or Customary Marriage:** This is a marriage entered into according to native law and customs. It differs from one area to another in Nigeria. Thus, there are traditional marriage customs for the Igbos, Hausas, Yorubas, Edos, Effiks e.t.c. Traditional marriage can be either monogamy or polygamy. It is common practice for people to perform the traditional marriage rites first before the other forms such as the church marriage or court marriage.
2. **Marriage under Ordinance or Court marriage:** It is contracted in the court before a court registrar.

Features of Court Marriage

- It does not allow either of the couples to enter into a second marriage, unless at the death or official divorce of the other partner
- It is provided by the government
- It is a monogamous form of marriage
- A marriage ordinance certificate is given to the couple who marry this way

3. Church marriage: It is conducted in a church according to the holy bible by a Pastor. Christians perform church marriage. It is a monogamous form of marriage, where a man marries only one wife. Many community recognize this type of marriage as wedding.

4. Muslim or Islamic marriage: This type of marriage takes place in a mosque or the house of the parents of the woman. It is carried out according to the instructions in the Holy quran and Hadith. In this form of marriage, the man is allowed to marriage many wives. It is polygamous, however, he should not live with more than four wives at a time and the woman are to be treated equally. This marriage is conducted by an Imam.

5. Other forms of marriage

- Gift marriage: A girl may be given out for marriage by her parents as a sort of gift even without her consent. In this case, there will be no courtship or bride price.
- Widow Inheritance marriage: This is a marriage where a male kinsman such as the son of a dead man of very close relatives marries his dead father's or brother's wife. He becomes the legal husband and the children belongs to him.
- Ghost marriage: This is a system of marriage where the younger brother of a dead husband to be is expected to marry and have children in the dead man's name. Both the wife and children belong to the dead man.

C. WHY PEOPLE MARRY

1. For companionship
2. Desire to overcome loneliness
3. Desire to have children
4. To satisfy parents wish for their children to get married
5. Desire to become economically secure
6. Fear of remaining single
7. Opportunity to gain social stakes
8. Desire for freedom from parents
9. For protection

Assessment.

1. What is marriage?
2. What are the factors to consider when choosing a partner?
3. List the different types of marriage system in Nigeria.
4. Why do people marry?

Week 3

Topic: PREGNANCY

Contents:

What is Pregnancy?

Stages of Pregnancy

Caring for a Pregnant Woman

A. WHAT IS PREGNANCY?

Pregnancy is the result of the fertilization of the female ovum or egg by the male cell or sperm. Pregnancy is also the period from conception to birth. After the egg is fertilized by a sperm and then implanted in the lining of the uterus, it develops into the placenta and embryo, and later into a foetus. Pregnancy usually lasts 40 weeks, beginning from the first day of the woman's last menstrual period, and is divided into three trimesters, each lasting three months. Pregnancy is that state or condition when a female carries a foetus in her womb for about nine months.

A foetus is an unborn baby. The male sex cell is called Sperm. The female sex cell is called Ovum or Egg. It is produced in the ovary. The process of producing an ovum by the ovary is called Ovulation. If there is a sexual relationship or intercourse between a man and woman at the period the ovum is produced, the sperm will fertilize the ovum, this will result in pregnancy. If there is no sexual relationship during this period, the released ovum will die off in a day or two, then menstruation occurs.

SIGNS OF PREGNANCY

1. Menstruation stops
2. Breasts become fuller and tender. Nipple become dark
3. Nausea and vomiting may occur, especially in the morning (morning sickness)
4. There may be frequent urination
5. The abdomen enlarges from about 3 months
6. As the pregnancy advances, the mother may feel the baby's movement.

B. STAGES OF PREGNANCY DEVELOPMENT

Pregnancy goes through three stages. Each stage takes 3 months. These stages are referred to as Trimesters.

First Trimester: This is the first three months of pregnancy. This is a very delicate period because if anything happens to the foetus at this stage, it can lead to abortion or miscarriage. The placenta forms to provide the foetus through the umbilical cord.

Second Trimester: This is the pregnancy period between 3 and 6 months. This stage is more stable than the first trimester.

Third Trimester: This is the pregnancy period from 6 to 9 months. It requires adequate nourishment for growth. At the end of this trimester, the mother enters into labor and the child is born.

C. CARING FOR A PREGNANT WOMAN

In the caring for a pregnant woman, the following aspects must be considered.

1. Nutrition during pregnancy
2. Hygiene
3. Posture
4. Exercise
5. Special dresses

I. GUIDELINES FOR GOOD NUTRITION DURING PREGNANCY

1. Her meals must be balanced
2. She should increase her intake of protein, mineral, iron for blood, calcium for bones
3. Extra vitamins are necessary for good health
4. She is required to drink enough water daily
5. Roughage from fruits and vegetables can improve digestion and bowel movement

6. Carbohydrates and greasy food should be reduced to prevent over-weight and digestive up-sets.

II. POSSIBLE EFFECTS OF POOR NUTRITION DURING PREGNANCY

1. Low birth weight
2. Different forms of malformation in the child
3. Mother's health might be affected too

III. ANTE-NATAL CARE

Ante-natal care is the care required by a pregnant woman before the birth of the child. The pregnant woman visits the hospital regularly to see doctors for check-up. Many tests are carried out such as urine test, blood pressure, weight, blood tests, height of uterus and heart beat of the foetus. At the clinic, the woman also learns about child care and how to care for herself.

Assessment.

1. What is Pregnancy?
2. What is Ovulation?
3. Explain the Stages of Pregnancy.
4. What is Ante-natal care?
5. List 5 signs of pregnancy.

Week 4

Topic: PREPARATION FOR CHILD BIRTH

Contents:

How To Prepare For Child Birth

Arrival of the Baby

Post-natal Care

A. How To Prepare For Child Birth

It is very important that a pregnant or expectant mother prepares for the delivery well in advance. The following are the important things that are required by the mother:

For the Mother:

1. Sanitary pads
2. Personal clothing
3. Toiletries
4. Bed linen
5. Disinfectant

For the Baby:

1. Clothes
2. Baby Diapers
3. Towels
4. Toiletries
5. Baby's comb
6. Shawl
7. Baby's feeding units and food

B. Arrival of the Baby

Arrival of the baby is the stage in pregnancy where the baby is about to be born, that is, the end of the third trimester. It is generally called Delivery.

SIGNS OF LABOR

Signs of labor are the indicators that the baby is ready to arrive. These include the following:

1. There is strong movement at intervals in the stomach and pain in the waist of the woman. This is called Contraction.
2. There is an appearance of little blood and mucus
3. There is fluid from the vagina
4. These signs of labor are followed by delivery.

C. Post-Natal care

Post natal care is the care required by a mother and the child after child-birth. There are some minor problems that may occur to the mother after birth. Such as:

1. After birth pains
2. Difficulty in urination after child birth
3. Breast pains
4. Bleeding and some minor problems like a taste for a special diet

The newly born child still needs the regular attention of a doctor. The nursing mother is advised on two to take care of the baby

Important Points about Post-Natal Care

The nursing or lactating mother should:

1. Feed very well
2. Perform the right exercises regularly
3. Have enough rest
4. Keep clean always
5. Give child necessary immunization at the right time

Assessment.

1. How do we prepare for child birth?
2. Mention 3 signs of labor.
3. mention 5 important points about post-natal care.

Week 5

Topic: BABY'S LAYETTE

Contents:

What is a Baby's Layette?

Uses of the Baby's Layette

A. What is a Baby's Layette?

Layette is the complete set of clothes required by a new-born baby. The following factors should guide the mother in selecting the clothes for the new born.

1. Every item selected for the new born must be light and soft
2. They should be large and free for the baby to allow longer use as the baby grows
3. The materials for the clothes must be washable, and easy to dry and iron
4. The materials should be easy to put on and off the baby.

A baby's layette should be ready before the baby's arrival.

B. Uses of the Baby's Layette

1. To protect the baby
2. To keep the baby warm and aid in the regulation body temperature
3. To make the baby look beautiful
4. To keep baby comfortable

Suggested Layette for a Baby

1. Two to three dozen napkins
2. Three to four plastic pants
3. Two to three special napkin safety pins
4. Four vests
5. Three night gowns

6. Three dresses and suit
7. Two pairs of stockings and boots
8. Two sweaters/cardigans
9. Six bibs
10. Two shawls

Other items required for the baby are:

1. A baby's cot
2. Two blankets
3. Two to three cot sheets
4. A rubber sheet
5. A mosquito net

Items for baby's bath: two towels (one large and one small), one face towel

Assessment.

1. What factors should be considered while selecting clothes for the new born?
2. Mention 10 suggested layette for a baby.
3. What are the uses of a baby's layette?

Week 6

Topic: CHILD DEVELOPMENT

Contents:

Factors Influencing Child Development

Principles of Child Development

Areas of Child Development

Conditions necessary for Child Development

A. Introduction

A normal child grows rapidly in size, height and weight. If the child is making progress in what he does with his mind, and body, he is said to be developing.

Growth: Is an increase in the physical size of the whole body or any of its part.

Development: Is an increase in skills and complexity of function

Factors Influencing Child Development

1. Heredity: this is the tendency for a parent to transfer characteristics to his/her child
2. Environment: this includes everything that is outside the child.

B. Principles of Child Development

1. Children have individual differences
2. Individual differences make children to develop differently
3. A child should develop steadily to form a definite pattern
4. Development starts from the head and then spread to other part of the body
5. Development is influenced by heredity and the environment

C. Areas of Development

1. Physical Development: This development involves the physical structure and their function in a child e.g the brain muscle and the bones.
2. Mental Development: This is the development of intellectual abilities. It involves the ability to think, understand, solve problems e.t.c
3. Social Development: This involves the development of behaviour that is acceptable roles and social attitudes.
4. Emotional Development: This involves feelings and how a person expresses such feelings. For instance: anger, happiness e.t.c
5. Moral Development: This development shows in behavioural patterns and in how children treat other people.

AGE	DEVELOPMENT
1 ST month	<ol style="list-style-type: none"> 1. Head needs support as it is not yet strong. 2. Hands are always tightly fistted. 3. Sleeps most of the time,wakes up,cries and feeds. 4. Responds to sound.
2 nd month	<ol style="list-style-type: none"> 1. Has distinct cries for food, and pan 2. Raises head and chest lying on his abdomen 3. Plays with his hands when lying on his back 4. May sleep all night or during the day
9 th and 12th	<ol style="list-style-type: none"> 1. Stands with some form of support 2. Most children may start walking 3. Cuts more teeth

	4. Can speak one or two words
	5. Birth weight triples in healthy babies

Conditions necessary for Child Development

1. Love and care from family
2. Good nutrition
3. Clothing
4. Exercise
5. Rest
6. Medical care
7. A safe and conducive environment

Assessment.

1. What is Development?
2. Explain 5 areas of Development.
3. What are the conditions necessary for child development?
4. List the factors that influence child development.

Week 7

Topic: CHILD CARE

Contents:

Advantages of Breast Feeding

Disadvantages of Bottle Feeding

Bathing the Baby

A. INTRODUCTION: CHILD CARE

The child must be provided with good nutrition. Poor feeding of infancy can retard growth. A baby can be fed by the use of either the breast or bottle. The breast milk is the best.

1. The Natural Breast Feeding: Breast feeding is the natural way to feed a baby
2. Artificial Bottle Feeding: This involves giving a baby artificial milk, often through the use of feeding bottle.

B. ADVANTAGES OF BREAST FEEDING

1. Breast milk contains all the nutrients needed by the baby
2. It contains anti-bodies which protect the child against diseases and infections
3. It is sterile and free from disease germ
4. It is produced in the right temperature
5. It does not require any elaborate preparation
6. It is easily digested and absorbed by the body
7. Breast-fed babies are not easily constipated
8. Breast feeding brings mother and child very close. It makes the baby happy
9. It is cheaper than artificial feeding

Colostrum: Is the first milk produced in the first few days by a nursing mother. It is yellowish in color. It helps to clear the baby's first sticky stool called Meconium

REASONS FOR ARTIFICIAL FEEDING

1. When the mother is working full-time outside the home
2. When there are multiple births e.g. twins
3. When the mother cannot produce enough milk
4. When the mother is sick and cannot breast feed.

C. DISADVANTAGES OF BOTTLE FEEDING

1. It is expensive
2. The milk can easily be contaminated by disease germs
3. Constipation is common with artificially fed babes
4. Artificial milk is not as rich as breast milk. It does not contain anti-bodies needed by the baby
5. It requires elaborate preparation and sterilization of feeding unit
6. It does not make for close contact between mother and child

D. BATHING THE BABY

The baby's skin is delicate, it should not be allowed to get dirty.

MATERIALS NEEDED FOR THE BABY'S BATH

1. Baby's bath tub
2. Large soft towel for covering the baby
3. Small towel for drying the baby's skin
4. Face towel
5. Soft sponge
6. Baby's comb and brush, oil, cream and powder

7. Napkins, napkin pins and rubber pants
8. Clean cloths for dressing baby after bath

PROCEDURES FOR A BABY'S BATH

1. Shut door and windows, get everything needed for baby's bath ready and within easy reach
2. Prepare yourself by washing your hands, remove bangles, rings or anything that can injure the baby and put on protective clothing
3. Prepare the bath water, test the temperature with your elbow
4. Undress the baby
5. Clean the baby's face, then his head and dry with face towel
6. Wash over the entire body gently. Dry baby gently with small dry towel
7. Put a few drops of oil or lotion in your hand and gently rub it on the baby's body. Powder can be applied
8. Dress baby up quickly to prevent him from catching cold. Put on his vest, napkin, then pant, overall e.t.c
9. Brush or comb baby's hair

Assessment.

1. What are the advantages of Breast-feeding?
2. Mention 5 disadvantages of Bottle-feeding?
3. What are the materials needed for a baby's bath?
4. Mention 7 procedures for a baby's bath.

Week 8

Topic: IMMUNIZATION

Contents:

What is Immunization?

Toys for Children

Laundering Baby's Clothes

A. WHAT IS IMMUNIZATION?

Immunization prevents children against diseases. This is the process by which an individual's immune system becomes fortified against disease causing agents (known as the immunogen). Immunization is done through various techniques, most commonly vaccination. Vaccines against microorganisms that cause diseases can prepare the body's immune system, thus helping to fight or prevent an infection. It is given to children in infant welfare clinics; immunization centers and hospitals.

IMMUNIZATION SCHEDULE

This means the different times when the baby should be given the different types of immunization. The expanded programs on immunization (E.P.I) is a health programme designed to protect children of 0-2 years of age from six killer diseases.

TYPES OF IMMUNIZATION

1. PREVALENT
 - Hepatitis B
 - D.T.P – Diphtheria, tetanus and pertussis
 - HIB- Hemophilic Influenza type b
 - Rotavirus (diarrhea and vomiting)
 - Pneumococcal conjugate (pneumonia and Otitis media)
2. POLIO VACCINE: This is for protection against polio
3. SMALL POX VACCINE: This is given by injection to protect against small pox

4. MEASLES VACCINE: This is given by injection to protect against measles. It is given at 9 months
5. C.G (Bacillus Calmetle Guerin): this protect against tuberculosis. It is given at birth

COMMON AILMENTS IN CHILDREN

1. COLIC: Is caused by cramps in the intestines of the baby. A baby who has colic cries hard
2. CONSTIPATION: This involves the passing of hard stool (at long intervals) or not passing it at all. Constipation could be common with bottle fed babies
3. DIARRHEA: This is a sudden increase in the number of bowel movements, especially if they are loose and watery.
4. NAPPY RASH: This occurs when a child has rashes in the nappy.
5. DEHYDRATION – This occurs when a baby occurs use or lose more fluid than is taken in, and the body doesn't have enough water and other fluids to carry out its normal functions.

B. TOYS FOR CHILDREN

As a baby grows, he enjoys playing with things. It is therefore important to provide babies with toys that suit their age level.

USES OF TOYS

1. Toys keep children busy
2. Toys help them to learn
3. Toys help them to exercise their muscles
4. Toys help them to express them in different ways
5. Toys make children happy

POINTS TO CONSIDER WHEN CHOOSING TOYS FOR CHILDREN

1. Buy strong, simple and durable toys
2. Buy toys that are interesting to the child

3. Buy toys that a child would like to play with for a long time.
4. Avoid buying toys with tiny, loose parts which the child can swallow easily
5. Buy toys that are easy to clean
6. Buy toys that suit the age of the child
7. Buy soft and portable toys
8. Make sure they have no metal or sharp edges that can injure the child

WEANING THE BABY

Weaning is a process of helping a baby get used to foods other than mother's breast milk

C. LAUNDERING BABY'S CLOTHES

It is necessary to launder clothes for the following reasons:

1. It makes them become clean
2. It makes the clothes last long

SELECTION OF MATERIALS NEEDED FOR LAUNDRY

1. BUCKETS: These could be of plastic. They are required for soaking the baby's napkins
2. SOAPS AND DETERGENTS: They are necessary for removing dirt and some stains
3. WATER: This is necessary in large quantities for washing and rinsing baby's clothes
4. STAIN REMOVERS: Simple household bleach for baby's napkins
5. PEGS: They are necessary for hanging clothes to dry
6. PRESSING IRON: This is necessary for ironing the clothes after drying
7. IRONING BOARD: The equipment is useful as an aid to good ironing

STEPS IN LAUNDERING BABY'S CLOTHES

The first step in the laundering of baby's clothes is the removal of stains

1. Soaking: The baby's clothes to be washed are soaked in water to remove the surface dirt
2. Washing: Soap and water are used when washing, clean water should always be used for washing the clothes.
3. Rinsing: After the dirt and soap have been washed off the clothes, the clothes are rinsed until they have no more soap and are clean.
4. Drying: Pegs are used for hanging washed clothes on a clothe line outside the house. This enables the clothes to dry under bright sunshine.
5. Ironing: This is done to give the clothes a good finish. It is also used to remove some minor grease on the clothes.

Assessment.

1. What is Immunization?
2. Mention 5 common ailments in children.
3. What are the points to consider when choosing toys for the children?
4. What are the steps in laundering baby's clothes?

Week 9

Topic: FAMILY BUDGET

Contents:

Family Budget

Family Needs

A. FAMILY BUDGET

Household budget is a plan for future expenditure of a given household. Budgeting involves planning ahead on how to spend the total money or income that one earns.

THE INCOME: This includes the money and other economic resources available to the family for meeting their needs.

MONEY INCOME: This is the amount of money which the family has at given period

GROSS INCOME: This is the total amount of money from person's income

NET INCOME: This is the amount of money that remains after deductions such as tax, have been removed from the gross income

EXPENDITURE: This is the amount of money spent on goods and services by the family

B. FAMILY NEEDS

Family needs are those things on which family members are willing to spend their income. These needs are divided into two main classes:

1. **Primary needs:** These are the very important needs which are needed for good health and survival. The family cannot do without them. They include food, clothing and shelter.
2. **Secondary needs:** These are needs which the family can do without, though they are desirable. Examples are cars, education, entertainment, savings e.t.c

IMPORTANCE OF FAMILY BUDGETS

1. Family budgeting helps the family to make important decisions about their expenditures
2. It helps the family to spend money on what they really need
3. It prevents wasteful spending of family money
4. It helps the family to see how they spend their money.
5. It helps to prevent impulse buying
6. It helps to train children on the use of money

FACTORS THAT INFLUENCE FAMILY BUDGETING AND EXPENDITURE

1. The Family Income: the budget is made on the net income
2. Family needs: These determine the specific goods and services which will be budgeted for
3. Seasons: The seasons of the year should be considered by the family when planning their budget. There are some materials that are cheaper and are more easily available when in season
4. Locality: Where the family lives also plays an important role in the family budget. The budget for a family living in a rural area will differ from a family living in an urban area
5. Inflation: This is the continuous upward movement in general price level. When this occurs the prices of goods and services become high.

STEPS IN PREPARING A FAMILY BUDGET

In preparing, a good budget, the following guidelines should be adopted:

1. List all the family needs during the proposed budget. This should include both the primary and secondary needs
2. Place the needs according to the family priorities e.g food, shelter, clothing, education, savings e.t.c
3. Give an estimate of the cost of each need giving a higher percentage according to the family priorities
4. Estimate the total expected income for the budget period

5. Balance the expenditure with the income. Make sure that the expenditure is not more than the income so as to avoid budget deficit
6. Give the budget a trial to ensure its an occurrence.

A N10,000 budget

<u>Family needs</u>	<u>Percentage of income budgeted</u>	<u>Amount</u>
Food	30%	3,000.00
Housing (rent)	23%	2,300.00
Clothing	10%	1,000.00
Health	10%	1,000.00
Transport	6%	600.00
Education	13%	1,300.00
Entertainment	2%	200.00
Personal allowances	3%	300.00
Savings and insurance`	3%	300.00

Assessment.

1. What are the factors that influence family budgeting and expenditure?
2. Mention 5 importance of family budget.
3. What are the major steps in preparing a family budget?
4. What is gross income?