

INTRODUCTION TO HOME SCIENCE NOTES

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INTRODUCTION TO HOME SCIENCE SUB-TOPICS

1. Definition of Home Science
2. Importance of Home Science to:
 1. individual
 2. family
 3. nation
3. Home Science as a basis for various careers

INTRODUCTION TO HOME SCIENCE TOPIC OBJECTIVES

By the end of the topic the learner should be able to:

1. define Home Science
2. explain the importance of Home Science
3. relate Home Science to various career opportunities

WHAT IS HOME SCIENCE?

It is a field of knowledge concerned with enhancing family life and values.

WHAT IS THE AIM OF STUDYING HOME SCIENCE?

Improving the quality of life and well being of the individual, family and community through application of principles of good health, hygiene and efficient use of resources e.g time, energy and money.

STATE FIVE BRANCHES/AREAS OF HOME SCIENCE.

Area of Home science

1. Home management

Involves planning organizing and using available resources in the home and environment in a proper way.

Includes:

1. Personal care
2. Care of the home
3. Immediate environment

2. Foods and nutrition

Deals with choice of foods to meet nutritional needs of individual and family includes:

1. selection
2. preparation
3. cooking
4. presentation of food

3. Child care

Deals with

1. pregnancy
2. care of expectant mothers and foetus
3. baby's preparation
4. hospital and home confinement
5. post and antenatal care

4. Textile and Clothing

Involves:

1. origin and qualities of textile fibres
2. selection and making clothes
3. imparting skills for tailoring and
4. repairing and maintaining garments and other household articles

5. Consumer education

1. Create public awareness about goods and services on the market.
2. Cover selection and consumption of goods on the market.

STATE THE IMPORTANCE OF HOME SCIENCE.

Importance of Home science

1. Helps one to acquire skills and knowledge to:

1. Adapt to the environmental social economic changes in life.
 2. Develop artistic value and appreciation of dressing and interior decorations.
 3. Be aware of sources of consumer information and ability to use information well.
 4. Develop artistic values and skills in selecting, preparing, serving and preserving food.
 5. Practice principles of health with respect to oneself, others and environment.
2. Helps strengthen family bonding.
 3. Helps families learn how to manage time, energy, money and other resources wisely.
 4. Homescience skills acquired help make a healthy population by promoting health care and
 5. They also help in generating employment.

STATE CAREER OPPORTUNITIES RELATED TO HOME SCIENCE

Career opportunities and home science

1. Teachers (Home economics, Home science and technology)
2. Food technologists (Food technology)

3. Institutional managers (Hotels and Institutional managers)
4. Nutritionists (Food and nutritionists)
5. Designers (Clothing, textiles and Design)
6. Textile Engineering – Textile production engineers
7. Family and consumer studies (Bachelor of Home Economics.
8. Selling school lunches
9. Managing coffee shops, canteens and restaurants.
10. Design and dressmaking businesses.
11. Operating boutiques and hair dressing salons.