

HOME ECONOMICS



SEC, Intermediate or Advanced Level in Home Economics

B.Sc (Hons) Home Economics

Masters in Teaching and Learning

Courses at the Institute of Tourism Studies (ITS)

Courses at Malta College of Arts, Science & Technology (MCAST)

Home Economics

Investigative

Creative

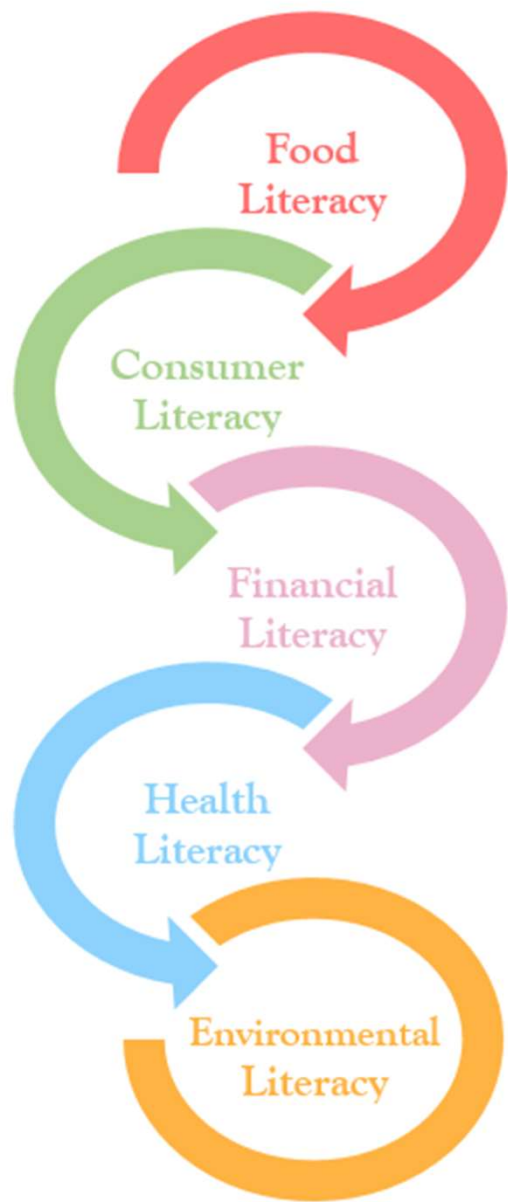
Fun

Experimental

Practical



GOVERNMENT OF MALTA
MINISTRY FOR EDUCATION,
SPORT, YOUTH, RESEARCH
AND INNOVATION



Home Economics at a Glance

- Food and nutrition
- Study of food groups
- Food labelling
- First-aid
- Safety and hygiene
- The family unit
- Child care and development
- Individuals in the community
- Financial education
- Kitchen planning
- Consumer awareness
- Sustainable living

Practical Component:

- Weighing and measuring
- Pastry & dough making
- Meal planning for different dietary needs

Skills acquired when studying the subject

- Communication and collaboration,
- Measuring skills,
- Planning and organisation,
- Experimentation,
- Decision-making,
- Problem-solving,
- Creativity,
- The use of digital technology.

These are some of the topics which are discussed during Home Economics classes





First Aid



Short Crust Pastry

Pizza Making





Traditional Baking



Christmas Time



Easter Time





Practical Sessions



Experimenting with food

The Process of Swiss Roll making





End Result



— Learning about the Safety and Handling of the Kitchen Equipment

Cake Making





Custard Making



Milk and Fruit Dessert







The Use of Leftover Food

Functions of Food and the Healthy Plate

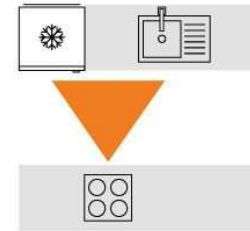


Kitchen Planning

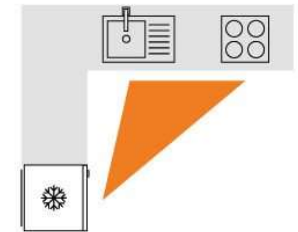
The Kitchen Work Triangle



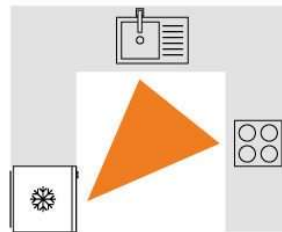
Straight



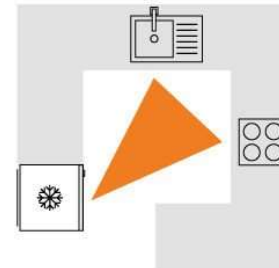
Parallel



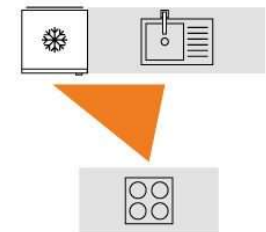
L-Shaped



U-Shaped



G-Shaped



Island





The Environment

Budgeting, Methods of Payment and Ways of Saving Money





Childcare and Development





The Elderly



Persons with Special Needs




Consumer Education



Home Economics CCP







Healthy Breakfast



Interactive lessons



Group Work



