**HOME ECONOMICS JSS 3**

**THIRD TERM**

## **SCHEME OF WORK**

**WEEKS TOPICS**

1. FAMILY LIVING
2. PREGNANCY/CHILD BIRTH
3. CHILD DEVELOPMENT
4. CHILD CARE IMMUNIZATION
5. FOOD PRESERVATION AND STORAGE
6. KITCHEN EQUIPMENT/UTENSILS
7. REVISION
8. EXAMINATION

**REF BOOKS**

Home Economics for JSS 1 – 3 by Elizabeth U. Anyakoha pg 341-358.

**WEEK 1**

**Topic: Family Living/Marriage**

The family constitutes the fundamental unit of society, comprising individuals connected by marriage, blood, or adoption, cohabiting and sharing their lives. Typically, a family begins with a young man and woman who establish a relationship, get married, and have children.

Adolescence represents the transitional phase from childhood to adulthood. During this period, boys and girls develop friendships, often of the opposite sex. It is imperative that these relationships remain wholesome, as unhealthy associations can lead to various issues, such as a lack of self-discipline and respect, teenage pregnancies, sexually transmitted diseases, school dropouts, and termination of education.

To ensure a healthy boy-girl relationship, adolescents should be discerning in selecting friends with good characters. Seeking parental approval for friendships, introducing friends to parents and guardians, allowing friends to visit each other’s homes, understanding each other’s families, and maintaining open communication with parents are essential guidelines.

Courtship

Courtship is the precursor to marriage, allowing intending couples to intimately understand each other better. During this period, they learn about each other's backgrounds, family traditions, love, and future plans, providing a foundation for a lasting union.

Marriage

Marriage signifies the union between a man and a woman as husband and wife. Choosing a life partner is a significant decision, involving several crucial factors:

- Age: Partners should be of suitable age for marriage.

- Background: Ideally, partners should come from similar backgrounds, encompassing religion, social status, and education.

- Economic Security: Financial readiness is vital for a stable marriage.

- Character: Partners should possess reputable characters and values.

- Health: Both partners should undergo necessary health tests.

- Love: Genuine love between partners is fundamental.

- Compatibility: Shared interests and values enhance compatibility.

- Parental Consent: Seeking parental approval is essential before marriage.

Marriage Systems in Nigeria

Nigeria features diverse marriage systems, including:

1. Traditional or Customary Marriage: Adheres to native laws and customs, differing across regions. It can be monogamous or polygamous.

2. Marriage Under Ordinance (Court Marriage): A monogamous marriage conducted in court, regulated by the government and open to all religious sects and tribes.

3. Church Marriage: Conducted in churches according to religious practices.

4. Muslim Marriage: Follows Islamic principles, permitting polygamous unions for Muslim men.

Early Marriage

While the legal age for marriage in Nigeria is 18 years, some individuals, despite being in school, enter matrimony earlier, posing challenges related to education and personal development.

Evaluation

1. List Four Problems of Unhealthy Boy/Girl Relationships:

- Lack of self-discipline and respect

- Teenage pregnancies

- Sexually transmitted diseases

- School dropouts and termination of education

2. State Five Factors to Consider Before Choosing a Life Partner:

- Age, background, economic security, character, health, love, compatibility, and parental consent.

3. Describe the Four Marriage Systems in Nigeria:

- Traditional or Customary Marriage: Based on native laws and customs, can be monogamous or polygamous.

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- Muslim Marriage: Follows Islamic principles, allows polygamous unions for Muslim men.

**WEEK 2**

**PREGNANCY AND CHILD BIRTH**

Pregnancy is the result of the fertilization of the female ovum or egg by the male sperm or cells .It is necessary that you understand some of the male and female reproductive organs.

**MALE REPRODUCTIVE ORGANS**

1. Two testes enclosed by the scrotum.
2. Sperm cells is the male sex cells, sperms are produced in the testes.
3. The sperm ducts also known as vas deference are tubes that carry sperms from the testes to the seminal vesicles.
4. Seminal vesicles are where the sperms are stored until they are ejaculated.
5. Prostrate glands secretes a liquid in which the sperm cells are suspended.
6. Urethra is the ducts through which sperms flow to the outside. It is embedded in the penis.

**FEMALE REPRODUCTIVE SYSTEM**

1. Two ovaries each produces one egg every month.
2. Ovum or egg is the female sex cells.
3. Oviducts or fallopian tubes each leading from each ovary to the uterus.
4. Uterus or womb is the place where the baby develops.
5. Vagina is connected to the uterus and leads to the vulva.

**HOW PREGNANCY OCCURS**

Each of the ovary produces ovum every month, the process of producing ovum is called ovulation. If there is a sexual relationship or intercourse between a man and a woman at this period when the ovum is produced the sperm will fertilize the ovum. The result is pregnancy. If there is no sexual relationship, the released ovum will die off in a day or two, then menstruation will occur.

**SIGNS OF PREGNANCY**

1. menstruation stops.
2. Breast becomes tender, fuller, nipples becomes darker.
3. Nausea and vomiting especially in the morning.
4. There may be frequent urination.
5. The abdomen enlarges from about 3 months.
6. As the pregnancy advances, the mother feels the baby’s movements.

Ante-natal care is the care required by a pregnant woman before birth of her child.

Ante-natal care include the following;

1. Regular visit to ante-natal clinic

a ) urine test

b )blood test

c) blood pressure

d) weight check

e) abdominal examination.

1. Good nutrition.
2. Proper clothing
3. Good personal hygiene.
4. Avoidance of strenuous work.
5. Avoidance of drug abuse
6. Avoidance of smoking and alcohol.
7. Regular mild exercise and enough rest.

**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.

**PREPARATION FOR CHILD BIRTH**

1. it is very important that a pregnant or expectant mother prepares for the delivery well in advance. The following are important things required;-

**For mother**

a) Sanitary pads

b) Personal clothing e.g. night gown, nursing brassiers, pants.

c) Toiletries-soap, cream, powder e.t.c.

d) Bed linen

e) Disinfectant.

**For the baby**

a) Clothes for baby

b) Pampers/nappies

c) Towels

d) Toiletries-baby soaps, lotion, oil, powder e.t.c.

e) Baby comb.

f) Blanket.

**POST-NATAL CARE**

Is the care required by a mother after child birth.

**BABY’S LAYETTE**

Is a complete set of clothes required by a new born baby.

**USES OF BABY’S LAYETTS**

1. to protect the baby
2. to keep baby warm.
3. to make baby comfortable

**WEEKEND ASSIGNMENT**

1. One of the following is not an anti-natal test

a) complexion test b) blood test c) urine test

2 The care required by a pregnant woman before child birth is\_\_\_\_\_\_\_\_\_care.

a) post natal b) birth rate c) ante-natal

3\_\_\_\_\_\_\_ occurs when the ovum is fertilized.

1. Menstruation (b) pregnancy (c) ovulation
2. A female sex cell is called\_\_\_\_\_\_\_\_\_\_\_

a) sperm b)ovum c)ovary

5 The male sex cells is called

a) testis b)ovum c)ova

**THEORY**

1. a Define baby’s layette

b. state 4 uese of baby’s layette.

c what is ante natal care.

2. a. list 5 signs of pregnancy

b. differenciate ovulation from menstruation

**WEEK 3**

**CHILD DEVELOPMENT**

Every normal child grows and develops .The child passes through different stages of development.

GROWTH:-Is an increase in the physical size of the whole body or any of its parts. A child grows in size, height and weight. Growth is measured in metres and kilograms. DEVELOPMENT:-Is an increase in skill and complexity of function. A child is developing when he or she is making progress in what he or she does with his or her mind and body such as holding up the head, holding a toy, gaining understanding etc.

**THE PRINCIPLE OF A CHILD DEVELOPMENT**

1 Development in children is predictable.

2 Follows a definite pattern

3 It should be steady.

**AREAS OF DEVELOPMENT**

1 Physical development

2 Emotional development

3 Social and moral development

1 Physical development:-This is the development of the physical structures and functions eg brain, muscles, nerves, bones and their functions.

2 Mental development:- This is the development of intellectual abilities, It involves ability to think, understand and solve problems. They learn from parents, experience and play.

3 Social development:-This involves the development of bevavioural patterns approved by the society, development of social attitudes.

4 Emotional development :- involves how people expresses feeling like smiling, crying, frowning.

**STAGES IN A CHILD DEVELOPMENT**

|  |  |
| --- | --- |
| **AGES** | **DEVELOPMENT** |
| FIRST MONTH | 1.HEAD SAGS AND NEEDS SUPPORT.  2.HANDS TIGHTLY FISTED OR CURLED.  3 SLEEPS MOST OF THE TIME,FEEDS AND CRY.  4 STARES INDEFINITELY AT SURROUNDING,CAN HEAR SOUND. |
| SECOND MONTH | 1 WAVES ARMS ABOUT WHEN LYING ON BACK.  2 CAN TURN HEAD TOWARDS DIRECTION OF SOUND  3 MAY HAVE REGULAR ROUTINE,SUCH AS SLEEPING ALL NIGHT. |
| THIRD MONTH | 1 LOOKS AT PEOPLE AND FOLLOWS THEIR MOVEMENT.  2 SMILES AND ENJOYS COLOURS AND LIGHT.  3 CAN HOLD HEAD UP SLIGHTLY.  4 CAN HOLD AN OBJECT PLACED IN HIS HAND EG RATTLE. |
| FOURTH MONTH | 1 HOLDS HEAD ERCT.  2 CAN SMILE AND SHOW EXCITEMENT.  3 EYES CAN FOLLOW MOVING OBJECTS SLOWLY.  4 CAN REACH FOR TOES. |
| FIFTH MONTH | 1 CAN REACH FOR AN OBJECT  2 PUT EVERY THING WITHIN REACH INTO THE MOUTH.  3 CAN PULL DRESS OVER FACE  4 SIT WITH SLIGHT SUPPORT.  5 BIRTH WEIGHT MAY BE DOUBLED  1 BIRTH WEIGHT DOUBLED  RECOGNIZES CONSTANT MEMBERS OF THE FAMILY.  3 SITS WITHOUT SUPPORT  4HANDS AND EYES WORK MORE TOGETHER.  5 MAY START TEETHING |
|  | 1 SITS CONFIDENTLY AND CRAWL  2 USES TOYS FREELY  3 MAY BEGIN TO ASSOCIATE WORDS WITH PEOPLE,IDEAS OR OBJECTS. |
|  | 1 CRAWLS VERY WELL,STANDS HOLDING ON TO OBJECTS  2 GRADUALLY STANDS UNAIDED  3 TAKES FIRST STEPS  4 CUTS MORE TEETH  5 BIRTH WEIGHT TRIPPLES  6 UNDERSTANDS SOME WORDS AND CAN SAY VERY FEW. |
|  |  |

**CONDITIONS NECESSARY FOR CHILDS DEVELOPMENT**

1 Love and care from family.

2 Good nutrition

3 Clothing

4 Exercise

5 Rest

6 Medical care

7 Conducive environment

**WEEKEND ASSIGNMENT**

1 Development in children follows a definite pattern

a)movement b) style c) pattern d) form e) way

2 \_\_\_\_\_\_\_\_\_\_\_ is measured in metres and kilograms.

a) development b) health c) life d) strength e) growth

3 \_\_\_\_\_\_\_\_\_ is an increase in the physical size of the whole body or any of its parts.

a) life b) development c) growth d) health e) energy

4 Child develops at \_\_\_\_\_\_

a)high rates b) different rates c) a time d) different time e) similar rates

5 Development starts from the\_\_\_\_\_\_\_\_\_\_\_\_ and spreads over the body.

a) legs b) hands c) eyes d) mouth e) heads

**THEORY**

1 List 2 factors that influences development

2 Enumerate the 5 areas of development

**WEEK 4**

**CHILD CARE IMMUNIZATION**

|  |  |
| --- | --- |
| TIME | IMMUNIZATION |
| 1.At birth | B.C.G |
| 2.At 2 months | I first dose of D.T.P  II first dose of polio vaccine |
| 3. At 3 months | I second dose of D.T.P  II second dose of polio vaccine |
| 4 At 4 months | I third dose of D.T.P  II third dose of polio vaccine |
| 5 At 9 month | Measles vaccine |
|  |  |

**COMMON AILMENTS IN CHILDREN**

**COLIC**

Is caused by cramps in the intestines of the baby, causing the baby real discomfort or pain. A baby who has cramps cries hard common during the first 3-4 months., but much less after that.

**CONSTIPATION**

This involves the passing of hard stool at long intervals or not passing it at all. Constipation is common with bottle fed babies.

**Treatment**

1 Give the child extra water.

2 Add small glucose to his feed.

3 Give more fruit juice

4 Serious cases should be taken to the doctor

**DIARRHOEA**

This is the sudden increase in the number of bowel movements, especially if they are loose and watery. Could be caused by unsuitable diets, overfeeding, infection or diseases.

**TREATMENT**

Give oral dehydration therapy after each stool.

**NAPPY RASH**

Occurs when the child has rashes in the nappy area could be caused by using dirty napkins, leaving soiled napkin on the baby for a long time, not cleaning babies buttocks properly.

**TOYS FOR CHILDREN**

As a baby grows he or she enjoys playing with things. It is therefore important to provide baby with toys that suits their age levels.

**USES OF TOYS**

1 Keeps children busy.

2 Help them to learn.

3 Helps them to exercise themselves in different ways.

4 Make children happy.

**WEEKEND ASSIGNMENT**

1 \_\_\_\_\_\_\_\_\_\_\_ feeding is the natural way to feed a baby.

a) bottle b) breast c) artificial d) regular e) constant

2 Babies skin is delicate it should not be allowed to get\_\_\_\_\_\_\_

a) clean b) complex c) dirty d) hard e) simple

3 Constipation is common with \_\_\_\_\_\_\_\_\_\_\_ babies.

a) breast fed b) bottle fed c) well fed d) hungry e) angry

4 The process of introducing a baby gradually to foods other than milk is called\_\_\_\_\_\_\_\_

a) feeding b) winning c) warning d) weaving e) weaning

5 \_\_\_\_\_\_\_\_\_\_\_- prevents a child from diseases.

a) air b) sun c) warmth d) immunization e) love

**THEORY**

1 State 4 advantages of breast feeding

2 define baby’s layettes.

**WEEK 5**

**FOOD PRESERVATION**

Food preservation is the caring for or treating food in such a way that it will keep in good condition for a long period of time.

**REASON FOR PRESERVING FOODS**

1 To preserve seasonal foods in and out of season especially fruits and vegetables.

2 To prevent scarcity,

3 To prevent food spoilage.

There are different methods of preserving foods. The common ones are;

1 solar/sun drying:-is a very effective way of preserving some vegetables, maize, beans, cassava, chips etc

2 smoking:- Foods like fish, meat, and root crops can be preserved by smoking.

3 Freezing:-is a method of preserving foods by placing them in a freezer compartment.

4 Canning:-is a method of preserving foods by sealing them in an air tight container, and applying heat.

**FOOD STORAGE**

It involves keeping preserved foods in safe conditions and suitable facility for use.

**CLASSIFICATION OF FOODS**

1 PERISHABLE FOODS are foods that spoils very fast as a result of the moisture content of such foods eg tomatoes, fish, meats, eggs, vegetables.

2 NON-PERISHABLES are foods that do not spoil easily, and this include, rice, beans, salt, sugar, yam, dried maize.

**WEEKEND ASSIGNMENT**

1 State 3 reasons for preserving foods

2 What is food preservation.

3 Give 5 examples of a perishable food.

4 Give 5 examples of non perishable foods.

5 What is food storage.

**WEEK 6**

**KITCHEN EQUIPMENTS AND UTENSIL**

Kitchen equipment and utensils are very important for food storage, preservation and cooking. Small kitchen tools such as knives are called utensils while the large ones such as cookers are known as equipment. The materials include metals, plastic, wood, glass e.t.c.

**POINTS TO CONSIDER IN CHOOSING KITCHEN EQUIPMENT**

1 The equipment to be chosen must be suitable for the job.

2 The money available for the purchase of the item.

3 The equipment must be durable.

4 It should be easy to use.

5 It should be easy to care for.

**CHARACTERISTICS,USES AND CARE OF DIFFERENT MATERIALS USED FOR MAKING COOKING EQUIPMENT AND UTENSILS**

|  |  |  |  |
| --- | --- | --- | --- |
| Materials | characteristics | uses | Care |
| Aluminium | i A very good conductor of heat.  ii it does not rust easily. | I for kettle, sauce pans, frying pans, water filter e.t.c | i) wash with warm soapy water.  i)\_ scour with mild abrasive.  iii) dry with soft kitchen cloth. |
| Enamel | i Rust proof  ii can chip if dropped. | Sauce pans jugs, pie dish, basin, plates etc | i) Wash in warm soapy water.  ii) Rinse thoroughly in clean water.  iii) Dry well |
| China  Porcelain or china | i it is porous  ii it is a poor conductor of heat | Plates, tea-sets, mugs, ovenware etc. | i) Wash with warm soapy water.  ii) rinse well  iii) dry with clean dish. |
| Wood | Can be plain, painted or varnished. | Mortar and pestle, spoons, forks, spatular trays, rolling pins, chopping boards, bread boards e.t.c. | i) wipe varnished wood with dry clean cloth.  ii) wash plain painted wood with warm, soapy water.  iii) rinse |
| Stainless steel | i) It is a poor conductor of heat.  ii) It is strong and durable.  iii) it does not rust | Tea set, trays, plates, kitchen sink, cutlery, cups, frying  pans and sauce pans. | I wash with warm soapy water and rinse thoroughly.  ii scour, with mild abrasive when necessary. |
| Earthen ware | It is porous  It is a poor conductor of heat  It takes time to get heated | Cooking pots, water pots, jugs, cooler e.t.c | i) wash with soapy water.  ii) rinse with warm water |
| Chromium | It is hard metal  It is resistant to acid.  Does not scratch easily  Use to coat other metals. | Spoons, forks, water, taps, ranks etc. | Do not use abrasive.  Wash in warm soapy water.  Rinse thoroughly.  Dry well.  Polish with a soft duster |

**WEEKEND ASSIGNMENT**

1. Which of the following may not influence the choice of cooking equipment and utensils?

A family size B income C ease of use D Height of parents E use of equipment

2. One of the following is a good conductor of heat?

A stainless steel B plastic ware C china ware D earthen ware E aluminium

3. Rolling pins and chopping boards are commonly made of \_\_\_\_\_

A glass B plastic C china D wood E steel

4. One of the following rust easily

A aluminium B iron C glass D plastic E tin

5. Which of the following is porous?

A zinc B chromium C earthen ware D plastic ware E iron.

**THEORY**

1. List 4 points to consider in choosing kitchen equipment.

2. List any 2 of the following:

(a) Measuring Utensils

(b) Mixing Utensils

(c) Top Range Utensils

**WEEK 7 - 9 REVISION**

**WEEK 10 EXAMINATION**