Section 3: Choice and Management of Resources - Aims

- Develop knowledge and skills necessary to enable students to become discerning consumers and effective managers of resources in relation to the home and family.
- Develop competence for safe and healthy living.
- Foster aesthetic appreciation of product design and understand the implications of rapid technological change and marketing techniques on the consumers.
- To learn to control basic skills pertaining to food selection, preparation and presentation, home management, clothing and textile care.
- To investigate the implications and applications of technology and to develop competence in their use.

Some topics tackled in this section:

Some topics that are to be tackled in this section:
- Selection, Safe Use and Care of Kitchen Equipment: Cookers, Fridges, Labour Saving Devices
- Appearance Management
- Environmental Awareness
- Laundry and Fabric Care
- Consumer Awareness
- Shops and Shopping Practices and Methods of Payment
- Budgeting and Ways of Saving Money
- Consumer Rights and Responsibilities
- Factors Influencing Choice of Home
- Assurance and Insurance
- Kitchen Planning

Possible Jobs and Careers

Entrepreneurs: Work in the tourism industry, catering establishments and hospitals.

Food Technologists and Food Service Manager

Marketers: food, appliance, household goods

Work in day care centres and homes for the elderly.

Work in child care centres

Institute of Tourism Studies (ITS)

Food and Nutrition Advisor / Consultant and Health Promotion Officer

School of Hair Dressing and Beauty Therapy

Junior college or Higher Secondary.

Take up a University Course to become a teacher or a facilitator with children with special needs.

Work as a counselor with the consumer department

Mass Media: produce and present radio and TV. programs on topics dealing with health, nutrition, family and consumer issues

Pre-requisites when choosing Home Economics

- Good level of English.
- Be ready to work hard, even during summer holidays in order to catch up with the MATSEC Syllabus (Form 3, 4 & 5)
- Encouraged to work hard in the project and practicals that are required to be submitted for the MATSEC O’level Exam.

What Home Economics is all about...

Home Economics gives you the knowledge and skills that will last a lifetime.

Ms. S. Attard Farrugia
The central concern is the optimal quality of life of individuals and family; it recognizes the family as the most important influence in the nurture, care and education of its members.

- Home Economics is a very interesting and useful subject.
- It helps you learn skills which will be useful in everyday life.
- It helps the well-being of you and your family within the home, the community, nationally and globally.
- There are different topics in Home Economics such as preparation and cooking of food, learning the importance of eating healthy food, types of family, different types of equipment needed in the kitchen, how to avoid accidents, taking care of the environment, different types of shops, how to save and budget your money, about the consumer, etc etc.

- diet
- health
- family
- resources
- home
- man's physical, economic, social and aesthetic needs.

Section 1: Food, Nutrition and Health - Aims

- Understand the importance of nutritional recommendations and to be able to choose food and methods of preparing food which promote health and well-being.
- Develop the knowledge, understanding and skills necessary to provide healthy diets.
- Recognize that family members have different dietary needs and that food choice is affected by social, economic, environmental and psychological needs.
- Promote an understanding of the main technological developments in the food industry.

Some topics tackled in this section:

- The 5 Nutrients: Carbohydrates, Protein, Fats, Minerals and Vitamins
- The Process of Digestion
- Food Commodities: Nuts, Cereals, Pulses, Meat, Milk and Dairy Products, Fish, Fruit and Vegetables
- Safety and Hygienic Practices in Food Handling
- Food Spoilage and Contamination
- Preservation and Packaging of Food
- Organic Farming and Genetically Modified Organisms

Section 2: Family Well-Being - Aims

- Develop knowledge of the family as a social institution and the contribution of family life to the personal and social development of its members.
- Recognize the importance of strengthening family relationships and the interdependence and interaction among individuals and families.
- Acknowledge the different and changing needs of family members and how these needs could be met throughout the life-cycle.
- Increase the awareness of the emotional, physical, social and environmental factors that affect the development of the child.
- Encourage a caring attitudes to others, particularly towards children, the elderly and people with special needs.

Some topics tackled in this section:

- The Family Unit, Child Care and Development
- First Aid
- Senior Citizens in Society
- Safety in and Outside Home
- The Person with Special Needs
- Sources of Stress and Strategies for Managing it.
- Sources of Information and Support Provided for the Families