Home Economics

The central focus of Home Economics is healthy eating, home and family life and preparation for independent living.

Home Economics is a very practical subject in which students are encouraged to develop a variety of skills that will be useful in all areas of their future lives. Practical cooking accounts for a significant amount of the teaching time in Key Stages 3. This is undoubtedly the most popular area for our pupils.



The subject is divided into units in which pupils will investigate different groups of foods and prepare dishes using some of them. This will help them to use a variety of utensils and appliances, follow a recipe, organise their work, and gain confidence in making decisions for themselves. By the end of Key Stage 3 they will be able to use their skills and knowledge to prepare food which is healthy and also looks and tastes good.



It is also important to understand the problems of poor food choice. Pupils are therefore given opportunities to learn about healthy eating and good nutrition.
Pupils study family structure and roles and responsibilities of family members. They are introduced to the topic of Consumerism and become familiar with their rights as a consumer.

Home Economics is studied by all pupils in Years 8, 9 and 10. The subject provides a sound foundation for many Key Stage 4 subjects including Hospitality, Child Development and Health and Social Care.