

FIRST TERM Home Economics E-LEARNING NOTE

FIRST TERM E-LEARNING NOTE

SUBJECT: HOME ECONOMICS

CLASS: JSS2

SCHEME OF WORK

WEEK	TOPIC
1.	Myself as a Home Maker
2.	The Family House – Sitting room, Dining room and kitchen
3.	The Family House – Bedroom, Toilet and Bathroom
4&5.	Equipment and Materials for the Maintenance of the Family House
6.	Flower Arrangement
7.	Household Linen
8.	Care of the Family Clothing and Household Linen
9.	Impact of Family Values on Lifestyles
10.	Revision and Examination

REFERENCE TEXTBOOKS

- HOME ECONOMICS FOR JUNIOR SECONDARY SCHOOL BOOK 2 BY POPOOLA O. O.
- HOME ECONOMICS FOR JUNIOR SECONDARY SCHOOLS BOOK 1-3 BY ELISABETH U. ANYAKOHA



WEEK ONE

TOPIC: MYSELF AS A HOMEMAKER

CONTENT

- Definition of a Homemaker
- Qualities of a Homemaker
- Responsibilities of a Homemaker

DEFINITION OF HOME A MAKER

A homemaker is the person in charge of a home. The beauty of the home depends solely on the effort of the home maker. He/she manages and maintains the home by using both human and material resources available to meet the needs of every member of the family.

QUALITIES OF A HOME MAKER

1. **Co-operation:** A home maker should work in unity with all the members of the family and community.
2. **Politeness:** She should be able to feel for others. Respect should be given to every opinion of the family members.
3. **Creativity:** A good home maker should be able to improvise. He / she must use skill, ability and imagination to produce new things that will make home attractive and pleasant.

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4. **Honesty:** The home maker should be faithful in the matters that require her judgment and must be honest in all her dealings at home. He/She should always speak the truth always and should not be a disappointment to the family members.
5. **A Good Listener:** He/She should give listening ears to every matter at home or around her before giving judgment, solution or even decisions.
6. **Caring and Teaching:** A home maker should be able to take proper care of the family members e.g. in their feeling, clothing etc should also teach the members how to care for others. She should be a model for the young ones.
7. **Planning Quality:** She should plan well, using the money available to meet the needs of the family members especially for food, clothing, shelter, education, etc.
8. **Patience:** Since there are many people in the family with different behaviour, the homemaker needs patience in order to identify their needs and be able to meet them.
9. **Politeness:** In approaching and handling issues, there is need for the homemaker to be polite to all, irrespective of age. Politeness enhances peace, harmony and happiness in the home.
10. **Hard work:** A homemaker must be hardworking in order to meet the demands of the family and that of her job/career.

EVALUATION QUESTIONS



1. Who is a home maker?
2. List and explain two qualities of a Home maker.

DUTIES / RESPONSIBILITIES OF A HOME MAKER

1. **Budgeting and preparing food for the family:** It is the duty of the homemaker to plan and prepare the family meal. There are different categories of people in the home that make up the family. So, it is her responsibility to meet the food needs of everyone.
2. **Cleaning the rooms and the available equipment in them:** A home maker should see that all the rooms in the house are clean and tidy. She should take care of the furniture and other equipment available in the home. She should use the skills and knowledge of interior decorations to beautify the home.
3. **Laundrying family clothing:** It is the duty of the home maker to care for the family members clothing, launder and maintain when necessary.
4. **Maintaining the home:** A house maker should use the available resources in terms of money, energy and time to maintain the home. These should be utilized to meet the needs of the family to avoid wastage.
5. **Maintaining health living:** A home maker must maintain a high standard of hygiene. She should clean the surroundings by sweeping it daily, beautifying it with flowers and taking good care of the drains. She should make the home as attractive as possible.

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6. Sewing and mending of family dresses: It is the duty of the homemaker to buy new dresses for members of the family who cannot make their own choice e.g. toddlers and infants. It is also her duty to identify dresses that are torn and need mending. Torn clothes must be mended as soon as possible.

7. Occasional replacement of materials: A homemaker should be able to identify and replace items that are old, spoilt or obsolete in the home and replace them as soon as possible.

GENERAL EVALUATION QUESTIONS

1. Who is a home maker?
2. Identify and classify the following under quality and responsibility of a homemaker:
 - a) Replace the materials in the home
 - b) Launder the family clothings
 - c) Must be patient always
 - d) Cooperative
 - e) Cleaning the kitchen
 - f) Polishing the furniture
 - g) Very creative
 - h) Hardworking
 - i) Preparation of food
 - j) Good planning
3. State the steps involved in decision making.
4. List and explain four types of food service.
5. State important steps in laundry work.

READING ASSIGNMENT

Home Economics New Concepts by Mrs. Popoola O.O, Page 1-5.

WEEKEND ASSIGNMENT

1. A good home maker should be _____.
A. polite B. rude C. selfish D. right
2. A good home maker takes care of the _____.
A. school B. church C. home D. self
3. A good home maker should plan for the family.
A. False B. True C. Anyhow D. Not all the time.
4. _____ is one of the responsibilities of a home maker.
A. Maintaining the home B. Scolding the family members C. Abandoning the duties
D. Neglecting the home.
5. _____ is one of the qualities of a home maker.
A. Maintaining the home B. Creativity C. Mending the family clothing
D. keeping the home.

THEORY

1. Who is a home maker?
2. List two qualities and two responsibilities of a home maker.

WEEK TWO

TOPIC: FAMILY HOUSE

CONTENT

- Sitting room
- Dining room
- Kitchen

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In any family house, there are different rooms or areas. Each room or area is usually used for different purposes or activities or functions; hence they are referred to as **functional rooms or areas**. The functional rooms include the sitting room, dining room, kitchen, bedroom, toilet and bathroom.

SITTING ROOM

It is one of the functional rooms at home. It is commonly used by every member of the family.

Uses of Sitting Room

1. Sitting room serves as a relaxation centre for the family members.
2. It is used for receiving and entertaining visitors.
3. It is a place where we listen to news on the radio or T.V broadcast
4. It can be used for social activities such as meetings, parties and discussing family matters.
5. Part of the sitting room can be used as dining room. When this happens, the sitting room is referred to as a **living room**.

Sitting room furniture

1. A set of settee or chairs. These are available in different shapes, sizes and forms.
2. A centre table.
3. Side stools.
4. Electronics such as television, radio, fan, etc.
5. Wall decorations.
6. Book shelf/ wall cabinet



EVALUATION

1. What are functional rooms?
2. State three uses of a sitting room

DINING ROOM

This is another functional room in the house. It can be a separate room or part of the sitting room.

Uses of Dining room

1. It is used as a centre for family meals.
2. It can be used for serving meals to visitors.

Furniture in the Dining room

1. A Dining table and chairs.
2. A Sideboard or cupboard for storing cutlery, glasses, table mats, table linen, beverages, etc.
3. A wash hand bowl stand.

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1. State two uses of a dining room.
2. Mention three things that can be found in the dining room.

KITCHEN

Kitchen is one of the functional rooms in a home. It is as important as other rooms. Kitchen can be referred to as domestic workshop where the preparation, working and serving of foods is done.

Uses of Kitchen

1. It is used for food preparation and cooking.
2. It is used for food storage.

Types of Kitchen

1. Traditional kitchen
2. Modern kitchen

Traditional Kitchens

They are found in rural areas and have the following features:

1. They are built as separate unit from the main house.
2. The floor can be either mud or concrete.
3. Open or free drainage system is often used.
4. The shelves or kitchen racks are commonly made of wood or bamboo.
5. Common fuels used are firewood, charcoal or coal.
6. The fire place can be any of the following types:
 - fixed e.g. cooker
 - movable e.g. a metal tripod
 - three big stones arranged in a triangular position.

Modern Kitchens

These are common with modern buildings. They have the following features or characteristics:

1. The kitchen is part of the main building and often next to the dining room or sitting room.
2. The floor can either be concrete, tiles or marble.
3. The kitchen has fixtures such as sink, tap, draining board, cabinets, shelves, etc.
4. Common fuel used is kerosene, gas and electricity.
5. The kitchen makes use of concealed drainage system. Used water is disposed with the use of drainage pipes and septic tanks

Furniture and fixtures found in the modern kitchen

1. The cooker
2. Storage cupboard with shelves.
3. Sink with draining board.
4. Kitchen taps fitted to the sink.
5. Refrigerator and deep freezer
6. Pestle and mortar
7. Cooking pots and pans, blenders and many more.

GENERAL EVALUATION QUESTIONS

1. Differentiate between a house and a home.

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2. List the two types of kitchen with three features each.
3. List five items in the sitting room
4. List the food groups and state their functions.
5. State three guidelines for healthy feeding habit

READING ASSIGNMENT

Home Economics for JSS 1-3 by Anyakoha, pages 187-190

Home Economics New Concept for JSS 2 by Popoola, pages 6-9

WEEKEND ASSIGNMENT

1. The functional area used as relaxation centre for family members is
A. kitchen B. dining room C. sitting room D. toilet
2. Side cupboard is a piece of furniture commonly found in the
A. passage B. dining room C. toilet D. sitting room
3. A set of settee is found in the
A. room B. kitchen C. bedroom D. sitting room
4. The functional area used for food preparation is
A. living room B. kitchen C. hall way D. dining room
5. There are _____ types of kitchen.
A. 4 B. 3 C. 2 D. 1

THEORY

1. State two uses of the sitting room.
2. Mention three features common to a traditional kitchen.



WEEK THREE
TOPIC: THE FAMILY HOUSE

CONTENT

- Bedroom
- Toilet
- Bathroom

BEDROOM

Bedroom is one of the most important rooms in the home.

Uses of Bedroom

1. It is used for sleeping at night.
2. It is used for resting and relaxing during the day.
3. It is used for keeping important and valuable personal belongings, such as, documents, clothes, jewelry, etc.
4. It provides privacy for the members of the family.
5. It also used for dressing and making up.

Furniture and Fixtures in the Bedroom

1. Bed and beddings
2. Wardrobe
3. A bedside cupboard
4. A dressing table

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5. A stool/chair
6. Shoe rack

EVALUATION

1. State three uses of a bedroom.
2. Mention four pieces of furniture in the bedroom.

TOILET

It is one of the important rooms in the home. It is used mainly to get rid of waste products from the body mainly, urine and faeces. Toilets are either attached to the main house or detached.

Types of Toilet / Latrines

A. **Pit Latrines:** Pit latrines are commonly found in rural areas. It is built at the back of the main building normally at some distance from the house to keep away flies. It is constructed by digging the ground to about 4-6m and covering it with concrete slab or plank that has round hole in the centre.

Advantages of Pit toilet

1. It is not as expensive as modern toilet.
2. It can be built with local materials.
3. It does not require water for flushing.

Disadvantages

1. It cannot be part of the main house.
2. It gives off bad and unpleasant odour.
3. It is not hygienic and convenient.
4. It harbours too many flies and cockroaches, which are disease carriers.
5. It is not durable- a person can fall into the toilet



B. **Bucket Latrine:** In this type of toilet, a bucket is used instead of a trench. In this case, a wooden box or concrete platform with hole in the centre is built and a bucket is placed within the box directly under the hole. There is usually a small door through which the bucket can be removed daily. The bucket is usually emptied at night.

Advantages of bucket toilet

1. It is simple and easy to construct.
2. It is not expensive to construct.
3. The faeces can be removed daily. This reduces infection.

Disadvantages

1. It is not hygienic and healthy.
2. It gives off bad and unpleasant smell.
3. It harbours too many flies and cockroaches.
4. There may not be a place to empty the bucket on time.
5. Night soil men who empty the bucket are scarce.

C. **Modern Toilet:** It is also called water closet (W.C). It is made with a complete water system found in modern homes in towns and cities. It is room within the main house equipped with

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all the toilet facilities such as:

1. water closet
2. wash hand basin
3. a fitting cover
4. a cistern or water tank and
5. connecting pipes.

Advantages of modern toilet

1. It is hygienic and convenient to use.
2. It is neat and does not smell if properly maintained.
3. There are no faeces left in the toilet to attract flies.

Disadvantages

1. It is expensive to build than other types of toilet.
2. It cannot be used without water.
3. Only soft tissue paper can be used with WC.

EVALUATION

1. Name the three types of toilet we have.
2. State three advantages and two disadvantages of a modern toilet.

BATHROOM

Bathroom is one of the functional rooms in the home. It is used for bathing and sometimes used for washing of clothes.



Types of Bathrooms

A. **Traditional Bathroom:** This is always built separate from the main house. The walls are usually constructed with thatched grass, palm fronds, corrugated iron sheet, mud or blocks. In most cases it has no roofing and the floor is always bear with a big flat stone or plank at the centre. The location can be changed based on the desire of the owner. It makes use of free drainage system.

Advantages of traditional bathroom

1. It is simple, easy and cheap to build.
2. Its location can easily be changed.
3. It is easier to maintain.
4. It can be built with locally available materials.

Disadvantages

1. It is not durable, therefore cannot last for long time.
2. It does not provide privacy.
3. It requires constant repair.
4. There is no proper drainage for waste water.
5. It has no roof, therefore, not suitable when it is raining.

B. **Shower-type Bathroom: -** This is another type of bathroom found in the house. This type of bathroom usually has cemented floor, tap water, shower and drainage passage for used water. It has roof and door for privacy. It has no bath tub. This type of bathroom is found in many average homes with many tenants that share bathing facilities, boarding houses or schools.

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Advantages of shower-type bathroom

1. It is convenient and easy to use.
2. It provides privacy.
3. It does not waste time.
4. It is more durable than traditional bathroom.
5. It is simple and cheap to build when compared with the modern bathroom.

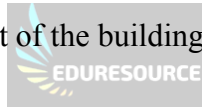
Disadvantages

1. It is more expensive than the traditional bathroom.
2. The floor which is concrete can be slippery leading to accident.
3. The shower cannot be used when there is no water.

C. **Modern Bathroom:** - This type of bathroom is commonly found in cities and urban areas. It is usually located within the main building. The bathroom has some fittings such as bath tub, water heater, cold and hot water taps, shower, wash-hand basin, mirror, shower curtains etc. The floor is usually made of cement finished with tiles or terrazzo. The bathroom can be combined with the toilet in one room.

Advantages of bathroom

1. It is comfortable to use.
2. It provides for privacy.
3. It is hygienic and neat.
4. It is convenient to use because it is part of the building.



Disadvantages

1. It is very expensive and difficult to maintain.
2. It requires special cleaning materials and methods of cleaning to keep it attractive.
3. It requires constant supply of water to use and to keep clean.

GENERAL EVALUATION QUESTIONS

1. State three uses of the sitting room.
2. State two uses of a bedroom.
3. List three types of bathroom.
4. Mention types of toilet
5. What is a house? Name three types of houses in Nigeria.

READING ASSIGNMENT

Family house: Home Economics New Concept for JSS 2 by Popoola. Pages 10-19.
Home Economics for JSS1-3 by Anyakoha. Pages 190-194.

WEEKEND ASSIGNMENT

1. Which of the following does not belong to the group?
A. Bed B. Mattress C. Tub D. Wardrobe
2. These are functional rooms except _____
A. bathroom B. dining room C. store D. kitchen
3. The most hygienic type of toilet is _____ toilet.
A. modern B. bucket C. pit D. bowl
4. A bedroom can be used for the following **except**

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- A. sleeping B. keeping valuable items C. privacy D. entertaining visitors
5. A shower curtain can be found in the _____
- A. modern toilet B. bedroom C. shower-type bathroom D. modern bathroom

THEORY

1. State three advantages of a modern toilet.
2. Name three types of bathroom.

WEEK FOUR

TOPIC: MAINTENANCE OF THE FAMILY HOUSE

CONTENT

- Reasons for the Care and Maintenance of the House
- Cleaning Agents
- Cleaning Equipment

MAINTENANCE OF THE FAMILY HOUSE

Maintenance of the house involves the various processes of keeping the functional rooms in the house and all the household equipment and tools in constant state of cleanliness and good condition. Maintenance of the house is achieved with the use of various cleaning agents and cleaning equipment.

Reasons for the care and maintenance of the house

1. Maintenance makes the house beautiful, neat and inviting.
2. Care and maintenance of the house promotes good health for the family.
3. Regular maintenance prolongs the life span of the household materials.
4. It takes less time to maintain than to clean very dirty articles.

EVALUATION

1. Explain what you understand by maintenance of the family house.
2. State three reasons for maintenance of the house.

CLEANING AGENTS

These are substances used in removing dirt and stains from household equipment. They make cleaning fast and easy.

Classes of Cleaning Agents

1. **Solvents**- These are substances which remove dirt by liquefying it and holding it in suspension e.g. water, grease solvent.
2. **Soaps and detergent** - They aid the removal of grease and dirt. Examples are Ariel, Omo, B29, Canoe, etc.
3. **Abrasives** - These clean by rubbing off dirt through friction, e.g. scouring powder, sand paper, etc.
4. **Alkaline Cleaners** - They combine readily with grease and dirt to reduce the amount of rubbing needed for cleaning, e.g. borax, washing soda, household ammonia.
5. **Acidic Cleaners** - They remove tarnish or rust from metal such as copper, e.g. vinegar, lemon or lime juice.

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6. Waxes and polishes - They are used to protect surfaces and improve appearance, e.g. cream wax, liquid wax, floor polish, furniture polish, etc.

7. Bleaches - They are used for removing stubborn stains and for whitening articles, e.g. jik, hypo, parozone, etc.

EVALUATION

1. What are cleaning agents?
2. List three classes of cleaning agents with examples.

CLEANING EQUIPMENT AND TOOLS

1. **Brooms and brushes:** They are used for sweeping and removing surface dirt and dust.
2. **Dusters:** They are used to gather and remove dust from surfaces.
3. **Mops:** They are attached to a long or short handle and used for cleaning the floor.
4. **Dust pans:** These are used for gathering dust and dirt.
5. **Dust bin:** It is used for disposing refuse.
6. **Buckets and pails:** They are used for carrying water for cleaning.
7. **Carpet sweeper:** It is used for removing surface dust and dirt from carpets and rugs.
8. **Vacuum cleaner:** This is an electrical labour-saving device for removing dust and dirt from carpet and rugs. It is a major cleaning equipment.

Care of Cleaning Equipment

1. **Brooms** – Wash, dry and store them properly.
2. **Brushes** – They should be washed in warm soapy water and put out to dry, after every use.
3. **Dust Pan** – It should be washed often, dried and stored properly.
4. **Carpet Sweeper** – Clean according to the direction in the manufacturer's hand book
5. **Vacuum Cleaner** – It should be used and maintained according to the directions in the manufacturers' handbook, which comes with it.
6. **Mop** - Wash mops with soap and water and dry.
7. **Dust bin** - Wash with soapy water and sponge. Disinfect weekly and dry.
8. **Buckets and pails** – Wash them with sponge, soap and water.
9. **Dusters** – Wash with soapy water and dry.

EVALUATION

1. List six cleaning equipment.
2. State how you will care for two of the listed above.

Guidelines for House Maintenance

1. Set time for daily, weekly and seasonal cleaning of the house always.
2. Always adopt the habit of repairing and inspecting all household furniture.
3. Make use of appropriate cleaning agent/material for a particular surface.
4. Cleaning agents and materials should be out of reach of children.
5. Each surface should be given the correct cleaning treatment.
6. Household waste should be properly disposed of on daily basis.

General Guidelines for Care of Cleaning Equipment

1. All cleaning equipment and tools should be handled carefully.
2. They should be used correctly.

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3. They should also be clean after each use. For example:
 - a) remove dirt from brittle of brushes and brooms.
 - b) wash mops and dry.
 - c) wash dust pans and buckets.
4. Give each equipment more thorough cleaning once a week.
5. Store each equipment properly after use and cleaning.
6. Avoid damaging equipment.
7. Repair a damaged equipment as soon as possible.

GENERAL EVALUATION QUESTIONS

1. List four materials needed for the household maintenance.
2. State three guidelines for house maintenance.
3. List different classes of cleaning agents.
4. List and explain methods of waste disposal.
5. State three qualities of a good waste bin.

READING ASSIGNMENT

Home Economics for JSS 1-3 by Anyakoha, pages 195-200

Home Economics New Concept for JSS 2 by Popoola, pages 20-28

WEEKEND ASSIGNMENT

1. ____ is one of the materials needed for household cleaning.
A. Brushes B. Rake C. Matchet D. Wood
2. ____ is one of the cleaning equipment that uses electricity.
A. Vacuum cleaner B. Mop C. Brush D. Long broom
3. ____ is good for cleaning carpets and rugs.
A. Vacuum cleaner B. Mop C. Broom D. Cleaner
4. Brushes should be taken care of by ____.
A. brushing B. drying C. painting D. soaking
5. Long-handed soft brooms and brushes are used for removing ____ from walls and ceilings.
A. objects B. ropes C. cobwebs D. dirt

THEORY

1. State three general guidelines for house care and maintenance.
2. List two cleaning agents with one example each.

WEEK FIVE

TOPIC: MAINTENANCE OF THE FAMILY HOUSE

CONTENT

- Care of Various Functional Rooms in the House
- Daily Cleaning
- Weekly Cleaning

CARE OF THE SITTING ROOM

Daily Cleaning

1. Open all windows to let in fresh air.
2. Put away scattered materials e.g. newspaper, toys, etc.

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3. Empty ashtrays into the bin and dust the astray.
4. Sweep the floor with a hand broom. If it is carpet type, brush the carpet with a hard brush or vacuum cleaner.
5. Dust the surfaces including the window, doors, table, etc.
6. Arrange the magazine and newspapers neatly on the side table.
7. Arrange the seats and other furniture in the room.
8. Put fresh flowers in the vase if available.

Weekly Cleaning

1. Open the doors and windows to air the room.
2. If curtains, table cloths, etc. are dirty, remove them and wash.
3. Remove all movable furniture such as chairs, side stools and centre table from the room.
4. Remove all hangings from the wall and clean.
5. Brush ceiling and wall with a long broom.
6. Take out the floor covering e.g. carpet, rug, etc. if possible and clean.
7. Clean the windows according to type.
8. Clean and treat the floor according to its type.
9. Dust and polish all the furniture.
10. Return the furniture and arrange properly.
11. Hang the curtains, photographs, etc. and put everything back in their proper position.

CARE OF THE DINING ROOM

Daily Cleaning

1. Open the windows and sweep the floor. Reach all corners and under the furniture.
2. Clean the table with a clean piece of cloth wrung out in warm soapy water.
3. Dust the chairs and other pieces of furniture.
4. Put fresh flowers.

After Meal Cleaning

1. Clear the table and remove any pieces of food.
2. Clean the table mats and put them away.
3. Clean the table. Dirty table attracts flies.
4. Sweep off all pieces of food on the floor.
5. Arrange the chairs neatly.

Weekly Cleaning

Follow the procedure for the weekly cleaning for the sitting room. Clean table mats, table covers and napkins according to type.

EVALUATION

1. State the steps involve in daily cleaning of sitting room.
2. State after meal cleaning of the dining room.

CARE OF KITCHEN

Daily Cleaning

1. Open the windows to air the room.
2. Sweep down cobwebs and dust from the ceiling and walls.
3. Sweep the floor.

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4. Wash any dirty plates and utensils.
5. Clean the sink, draining board and the wall around it.
6. Wipe the stove or cooker.
7. Dust other surfaces in the kitchen e.g. cabinet, table, etc.
8. Mop the floor.
9. Arrange the utensils.
10. Empty the waste basket.

Weekly Cleaning

1. Air the kitchen by opening the windows.
2. Take out the kitchen equipment and utensils and clean according to type.
3. Sweep down cobwebs and dust from the ceiling, windows and walls.
4. Sweep out the food store.
5. Clean the cooker and stove thoroughly.
6. Scrub the storage shelves, cupboard or cabinet thoroughly and dry.
7. Clean the sink with the draining board and its surroundings.
8. Sweep and scrub the floor according to type.
9. Line the shelves and cabinets with old newspaper to prevent stains.
10. Bring in the equipment and arrange them properly.
11. Dispose all refuse properly.
12. Scrub the dustbin, rinse thoroughly with disinfectant water and allow to dry in the sun.

CARE OF BEDROOM

Daily Cleaning

1. Open the windows to let in fresh air.
2. Take up the mosquito net and adjust it neatly, if it is in use.
3. Dust surfaces like drawer, table lamp stand e.t.c.
4. Sweep the floor neatly.
5. Make the bed.
6. Arrange the dressing table.



Weekly Cleaning

1. Open the windows.
2. Strip the bed of the bedding.
3. Remove the mattress and pillows from the bed and shake well to remove dust.
4. Brush the ceiling and walls with the long broom.
5. Clean windows and doors.
6. Sweep the floor and scrub.
7. Polish the furniture.
8. Wash the bed linen and dry.
9. Make the bed.
10. Replace and neatly arrange the furniture.
11. Dispose any refuse properly.

EVALUATION

1. State the daily cleaning of the kitchen.
2. Outline the weekly cleaning of the bedroom.

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TOILET

Daily Cleaning

1. Open the window.
2. Flush the toilet.
3. Sweep the floor.
4. Clean the inside and the outside of the toilet bowl with the cover with toilet cleaner and brush.
5. Rinse and flush the toilet.
6. Clean the floor according to type.
7. Supply toilet paper if necessary.

Weekly Cleaning

1. Open the door and window.
2. Sweep down the ceiling, door, window and walls to remove cobwebs.
3. Sweep the floor.
4. Clean door and window according to type.
5. Flush the toilet. Sprinkle toilet cleaner and scrub thoroughly with good toilet brush. Flush again.
6. Clean the outside of the bowl, cover and cistern.
7. Scrub the floor according to type with disinfectant water.
8. Supply fresh toilet paper if necessary

BATHROOM

Daily Cleaning

1. Open the window for fresh air.
2. Sweep the floor.
3. Draw the shower curtain if in use.
4. Dust the fixtures and furniture.
5. Wash and rinse the bath-tub and wash-hand basin.
6. Take towel out in the sun.
7. After each use, rinse the bath-tub and mop up any water splashes on the floor.



Weekly Cleaning

1. Open the windows.
2. Remove curtains, shower curtains and towel. Wash them and dry.
3. Sweep down the ceiling, walls, door and window to remove cobwebs.
4. Wipe the water heater with a clean and dry duster.
5. Clean other furniture and fixtures according to type.
6. Clean the bathtub, wash-hand basin and their fittings according to type.
7. Clean the floor according to type.
8. Replace the curtains, towel and other furniture.

GENERAL EVALUATION QUESTIONS

1. Mention two classes of cleaning agent you have learnt.
2. State two best ways to clean a sitting room on daily basis.
3. State six functional rooms in a house.
4. What is one- room apartment?
5. State three reasons for choosing one-room apartment by some people.

FIRST TERM Home Economics E-LEARNING NOTE

READING ASSIGNMENT

Home Economics for JSS 1-3 by Anyakoha, Pages 215-224

Home economics New Concept book 2 by Popoola, Pages 49-59

WEEKEND ASSIGNMENT

1. Functional areas in the house should be cleaned both ____ and ____.
A. daily, weekly B. daily, monthly C. morning, night D. occasional, yearly
2. When cleaning a room, it is important to open the doors and windows to ____
A. dry the room B. air the room C. decorate the room D. open the room
3. It is necessary to shake the mattress about once a week in order to
A. renew it B. make it softer C. maintain its shape D. increase its length
4. The substances which remove dirt by liquefying it and holding it in suspension are called ____
A. solutions B. acids C. liquids D. solvents
5. One of the following can be applied to a surface to improve its appearance and to protect it.
A. Polish B. Acidic cleaner C. Solvent D. Alkaline cleaner

THEORY

1. State the daily cleaning of a modern bathroom
2. Outline after meal cleaning of a dining room.

WEEK SIX TOPIC: FLOWER ARRANGEMENTS

CONTENT

- Importance of Flower Arrangement
- Materials Needed for Flower Arrangement
- Types of Flower Arrangement
- Rules to Observe in Arranging Flower
- Simple Home Decoration

FLOWERS

Flowers are used for decoration. Flowers can be used to add colour and beauty to the home especially the sitting room and dining room. Examples of flowers are Hibiscus, pride of barbados, lilies, roses, alamanda, morning glory, queen of the night, etc.

Importance of Flower Arrangement

1. Beautifully arranged flowers can be used to brighten up the rooms in the house.
2. They create desirable feelings of calmness and coolness in the room.
3. Arrangement of flowers tells much about the personalities of the people using the rooms and depicts their taste.
4. Flowers increase the circulation of air in the room.

EVALUATION

1. Mention four different types of flowers.
2. State three importance of flower.

Materials Needed for Flower Arrangement

1. **Flower:** Almost all types of flowers, leaves and plants can be arranged beautifully. Artificial

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flowers can also be used.

2. Flower Vases and Containers: There are different shapes and sizes of flower vases which can be used. Also different containers such as tins, bowls, dishes, bottles, snail shell, etc can be used as flower vases. These containers can be wrapped with beautiful wrapping papers or painted, while some can even be used as they are.

3. Flower Holders: These are materials that can be used to hold flowers in position when put in a vase. They are used to prevent a particular arrangement from falling. Examples are plastic flower holders, crumpled wire netting, sand, small pebbles, flourist clay, etc.

4. A Pair of Scissors or a Sharp Knife: This is needed for cutting the flower

5. Water: It is needed to keep the flowers fresh.

STYLES / TYPES OF FLOWER ARRANGEMENT

1. Tall or vertical arrangement for narrow space.
2. Triangular arrangement for centre of a table placed against a wall.
3. Oval or circular arrangement for large space.
4. Crescent arrangement for dining tables.
5. Horizontal arrangement for dining and conference tables.

RULES TO OBSERVE IN FLOWER ARRANGEMENT

1. Study the place where the flower will be placed.
2. Choose a suitable flower arrangement outline for the place.
3. Select a suitable flower vase for the arrangement.
4. Collect flowers early in the morning.
5. Handle the flowers carefully.
6. Always use sharp knife or pair of scissors for cutting flowers. Flowers must be cut at an angle of about 45°.
7. Do not allow the flowers to stand for a long time before arranging.
8. There must be unity between the container, the holder and the flower itself.
9. The arrangement must be beautiful and suitable for the original intention.
10. It must be simple, well balanced, stable and impressive.

EVALUATION

1. List three materials for flower arrangement.
2. State two rules to follow when arranging flowers.

SIMPLE HOME DECORATION

Home decoration is the art of beautifying rooms and other interior areas of a house. Decoration makes the home comfortable, attractive and cool. The way a home is decorated shows the personality and taste of the people using the rooms.

Important Factors and Items in Home Decoration

1. Colour: Colour plays an important role in home decoration. It sets the mood of a room; it makes it cheerful, inviting, stimulating, relaxing and bright.

Uses of colour in home decoration

- a) It adds warmth, peace and quiet to a room.
- b) It adds beauty to a room.
- c) Colours can unify an area.

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- d) It can make a room cheerful and welcoming or depressing and dull.

Rules for choosing colour in home decorations

1. Size of the room
2. Size and shape of room
3. The amount of light entering the room
4. The people to use the room
5. Choose a suitable colour scheme, do not use too many colour for one room.

2. Furniture and fixtures: Furniture is a set chairs, tables, etc. while fixtures are structures that are fixed permanently in the room. They serve both functional and decorative purposes.

3. Curtains: They add colour to a room and beautify it. They also provide for privacy in a room. Good patterned curtains should be chosen to blend with the size of the windows.

4. Floor Coverings: They add colour, warmth and comfort to a room. Floor coverings such as carpet, rugs, etc. should be chosen, bearing in mind the colour scheme of the room so as to add beauty to the room.

5. Wall Decoration/Hangings: Articles such as ornaments, pottery, pictures, calendars and small items of furniture hung on the wall help to add beauty to the room.

GENERAL EVALUATION QUESTIONS

1. List five types of flower arrangement.
2. Define home decoration.
3. Explain three uses of colour in home decoration.
4. Mention and explain two ways of violating human rights.
5. Explain three importance of clean surrounding in the home.

READING ASSIGNMENT

Home Economics New Concept book 2 by Popoola. Pages 205-211

Essential Home Economics for JSS, book 2 by Nnaeto F.E. Pages 33-40

WEEKEND ASSIGNMENT

1. ____ is one of the materials used for holding flower during arrangement
A. Water B. Scissors C. Pebbles D. Pins
2. ____ adds colour and beauty to a room
A. Cutlery B. Flower C. Paint D. Equipment
3. ____ makes home cool and attractive
A. Decorations B. Craft C. Maps D. Arrangement
4. ____ provides privacy in a room
A. Furniture B. Decoration C. Curtains D. Colour
5. The right time to cut flowers for arrangement is ____
A. early morning B. in the afternoon C. in the noonday D. anytime

THEORY

1. List four items for home decoration.
2. Explain two rules to observe during flower arrangement.

FIRST TERM Home Economics E-LEARNING NOTE**WEEK SEVEN****TOPIC: HOUSEHOLD LINEN****CONTENT**

- Definition of Household Linen
- Types of Household Linen
- Factors that Influence the Selection of Household Linen
- General Procedures for Maintaining Household Linen

HOUSEHOLD LINEN

Household linen is a term used collectively to describe a variety of textile articles used in the home for different purposes.

Types of Household Linen

1. **Curtains and Draperies:** These are fabrics used for decorating doors and windows. They can be light or heavy, opaque or transparent. In many homes, two sets of curtains are used:

- a) A lighter pair that is transparent
- b) A heavier pair to be drawn across the window at night.

Uses of Curtains and Draperies

- a) They provide privacy for the family.
- b) They shade the room from excessive wind and light.
- c) They beautify the room.
- d) They can be used to cover special areas or items such as bookshelf, etc.

2. **Bed Linen:** These refer to all the different types of fabric materials used to make the bed. They are;

- a) Bed sheets used for making the bed.
- b) Pillow cases used for covering the pillows.
- c) Bed spreads used as spread over a made bed, when not in use.
- d) Blankets used as covering during cold weather.
- e) Mosquito nets used to trap mosquitoes and keep them from biting those sleeping on the bed.

3. **Table Linen:** They are clothes which are used on the table. They include:

- a) Table cloth used to cover the table.
- b) Table napkins used for protecting dresses while eating and cleaning the mouth and hands after eating.
- c) Place mats used on the table for setting a cover.
- d) Tray/trolley clothes are laid on the tray or trolley before dishes are arranged on them.
- e) Tea clothes for cleaning the table.

4. **Kitchen Linen:** These are clothes used in the kitchen to keep the kitchen tidy. They include:

- a) Hand towels used for wiping and drying hands.
- b) Oven gloves for carrying hot pans and dishes from the oven or top of the cooker.
- c) Dish clothes for wiping off spills on the kitchen surfaces and equipment such as tables, sink, etc.
- d) Glass clothes are non-fluffy clothes used for wiping washed glass wares such as drinking glasses, plates, etc.

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- e) Tea towel used for blotting off water or moisture from vegetables and fruits. It can also be used for wiping glass-wares, crockery and cutlery.

5. Bathroom Linen: These are clothes used in the bathroom and they include:

- a) Bath towels for wiping and drying the body after bathing. They are of various sizes, colours and qualities.
- b) Face towels for cleaning the face. They are smaller than bath towels.

EVALUATION

1. Define the term 'Household linen'.
2. List the different types of household linen.

FACTORS THAT INFLUENCE THE SELECTION OF HOUSEHOLD LINEN

- 1. Durability of the Fabric:** A household fabric should be the type that will last longer.
- 2. Money Available:** The amount of money one is having can equally determine type of fabric/material to buy.
- 3. Type of Fabric:** The fabric should be suited to the use or purpose of the linen, for instance, materials that is fluffy in nature cannot be used as tea cloth, cotton fabric for bed sheer and wool for blanket.
- 4. The Size of the Family:** The number of people in the family will determine the number of household linen they will need and use especially bed linen and bathroom linen.
- 5. The Family Needs:** In selection of household linen, the needs of the family members should be considered.
- 6. Bathroom Linen** e.g. towels must be soft and absorbent.
- 7. Size of the Bed and Pillow:** They should be considered before purchasing them.
- 8. Household linen should be colour-fast** i. e. the fabric should not be the one that can lose its colour easily.

EVALUATION

1. Define household linen.
2. State four factors that influence the selection of household linen.

GENERAL PROCEDURES FOR MAINTAINING HOUSEHOLD LINEN

1. Always air all the household linen properly.
2. Small light articles like tea cloth napkins, place-mats should be kept in drawers.
3. Articles like muslins should be covered to prevent dirt.
4. During washing any stain on the linen should be removed before washing.
5. Always mend any torn linen immediately you noticed it before storage.
6. All the household linen should be kept in good repair as long as possible.
7. Wash household linen as soon as they are dirty and iron them properly.

GENERAL EVALUATION QUESTIONS

1. Mention different types of household linen.
2. Explain the various ways household linen can be taken care of.
3. Explain the meaning of household linen.
4. State three importance good feeding habit.
5. Outline four usefulness of a kitchen.

FIRST TERM Home Economics E-LEARNING NOTE

READING ASSIGNMENT

Home Economics for JSS 1-3 by E. Anyakoha (Revised Edition). Pgs 182 – 186.
Home economics New Concept book 2, by Popoola. Pages 78-88

WEEKEND ASSIGNMENT

1. The name given to the variety of textile fabric used in the house is house ____
A. cotton B. linen C. Fabric D. fiber
2. All towels should be soft and ____
A. dry B. fluffy C. absorbent D. wet.
3. ____ is an example of bathroom linen.
A. Face towel B. Hand towel C. Floor towel D. Napkin
4. ____ is an example of kitchen linen.
A. Glass cloth B. Placemat C. Table napkin D. Table mat
5. Bed linen includes all these except ____
A. blankets B. pillow C. curtains D. bedspread

THEORY

1. List and three factors that can influence the selection of household linen.
2. Mention two ways of caring for household linen.

WEEK EIGHT TOPIC: MANAGING FAMILY CLOTHING

CONTENT

- Definition of Clothing
- Guidelines on Proper Storage and Care of Family Clothing
- Methods of Storing Family Clothing
- Simple Garment Repair

CLOTHING

Clothing refers to any article we place on the body in order to protect, beautify, or adorn it. Clothing includes dresses, shoes, hats, jewelry, socks, etc.

GUIDELINES ON PROPER STORAGE AND CARE OF FAMILY CLOTHING

1. Provide a good storage space for your clothes, e.g. a good closet/wardrobe, box, drawer, etc.
2. Remove stains from clothes as soon as they occur.
3. Mend clothes as soon as possible and check for loose fastenings.
4. Do not store dirty clothes, wash them.
5. Use good quality hangers to hang clothes.
6. Remove brooches and pins from clothes before washing and storing.
7. Air clothes after wearing or ironing before storing them.
8. Keep the storage space clean and neat all the time.
9. Use camphor balls to store clothes to drive away cockroaches and other insects.
10. Wash your under-wears and socks daily.

EVALUATION

1. Define the term ‘clothing’.
2. State four guidelines in maintaining family clothing.

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METHODS OF STORING FAMILY CLOTHES

Family clothing can be stored in the following ways:

1. WARDROBE/CLOSET: Storing clothes in the wardrobe with the use of good quality plastic hangers is the best method of storing clothes. Some wardrobe consist of a section for hanging clothes, a section with shelves for folded clothes and the top having a fitted doors for storing suit cases and boxes. Wardrobe prevents clothes from creasing and helps them to maintain their original shape.

Guidelines for Storing Clothes in Wardrobe/Closet

- a) Keep the wardrobe clean always.
- b) Use good quality plastic hangers to hang clothes. Metal or iron made hangers should be avoided.
- c) Do not overcrowd the wardrobe with clothes.
- d) Do not hang loosely woven fabric articles such as sweaters because they can stretch out of shape.
- e) Keep your clothes from dust.

2. BOXES/SUITECASES/BAGS: This method protects clothes from insects, dust, light and air.

Guidelines for Storing Clothes in Boxes

- a) Select a good box or bag for your clothes.
- b) Store only clean clothes.
- c) Iron clothes before storing them in the box.
- d) Fold clothes properly before storing and store carefully to prevent creasing.
- e) Close the box properly to prevent dust.

3. DRAWERS AND SHELVES: Constructed drawers and shelves made with suitable wood with good finishings can be used to store clothes such as heavy woolen sweaters.

Guidelines for Storing in Drawers or Shelves

- a) Store only clean and dry clothes.
- b) Fold the clothes carefully to remove all creases.
- c) Stack the lighter clothes on top of heavy ones to prevent crushing.
- d) Keep camphor balls in the drawers to keep insects away.

EVALUATION

1. Mention three method of storing family clothes.
2. State two guidelines for storing clothes in the wardrobe.

STORAGE OF ACCESSORIES

1. SHOES

- * Clean your shoes immediately after use
- * Do not leave your shoes carelessly on the floor to gather dust and become difficult to clean.
- * Repair your shoes as soon as there is a tear, before storage.
- * Arrange your shoes on a shoe rack or shelf.
- * Stuff your shoes with clean pieces of paper to maintain their shape.

2. JEWELRY

- * Store jewelry such as necklaces, earrings, bangles, etc. in a small box or container with cover lined with soft cloth or cotton wool.

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- * Keep the box closed always to avoid dust.
- * Keep jewelry away from liquid e.g. water or kerosene.

3. SOCKS AND GLOVES

- * Ensure they are clean and dry before storage.
- * Fold and store in pairs in plastic bags or a corner of the closet.

4. HATS

- * Keep hats free from dust.
- * Stuff the crown with clean paper to keep the shape.
- * Cover with a polythene bag before storage to prevent dust.
- * Place in a suitable place such as top of a flat surface to prevent crushing.

EVALUATION

1. State two ways of caring for jewelry.
2. State three ways of taking care of shoes.

SIMPLE GARMENT REPAIR

Garment repair is the process of mending the clothing articles. Garment repair is important for the following reasons:

- Proper garment repair helps to prolong the life and usefulness of clothes.
- It gives the clothes and the wearer good appearance.
- Immediate repair prevents more damage to garments.
- It saves money that could have been used to buy new clothes.
- It keeps the wardrobe neat and tidy.

Types of garment repair

1. Darning: Darning is a method of repairing or mending thin tears and small holes in garments. It involves weaving strong thread into the torn fabric to replace or strengthen torn threads. It can be done with hand or machine.

Guidelines for Darning

- Choose a suitable thread which matches the garment in colour, texture and thickness.
- Work all darning on the wrong side of the articles.
- Draw or pull the edges of the tear together with herring-bone stitch before darning.
- Ensure that the darn covers the tear or hole.

2. Patching: This the process of replacing worn areas of a fabric with a strong piece of cloth. Large holes or worn areas are difficult to darn, so they should be patched.

Guidelines for Patching

- Choose a piece of fabric that matches the article in colour, texture, design and age.
- Use a matching thread for the patching.
- Make the patching flat, neat and strong.
- The patch must be large enough to cover the hole and the surrounding worn area.

3. Lost or Worn Fastenings: e.g. button and button holes. Mend worn buttonhole by stitching over them with buttonhole stitches. Loose and missing fastenings should be fastened, replaced as soon as possible.

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4. **Loose or Split Seam and Undone Hems:** Tack the seam or hem with a matching thread. Use running stitch or back stitch for split seam and hemming stitch for hem.

5. **Cut or Loose Elastic Band:** Unpick a few stitches of the casing for the elastic from the wrong side. Pull out the old elastic. Replace with new elastic pulling through the casing with suitable safety pin. Over-sew the ends of the elastic firmly together and neatly re-stitch the casing.

GENERAL EVALUATION QUESTIONS

1. State three guidelines for patching a hole in a garment.
2. State two ways storing and maintaining a hat.
3. State five general guidelines on proper storage of clothes.
4. Mention four reasons for wearing clothes.
5. State five factors that can influence the selection of household linen.

READING ASSIGNMENT

Home Economics for JSS 1-3 by Elizabeth U. Anyakoha, pages 175-180.
Home Economics New Concepts book 2 by popoola O.O, pages 84-91.

WEEKEND ASSIGNMENT

1. Clothes should be aired before they are ____
A. washed B. stored C. ironed D. bleached
2. Clothes should not be stored in a ____
A. box B. wardrobe C. damp place D. drawer
3. Which of the following should be removed from clothes before storage?
A. Collars and cuffs B. Buttons and pads C. Sleeves and collars D. Brooches and pins
4. Clothes can be stored in all except ____
A. bed B. closet C. box D. suitcase
5. All the items that we wear with our clothes are called ____
A. jewelry B. accessories C. hand bags D. supplementary

THEORY

1. List three simple garment repairs.
2. State two guidelines for storing clothes in a wardrobe.

WEEK NINE

TOPIC: IMPACT OF FAMILY VALUES ON LIFE STYLES

CONTENT

- Meaning of Values
- Types of Values
- Importance of Values
- Meaning of Lifestyles
- Types of Lifestyle
- Factors that Influence Value System and Life Styles.

VALUE

Value is the importance/worth placed on something. It also refers to belief, feeling or ideas of what is important, desirable and good. Value is not visible. Values are the product of the interaction

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between an individual and some objects or situations in the environment.

Family Value is the standard of perfection found in the life of each family member. This can be through what one learnt from one's parents, peers or even society.

TYPES OF VALUE

1. **Intrinsic or Goal values:** These are values that are important for their own sake. They are independent and higher values. They themselves are ends and do not look forward to another end. Examples are: love, freedom, truth, human dignity, honesty, respect, justice, etc.
2. **Instrumental Values:** These are values that help to achieve higher/intrinsic values. They are instruments or facts which are used to reach an end. Examples are orderliness, hardwork, skill, cooperation, leisure, etc.
3. **Values that have intrinsic and Instrumental Worth:** They are important for their own sake and at the same time, help in achieving the higher values. Examples are religion, comfort, ambition, wisdom, knowledge, etc.

EVALUATION

1. Define the word 'Value'.
2. List the three types of values.

IMPORTANCE OF VALUES INDIVIDUAL



1. Value helps in decision making.
2. It helps to guide or control human behavior.
3. Values provide motivation.
4. It guides an individual on how to treat other people.
5. It improves self-esteem (self-confidence).
6. Values also determine the types and levels of goals you set for yourself.

FAMILY

1. Values influence family decisions.
2. Values influence the use of resources to achieve family goals.
3. It helps to avoid disagreement or conflict within the family.
4. It determines the quality of life and life style of the family.
5. Values also influence the behaviours of family members within and outside the family.
6. It determines the types of goals the family sets.

SOCIETY

1. Values help to promote peace, unity and happiness in the society.
2. It helps to plan and provide good programmes for the citizens.
3. It helps the society to make good decisions that will promote the economy of the nation.
4. Values help to prevent evil practices in the country.
5. It also helps to solve problems in the country.

EVALUATION

1. State three importance of values to individuals.

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2. Mention two importance of values to the society.

LIFE STYLES

Life style is the particular way of life of a person, family or a nation. It is a clear and concise view of the kind of living that will bring satisfaction to a person, family or a group of people.

Family Life Style: This is the way a particular family lives or the manner by which they carry out things. For instance a Godly family will always wish to be in the church, involve themselves in all activities in the church.

TYPES OF LIFESTYLES

1. **Occupation and Employment:** A person's occupation and employment pattern will influence how he/she does a thing which is the lifestyle. For instance, bankers, lawyers, doctors, teachers, etc. all have different lifestyle as a result of their professions.
2. **Roles and Roles Combination:** The roles we perform either at home or outside determine our lifestyles. For example, the role of a father, mother, children, children, employee, etc. will influence their lifestyles or how we want them to act or not in that particular position.
3. **Consumer Practices:** The choice of different family in terms of shelter, clothing, foods, fashion, etc. differs according to their taste, interest, belief, and so on. Some may choose to be moderate while others may decide to live a flamboyant life.

EVALUATION

1. Define lifestyles.
2. List and explain types of lifestyles.



FACTORS THAT INFLUENCE VALUES AND LIFESTYLES

1. Education: The educational background or attainment of one may influence one's values and life styles.
2. Economic Background: This can also influence one's living, like in terms of foreign goods and locally made goods.
3. Religion: One's religion can influence his / her value especially in choice of career or relationship with others.
4. Family: Relationship with other family members can influence one's values and life style e. g. parents, siblings, uncles, grandparents, etc.
5. Culture and Tradition: The traditional belief of one can influence one's value and life styles especially in areas of respects for elder or marriage system.
6. The mass media such as television, radio, video, newspapers, bill boards, etc.
7. Happenings in the society e.g. violence, conflicts, cult activities, etc.
8. Neighbours and community contacts.
9. Peer group i.e. friends you keep.

GENERAL EVALUATION QUESTIONS

1. What do you understand by value and life style?
2. State two factors that influence family value.
3. List two importance of value to an individual.
4. List the steps in decision making.

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5. State two importance of decision making.

READING ASSIGNMENT

Home Economics New Concept book 2 by Popoola. Pages 92-97.

Home Economics JSS 1-3 by Anyakoha. Pages 144-146.

WEEKEND ASSIGNMENT

1. Importance attached to something is usually referred to as ____
A. style B. value C. life style D. worth
2. ____ is a particular way a family lives or the manner by which they carry out things.
A. Family values B. Family life style C. Social values D. Value
3. ____ values are important for their own sake.
A. Intrinsic B. Aesthetic C. Instrumental D. Efficiency
4. Which of the following is an instrumental value?
A. Love B. Truth C. Dignity D. Orderliness
5. Which of these is not an importance of values?
A. It influences decision B. It guides human behavior C. It brings disagreement
D. It promotes peace

THEORY

1. Explain two importance of values
2. Explain three factors that influence values.



WEEK TEN AND ELEVEN REVISION AND EXAMINATION