

# HE Department Curriculum Overview



## List of Teachers:

Miss M.T. Mc Nicholl  
(HOD)

**KS3** - Home Economics delivers vital skills that enable students to lead effective lives as individuals and family members as well as members of the wider community.

Students in year 8, 9 and 10 receive 1 lesson of Home Economics per week.

**Year 8**- Pupils study hygiene and safety; Food storage; Food preparation; Food Poisoning; Dietary Goals; Healthy Eating; Family life and develop skills in planning and making nutritious and healthy meals.

**Year 9** - Students learn about packaging and labelling; Food spoilage; Food poisoning; The Eat Well Plate; Dietary related disorders; Stereotyping; Budgeting and develop skills in planning and making nutritious and healthy meals.

**Year 10** – students learn about nutrition; needs at different stages of the lifecycle; Diet related disorders; Factors influencing Food Choices; Allergens; Vegetarianism and develop skills in planning and making nutritious and healthy meals.

GCSE - Pupils study the CCEA GCSE Home Economics (Full Course) Specification

Unit 1: Diet and Health and Consumer Awareness (40% Examination- 1hr 30 mins)

Pupils study What's on the Plate; What's in Food? Labelling; Ages and Stages; Special Diets; Food Safety; Being an effective Consumer; Factors Influencing Shopping; Money Matters and Wiser Buyer.

Unit 2: Diet and Health (40% One Controlled Assessment Task)

Unit 3: Consumer Awareness (20% One Controlled Assessment Task)

A Level - Pupils study the CCEA GCE Home Economics Specification

AS Level (AS1 - 20 % 1hr 30min examination AS2 - 20 % 1hr 30min examination)

AS 1: Principles of Nutrition- Pupils study 3 areas: Nutrition; Nutrition through life and Nutrient requirements.

AS 2: Diet Lifestyle and Health – Pupils study: Eating Patterns; Energy and Energy Balance; Diet Related Disorders: Overweight and Obesity; Cardiovascular Disease; Cancer; Type 2 Diabetes; Alcohol and Physical Activity.

A2 Level (A21 – 30% 2hour 30min examination; A2 2: 30% Research Project)

A2 1: Pupils study Option1: Food Security and sustainability: Food Security; Food Poverty; Food Sustainability; Food Waste; Changing Consumer Behaviour or Option2: Food Safety and Quality : Food Safety through the food chain; microbiological contamination; chemical contamination; Additives; Allergens; Controls and legislation.

**A 2 2:** Internal assessment: Pupils complete a 4000 word research based project

Extra-Curricular (clubs, competitions, etc)

KS3: Cookery Club is offered weekly throughout the year on a rotational basis between year groups.