

## Home Economics

The S2 course comprises the following topics:

### **Beat the Bug! \*\*\***

This aims to:

develop an understanding of the need for good food hygiene.  
encourage a responsible attitude towards food preparation and its safe storage.

### **Get it Together \*\*\***

This aims to:

develop pupil's knowledge and understanding of nutrients and their functions.  
revisit the 'Healthy Plate' and link to nutrients  
raise awareness of their own eating habits.  
outline the main recommendations of the Scottish Dietary Targets.  
introduce the elements of balanced menu planning.

### **Pizza Parade**

This aims to:

introduce the importance of accurate food labelling.  
give pupils an insight into the importance of consumerism and advertising

### **Matter of Taste**

This aims to:

develop an understanding of the needs of people from all over the world  
offer insight into the foods of a specific country  
enlighten pupils as to the differences/similarities of various cultures.

Throughout the course the following aims will be met  
to further planning and organisation of skills  
encourage pupils to further develop food preparation techniques

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**Assessment of both theory and practical elements will be carried out.**