

(III) Area of Specialization Courses in Home Economics

TEACHING OF HOME ECONOMICS

Course code: EDBEE356

Credit Hours: 3

Course Description

Home Economics is one of the dynamic subjects that includes every aspect of human experience, including the physical, social, cultural, emotional, spiritual, economic, political and environmental dimensions of life. All these aspects are ever changing and differ from community to community, culture to culture and country to country. This course highlights the importance of these diverse domains for practical life. It discusses the aims, Learning Outcomes, history and importance of the contents covered under this course. The course will provide students with opportunities to understand basic human necessities and to study the well-being of individuals, families and societies, building up their awareness of the various dimensions affecting well-being. Thus, the course promotes the well-being of individuals, families and societies through the study of the provision of basic human requirements for food, clothing and effective resources management.

Course Outcomes

After completion of the course, the students will be able to:

1. Be responsible citizens and consumers willing to contribute to the well-being of individuals, families and society to meet basic human needs
2. Demonstrate good use of management and organizational skills in handling physical and socio-economic resources for self, family, community and society
3. Analyze contextual factors contributing to the well-being of individual, family and society with application of knowledge from the nutrition and technology, fashion, textiles and clothing
4. Devise and implement strategies to solve complicated problems in technological contexts, in particular, food / fashion, using a range of appropriate techniques and procedures
5. Evaluate critically the impact of social, cultural, economic, scientific and technological developments on the well-being of individuals, families and society as a whole

6. Investigate the historical, cultural, technological and social factors in the development of fashion, clothing and textiles and their relationship to the well-being of the individual, family and society
7. Develop an aesthetic sense and creativity through the design and production processes of fashion, clothing and textile products understand and appreciate the nature and properties of food and the cultural, social and economic influences on the evolution of nutritional science and technology and food product development
8. Develop capability, values and attitudes to make informed decisions that foster a healthy lifestyle and contribute positively to the social and economic future of a society
9. Investigate the cultural, physical, chemical, nutritional, biological and sensory characteristics of food, and how these properties are exploited in designing and producing food products to meet specified criteria

Contents

1: Nature of Home Economics, Aims and Objective of Home Economics

2: History of Home Economics

3: Home Economics in Pakistan

4: Human Development and Family Studies

1. Introduction to human development
2. Definition, Learning Outcomes and importance of human development
3. Functions of family
4. Family relations

5: Nutrition Education

1. What is nutrition?
2. Significance of nutrition education
3. Methods of nutrition education

6. Nutrition and Health

1. Significance of nutrition for individual, family and community
2. Dietary guidelines
3. Dietary habits
4. Food distribution
5. Importance of safe food handling
6. Nutrition and disease

7. Food Preparation and Processing Technologies

1. Scientific principles in food preparation
2. Techniques in food preparation
3. Food preservation
4. Food hygiene and safety

8. Community Nutrition

1. Significance of community nutrition
2. Nutrition of vulnerable groups (Infants, preschool, Pregnant)

9. Community Development and the Family

1. Definition of community
2. Communities in urban and rural areas of Pakistan
3. Functions of community in family development
4. Role of formal organizations in the community
5. Role of family in the community

10. Fashion Studies

1. Clothing for functional needs
2. Fashion sense
3. Fashion design
4. Fibres and fabrics
5. Clothing construction

6. Teaching-learning Strategies

7. The instructional strategies will focus on constructionist learning approach. These strategies will be diverse in line with the course contents. Therefore, these strategies will include but not limited to demonstration, cooperative learning, collaborative learning, teacher and student-led discussion, individual and group presentations, reflective practices and classroom activities.

Assessment and Examinations

Examination	Marks
Mid-Semester	35%
Sessional Work	25%
Final Semester	40%

Suggested Readings

- Alexander, T., & Economists, C. A. O. H. (2002). *Home Economics in Action*: Madrid: Harcourt Education Limited.
- Benn, J. (2014). Food, nutrition or cooking literacy-a review of concepts and competencies regarding food education [online]. *International Journal of Home Economics*, 7(1), 13-35.
- Cooney, S. H. (1977). *The first 50 years in service to home economics educators: A history of the Home Economics Education Association, 1927-1977*; Home Economics Education Association.
- Colatruglio, S., & Slater, J. (2014). Food Literacy: Bridging the Gap between Food, Nutrition and Well-Being, In D. F. Falkenberg, T. McMillan, & B. Sims. (Eds.), *Sustainable well-being: Concepts, issues, and educational practices* (pp.37-55). Winnipeg, MB:ESWB Press. Editors.
- Ferrari, B. M. (1964). *The history of home economics education in America and its implications for liberal education*. Michigan State University.
- Henrietta, C. F.(1980). *Top of Form: Fleck's toward better teaching of home economics*(3rd ed).New York: Collier Macmillan Ltd.
- Sarah S. Virginia, B. (1997). *Vincentia Rethinking Home Economics: Women and the History of a Profession*. Ithaca, NY: Cornell University Press.
- Rhea S., Rhea S.,& Anna W.(2000). *Opportunities in Home Economics Careers* (1st ed): McGraw-Hill.
- Vincenti, V. B. (1981). *A history of the philosophy of home economics* (Doctoral dissertation). The Pennsylvania State University, University Park.