



Oide

Tacú leis an bhFoghlaim
Ghairmiúil i measc Ceannairí
Scoile agus Múinteoirí

Supporting the Professional
Learning of School Leaders
and Teachers

Phase 4: Home Economics Statements 2023/2024

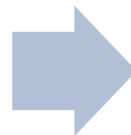
1st Years

- **New
Statements
Only**



2nd Years

- **New
Statements
Only**



3rd Years

- **New
Statements
Only**

Introductory text for JCSP Statements Supporting The Junior Cycle Home Economics Specification

The statements below were developed with input from a number of practicing Home Economics teachers in JCSP schools. They are offered as **one possible model** that teachers may use to approach the new Junior Cycle Home Economics specification. They will be adjusted over time based on feedback from teachers in JCSP schools.

The new Home Economics specification may be accessed in full at www.curriculumonline.ie.

In addition, support for teaching of the Junior Cycle Home Economics specification may be accessed through the Junior Cycle for Teachers (JCT) Home Economics team at www.jct.ie.

It is important to note that the statements below offer a sample approach for the creation of Junior Cycle Home Economics statements. They do not cover all of the learning outcomes which are expected to be taught in the new Junior Cycle course.

June, 2021

Area of Experience: Home Economics

HE

At Junior Cycle level I can:

HEJC1 I can apply practical life skills in everyday living

☐☐☐

HEJC2 I can recognise my responsibilities to my family and society

☐☐☐

HEJC3 I can make informed decisions that have a positive impact on my health and wellbeing

☐☐☐

HEJC4 I can be resourceful and live sustainably

☐☐☐

HEJC5 I can apply decision making skills to live independently

☐☐☐

Work begun

☒☐☐

Work in progress

☒☒☐

Work completed

☒☒☒

I can apply practical life skills in everyday living

HE

Statement Code No. HEJC1

Student:

Class:

I can:

I have begun ☐☐☐ | I am working on this ☐☐☐ | I can ☐☐☐

This has been demonstrated by my ability to:

- | | |
|--|--|
| 1. Prepare myself and my work area before I start to cook, for example, wash hands, put on an apron and set up my unit | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 2. Weigh and measure food accurately | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 3. Follow a recipe | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 4. Prepare foods from the food pyramid following the correct method, for example washing, peeling, chopping, dicing, grating, slicing, mixing, kneading, rolling | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 5. Wash up, dry up, and leave the space ready for the next person | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 6. Use creativity in designing/presenting food and textile items | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 7. Demonstrate basic hand/machine sewing | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 8. Demonstrate ways that fabrics can be decorated | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 9. Make and evaluate a food/textile item/s | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 10. Use feedback to help my learning | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

Reflecting on my learning ...

One thing I did well ...

One thing I did to improve...

I really enjoyed...

because...

I can recognise my responsibilities to my family and society

HE

Statement Code No. HEJC2

Student:

Class:

I can:

I have begun ☐☐☐

I am working on this ☐☐☐

I can ☐☐☐

This has been demonstrated by my ability to:

1. Identify the different forms of the family ☐☐☐
2. Give examples of the roles and responsibilities people have in families ☐☐☐
3. Recognise the factors that create healthy relationships ☐☐☐
4. Understand my role in creating a safe and hygienic home ☐☐☐
5. State factors that affect food choices for individuals and families ☐☐☐
6. Plan menus for a family event/special occasion ☐☐☐
7. Prepare, present and evaluate healthy dishes for the family ☐☐☐

Reflecting on my learning ...

One thing I did well ...

One thing I did to improve...

I really enjoyed...

because...

I can make informed decisions that have a positive impact on my health and wellbeing

HE

Statement Code No. HEJC3

Student:

Class:

I can:

I have begun ☐☐☐ | I am working on this ☐☐☐ | I can ☐☐☐

This has been demonstrated by my ability to:

- | | |
|---|--|
| 1. Identify the nutrients and know why they are important to me | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 2. List the healthy eating guidelines | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 3. Describe the food pyramid | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 4. Research ways to be more healthy | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 5. Investigate healthy meals for an individual or family | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 6. Suggest ways to modify/change a recipe to make it healthier | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 7. Identify healthy cooking methods | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 8. Research and present to my class a suitable menu (dish) for a special diet | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 9. Prepare a room design | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 10. Identify the role of textile crafts as a leisure activity | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

Reflecting on my learning ...

One thing I did well ...

One thing I did to improve...

I really enjoyed...

because...

I can be resourceful and live sustainably

HE

Statement Code No. HEJC4

Student:

Class:

I can:

I have begun ☐☐☐ | I am working on this ☐☐☐ | I can ☐☐☐

This has been demonstrated by my ability to:

1. Avoid wasting food, water and energy at school and in the home ☐☐☐
2. Identify household waste items that can be reduced, reused or recycled ☐☐☐
3. Research and present to my class actions that can be taken to protect the environment ☐☐☐
4. Discuss factors that affect clothing choices ☐☐☐
5. Use household cleaning agents and equipment resourcefully ☐☐☐
6. Show ways that textiles can be repaired or upcycled ☐☐☐

Reflecting on my learning ...

One thing I did well ...

One thing I did to improve...

I really enjoyed...

because...

I can apply decision making skills to live independently

HE

Statement Code No. HEJC5

Student:

Class:

I can:

I have begun ☐☐☐ | I am working on this ☐☐☐ | I can ☐☐☐

This has been demonstrated by my ability to:

- | | |
|--|--|
| 1. Read labels on packaging to make informed decisions | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 2. Compare the cost of a shop bought product to the cost of a homemade product | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 3. State my rights and responsibilities as a consumer | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 4. Make responsible decisions when shopping on a budget | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 5. Make and follow a budget for spending | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 6. Follow textile care symbols | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

Reflecting on my learning ...

One thing I did well ...

One thing I did to improve...

I really enjoyed...

because...