

## **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](http://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](http://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:

- |   |  |
|---|--|
| <b>HEJC1</b> I can apply practical life skills in everyday living                                 | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| <b>HEJC2</b> I can recognise my responsibilities to my family and society                         | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| <b>HEJC3</b> I can make informed decisions that have a positive impact on my health and wellbeing | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| <b>HEJC4</b> I can be resourceful and live sustainably  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| <b>HEJC5</b> I can apply decision making skills to live independently                             | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

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
2. Weigh and measure food accurately
3. Follow a recipe
4. Prepare foods from the food pyramid following the correct method, for example washing, peeling, chopping, dicing, grating, slicing, mixing, kneading, rolling
5. Wash up, dry up, and leave the space ready for the next person
6. Use creativity in designing/presenting food and textile items
7. Demonstrate basic hand/machine sewing
8. Demonstrate ways that fabrics can be decorated
9. Make and evaluate a food/textile item/s
10. Use feedback to help my learning

**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. HEJJC3

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
2. List the healthy eating guidelines
3. Describe the food pyramid
4. Research ways to be more healthy
5. Investigate healthy meals for an individual or family
6. Suggest ways to modify/change a recipe to make it healthier
7. Identify healthy cooking methods
8. Research and present to my class a suitable menu (dish) for a special diet
9. Prepare a room design
10. Identify the role of textile crafts as a leisure activity

**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
2. Compare the cost of a shop bought product to the cost of a homemade product
3. State my rights and responsibilities as a consumer
4. Make responsible decisions when shopping on a budget
5. Make and follow a budget for spending
6. Follow textile care symbols

**Reflecting on my learning ...**

One thing I did well ...

One thing I did to improve...

I really enjoyed...

because...