

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.

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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
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...