

OUTLINE OF COURSE IN HOME
ECONOMICS

The Home Economics Course aims to assist girls in the fields of personal, home and family living:

1. By developing an appreciation of the qualities of a satisfying personal life and an understanding of the ideals and standards controlling successful and wholesome home life.
2. By increasing knowledge and developing skills, thereby helping them to utilize their resources in meeting their material needs for food, clothing and shelter.
3. By developing an ability to weigh values and to meet with intelligent judgment the problems of the homemaker.

FOODS AND NUTRITION
AND HOME MANAGEMENT

Food and Nutrition

This course includes a study of food and its relationship to health; family food habits and nutritional needs; consideration of family meals - planning; purchasing; preparation and serving; the preparation and service of family meals and simple refreshments; analysis of recipes and standard products.

Home Management

This course directs attention to organization of housework through well selected equipment, time saving devices and plans for procedures related to simple every day tasks, particularly those housekeeping duties concerning the management of meals.

Health Education and Home Nursing

This course places emphasis on positive and buoyant health, health habits, personal hygiene, home care of the sick, how to prevent spread of infection, first aid in common emergencies, home and community sanitation.

The "Household Science" and "Health Education" courses will run concurrently, Half of each day will be devoted to each subject.