



SECOND TERM E-LEARNING NOTE

SUBJECT: HOME ECONOMICS

CLASS: JSS1

SCHEME OF WORK

WEEK	TOPIC
1	Fatigue, Exercise, Rest and Sleep
2	Healthy Feeding Habits and Eating Practices
3	The Family
4	Meaning and Characteristics of a Home
5	Care of the Family House
6	Production of Cosmetics
7	Production of Cleaning Agents
8	Family Needs, Goals and Standards
9	Decision making in the Family
10	Revision and Examination

REFERENCE BOOKS

Home Economics for Junior Secondary Schools by Elizabeth U. Anyakoha JSS1-3.
Home Economics New Concepts for Nigerian Junior Secondary Schools Book 1.

REVISION

Answer all the questions below carefully

1. The area of Home Economics that deals with using what the family has to get what is needed can be referred to as----- A. Economics B. Home care C. Home management D. Home science.
2. Home Economics deals with----- A. How people live in the family B. What people need in the family C. How to satisfy people's D. All of the above.
3. The subject that help a Home Economist to understand how electrical appliances function is ----- A. Physics B. Mathematics C. Sociology D. Economics.
4. Each hair grows from a narrow tube in the skin called ----- A. Organ B. Follicle C. Scalp D. Root.
5. Which of the following is wrong? A. Eyes for sight B. Nose to touch C. skin to feel D. Ears to hear.
6. Which of the following is important for balance? A. The nose B. The skin C. The tongue D. The ear.
7. The set of teeth located in the centre of the front jaw are called----- A. Canines B. Molars C. Premolars D. Incisors.
8. When the oil glands are too active and produce s more oil, it could lead to----- type of hair A. dry B. greasy C. soft D. short.
9. Keeping the natural balance of the body aligned is A. Position B. Posture C. Posterior D. posture.
10. Poor posture can cause some body's organs to be ----- A. Put into natural balance B. Fit C. Walk well D. Thrown out of natural balance.
11. The act of making the body to perform some activities is called A. Jumping B. Exercise C. Running D. Stretching.
12. ----- must not be used during exercise A. Drugs B. Food C. Water D. Shoes.



13. One of the following makes the bones and muscles strong A. Exercise B. Restlessness C. Routine D. Sleep.
14. A physical and mental dependence on continued use of a drug is called ----- A. Medication B. Drug abuse C. Addiction D. Love for drugs.
15. An overall state of well- being is called ----- A. Health B. Fatigue C. Relaxation D. Rest.
16. Fatigue means ----- A. Work B. Exercise C. Tiredness D. Rest.
17. ----- part of the eyes has the ability to increase or decrease the size of the pupil A. Len B. Retina C. Pupil D. Iris.
18. Carrot, Green vegetables and red palm oil are sources of A. Vitamin K B. Vitamin A C. Vitamin A and C D. Vitamin D.
19. ----- is a good treatment for fatigue A. Hunger B. Exercise C. Tiredness D. Food.
20. The act of relaxing without sleeping is ----- A. Rest B. Health C. Fatigue D. Joy.
21. Home Economics was formally known as ----- A. Animal science B. Basic science C. Domestic science D. Common science.
22. In good seating posture, the head must be kept erect and chest ----- A. Down B. Bent C. Up D. Centre.
23. Which of the following prevents dryness of hair and scalp? A. Shampoo B. Spray C. Brush D. Oil.
24. A person that creates new styles of clothes is called a ----- A. Fashion designer B. Model C. Fashion advertiser D. Nutritionist.
25. Long sightedness, short sightedness and night blindness is a common defect of the ----- A. Nose B. Skin C. Eyes D. Teeth.
26. The following are career in Home Economics except A. Designing B. Banking C. Nutritionist D. Lecturing.
27. Feeding practice is A. Eating bulky food B. Addiction to food C. Our everyday pattern of selecting and consuming nutritious foods D. Choosing a diet that is moderate in cholesterol.
28. ----- is the severe loss of body weight in children caused by malnutrition A. obesity B. Marasmus C. Kwashiorkor D. Underweight.
29. The study that deals with the food we eat and how the body uses it is A. Food and nutrition B. Food technology C. Food science D. Food nutrients.
30. One of the following aids digestion and bowel movement A. Fats and oil B. Protein C. Roughages D. Vitamins.

Section B

- 1a. State two importance each of Home economics to the following provided below:-
 - (i). The nation
 - (ii). The family
 - (iii). An individual.
- 1b. What is Home Economics?
- 2a. Mention and explain three types of natural hair.
- 2b. Explain the following briefly: (i). long sightedness (ii). Short sightedness (iii) Night blindness.
- 2c. Define feeding practice.
- 3a. Mention and explain any three major area in Home Economics.
- 3b. Mention the four food groups.
- 3c. Mention one way of treating the following hair infections: (i) lice (ii) dandruff.
- 4a. Define balanced diet.
- 4b. Mention five importance of exercise.
- 4c. Explain the function of the following parts of the eyes: (i) eye brow (ii) eye lid (iii) iris (iv) pupil.



WEEK ONE

FATIGUE, EXERCISE, REST AND SLEEP

Fatigue means tiredness. It can be define as a state of being excessively tired or a state of being tired.

CAUSES OF FATIGUE

1. Overworking
2. Lack of food
3. Ill-health
4. When one is sad
5. Hunger or lack of food
6. Dislike of the task at hand

EFFECTS OF FATIGUE

1. Fatigue makes you feel very dull, weak and not willing to do anything..
2. It makes you want to lie down all day.
3. It causes unhappiness, irritation and unfriendliness.

EVALUATION QUESTIONS

1. Explain the term fatigue
2. State two causes of fatigue

TREATMENT OF FATIGUE

1. Give yourself enough rest.
2. Do not play or work too much in a day.
3. Eat balance food regularly.
4. Avoid anxiety as much as possible.

PREVENTION OF FATIGUE

- 1 Plan your work before time.
- 2 Maintain good posture at work.
3. Avoid too much work at a time.
4. Eat proper and regular meals daily.
5. Use the best posture for a given task.
6. Break a big task into smaller tasks and do them in bits.

EVALUATION QUESTIONS

1. Define the word fatigue.
2. Explain in two ways how fatigue can be treated.

EXERCISE

Exercise is an act of involving our body to perform some activities. eg, walking, jumping, dancing, swimming etc. It is another way of refreshing the body and mind.



IMPORTANCE OF EXERCISE

1. It increases the flow of blood to the muscles.
2. It aids digestion and prevent constipation.
3. It helps to maintain sound sleep.
4. It provides a good means of using our leisure time.
5. It helps to reduce excess weight.
6. It helps the body to get rid of excess salt through sweat.
7. It teaches us to persevere, be alert and have the spirit of cooperation with others.

GUIDELINES FOR EXERCISING THE BODY

1. Start with the simplest form.
2. Exercise should be done in an open and airy place.
3. Do not engage in exercise immediately after a meal.
4. Wear light and loose clothes during exercise.
5. Set aside time for exercise.
6. Exercise regularly.

CONSEQUENCES OF USING DRUGS IN EXERCISE AND SPORTS

1. Drugs energize the user and make him to perform more than expected.
2. They lead to misbehavior of the user while doing exercise.
3. Some able bodied youths who could have been useful in sports might become drop outs.
4. Opponents may be wounded.
5. They cheat other opponents as drugs can enhance their performance in sports.

REST: Rest is the act of relaxing either by sitting or lying down. During rest, the mind and muscles are relaxed but you are still awake and aware or conscious of what is happening around you.

SLEEP: Sleep is a complete or a deeper form of rest. During sleep, you become unaware or unconscious of what is happening around you. Adequate sleep helps the muscles to grow and store energy for use later.

IMPORTANCE OF SLEEP AND REST

1. They enable the body system work smoothly.
2. They reduce body tension.
3. They make one feel fresher and stronger when one wakes up.
4. They allow one to build up energy for later use.
5. They are cure for fatigue.
6. It makes the worn-out tissues to be replaced.

GUIDELINES FOR SLEEP AND REST

- 1 Avoid tight wears during rest or sleeping.
- 2 Always rest or sleep in a good and ventilated area.
- 3 Always maintain a good posture during resting or sleeping.
- 4 Always go to bed early.
- 5 Rest after each meal.



GENERAL EVALUATION QUESTIONS

1. Define the following: (a) rest (b) sleep (c) fatigue (d) exercise
2. In two ways explain the importance of rest and sleep.
3. What is exercise?
4. State two importance of exercise
5. State two consequences of using drugs during exercise.

Reading Assignment

Home economics New Concept by Popoola(pgs 50-52).

WEEKEND ASSIGNMENT (SECTION A)

1. ----- is the act of relaxing either by sitting or lying down (a) Exercise (b) Sleep (c) Posture (d) Rest
2. ----- is a complete or deeper form of rest. (a) Sleep (b) Exercise (c) Rest (d) Eating
3. ----- helps to reduce body tension (a) Rest (b) Exercise (c) Food. (d) Sleep
4. The act of carrying oneself in the right position is called..... (a) Good posture (b) position
5. ----- aids digestion and prevent constipation. (a) exercise (b) drugs (c) posture (d) rest.

Section B

1. Define the following: (a) Fatigue (b) Rest (c) Sleep (d) Exercise
2. Explain three ways on how good posture could be maintained.

WEEK TWO

HEALTHY FEEDING HABIT AND EATING PRACTICES

FOOD is any edible substance liquid or solid which when eaten and digested maintain life. Eating a balanced meal is very essential for survival.

BALANCED DIET: A balanced diet is a meal that contains all the six classes of food nutrients in the right proportion.

Feeding Habits are your everyday patterns of eating.

Healthy Feeding Habits results from choosing nutritious food in a conscious way.

Unhealthy Feeding Habit results from making poor choice of food over a period of time.

HEALTHY EATING HABITS

1. Chewing foods and chew rightly.
2. Eat in a hygienic place using clean utensils.
3. Do not rush over meals to prevent indigestion.
4. Always wash your hands before and after eating.
5. When eating, take just enough food that the mouth can contain
6. Close your lips while chewing food.
7. Do not stretch your hand over someone's food in order to reach for salt, water, etc.

Feeding Practice refers to our everyday pattern of selecting and consuming nutritious meals.

IMPORTANCE OF HEALTHY FEEDING HABITS



1. Makes you look good and feel better.
2. Gives the body more energy.
3. Prevents you from getting some diseases later in life.
4. Have body better equipped to heal fast and properly.

GUIDELINES FOR HEALTHY FEEDING PRACTICE

1. Use food in season.
2. Eat a variety of food; eat food containing all classes of food.
3. Choose a diet that is moderate in cholesterol.
4. Choose a diet that is moderate in sugar.
5. Choose a diet that is moderate in salt.
6. Choose nutritious food in a conscious way.

EFFECTS OF UNHEALTHY FEEDING PRACTICE

1. Marasmus: This is a severe loss of body weight in children caused by malnutrition or inability to digest protein.
2. Loss of weight.
3. Kwashiorkor
4. Obesity
5. Underweight
6. Indigestion

EVALUATION QUESTIONS

1. Define feeding practice.
2. Mention the effects of unhealthy feeding practice.

Food Additives are substances deliberately added to food to improve its taste, flavour, colour, texture, appearance, etc. Examples of food additives are nutmeg, curry, thyme, dry crayfish, orange peels, locust beans, etc.

ADDITIVES AND HARMFUL SUBSTANCES THAT SHOULD NOT BE TAKEN INTO THE BODY

1. Spoilt foods/ fruits
2. Alcohol
3. Tobacco
4. Marijuana
5. Sour foods
6. Expired foods
7. Undercooked foods
8. Banned additives like cocaine.

EFFECTS OF HARMFUL SUBSTANCE IN THE BODY

1. It can lead to physical breakdown.
2. It can cause emotional and mental disorder.
3. It can lead to health problem.



4. It can lead to anti-social behaviour.

GENERAL EVALUATION QUESTIONS

1. Explain feeding practice.
2. What are food additives?
3. Mention four effects of harmful substance in the body.
4. Mention hair infections
5. Differentiate between feeding practice and feeding habits.

Reading Assignment

Thought of Home Economics book 1 by Josephine Akinyemi pages 44-46.

WEEKEND ASSIGNMENT (SECTION A)

1. Feeding practice is referred to as..... (a) eating regularly (b) eating large quantity of food (c) balanced diet (d) our everyday pattern of selecting and consuming nutritious meals.
2. Substances deliberately added to food to improve its taste, flavour, colour, texture, appearance is known as..... (a) balanced diet (b) nutritious meal (c) food flavouring (d) food additives.
3. Additives and harmful substances that should not be taken into the body include the following except (a) spoiled foods/ fruits (b) plantain (c) alcohol (d) tobacco.
4. Guidelines for healthy feeding practice include the following except (a) use food in season (b) eat a variety of food (c) choose a diet that is moderate in cholesterol (d) wash your hands before and after eating.
5. ----- is the a severe loss of body weight in children caused by malnutrition or inability (a) obesity (b) marasmus (c) kwashiorkor (d) underweight.

SECTION B

1. Explain healthy feeding practice.
2. Mention four guidelines of healthy feeding practice.
3. Differentiate between healthy eating practice and feeding habits.

WEEK THREE

THE FAMILY

A family can be defined as a group of people who live together and are united by ties of marriage, birth, blood and adoption. It is the smallest unit of the society.

TYPES OF FAMILY

Nuclear Family: This consists of father, mother and their children. It is also sometimes called a monogamous family.

Polygamous Family: This is made up of a man, his wives and their several children. In a polygamous family, the husband has more than one wife.

Extended Family: This type of family is made up of husband, his wife, or wives, their children and other relations like uncles, aunts, cousins, grandparents, wives of sons and their children.

FUNCTIONS OF THE FAMILY



- 1. Procreation:** Family bears children to increase the size of the society.
- 2. Socialization:** They teach the young ones how to relate and conform to the norms of the family.
- 3. Protection and Provision:** They provide clothing, shelter and food for members of the family; they also protect the younger members.
- 4 Education:** They educate the young ones on how to participate in house work.
- 5 Love:** They show love and teach their member how to reciprocate love.
- 6 Religious Beliefs:** They teach members to fear, respect and honour God.

Evaluation Questions

1. Define family.
2. Mention five function of the family.

OTHER NAMES BY WHICH WE REFER TO OTHER RELATIVES IN THE FAMILY

Your parents' parents are your – grand parents

Your mother's or father's brothers – uncles

Your mother's or father's sisters – aunts

Your brother's or sister's sons – nephews

Your brother's or sister's daughter – niece

Your uncle's or aunt's children – first cousins

Your first cousin's children and your own children – second cousins

Half-sister/half-brother: children with whom you share either your mother or your father but have separate mother or father

ROLES OR RESPONSIBILITIES OR FUNCTIONS OF FAMILY MEMBERS

Role of the Father

- He is the head of the family.
- He provides for the family's need such as shelter/house, food, clothing, school fees etc.
- He disciplines family members.
- He acts as a model for his children by showing them good examples.
- He shows love to family members and protects them.

Roles of the Mother

- She bears the children.
- She prepares food for the family.
- She cares for the house and family clothing.
- She contributes to family income with father.
- She takes care of the simple needs of the family.
- She acts as a model for her daughters by showing them good example.

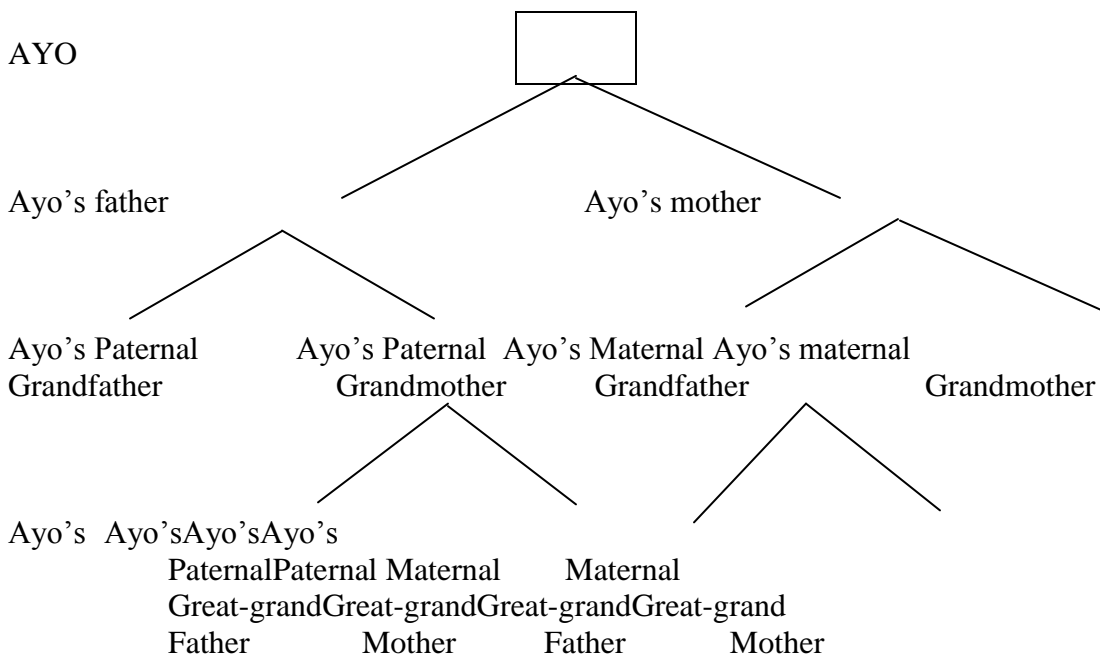
Role of the Children

- As children grow up they are expected to:
- Respect and obey their parents and adults in the society.
- Help their mother with household work, e.g. cleaning the house, washing plates, caring for younger ones etc.



- Love themselves and their parents.
- Learn the culture of the society.
- Work with parents in the farm where such exists.

THE FAMILY TREE



General Evaluation Questions

1. Define family.
2. Mention types of family
3. State roles of the children in the family.
4. Define Home economics.
5. Mention two importance of Home economics tom the family and nation.

Reading Assignment

Home Economics for junior Secondary Schools Jss 1-3 by Elizabeth U. Anyakoha(pgs 69-72).
 Home Economics New Concept for Nigerian Junior Secondary Schools byPopoola O.O. (pgs 69-70).

WEEKEND ASSIGNMENT (SECTION A)

1. Polygamous family means a family with----- (a) one wife (b) more than one wife (c) a teenager as a wife (d)many children.
2. Which of the following shows how family members are related? (a) family picture (b) family tree (c) family form (d) family album.
3. Your brother's or sister's son is your (a) niece (b) cousin (c) nephew(d) aunt.
- 4.The father is the ----- of the family (a) coordinator (b)messenger (c) bread winner (d) errand man
5. The----- type of family consists of the husband, wives, children, uncle and relations (a) polygamous (b) extended (c) nuclear (d) polyandry



SECTION B

1. Explain the types of family.
2. List three functions of the family.

WEEK FOUR

MEANING AND CHARACTERISTICS OF A HOME

A home is a dwelling place for family members. It is where family members stay together and share love. It is a place where children are trained and prepared for adult life.

A house is a building kept for people to live in. It is also a place where properties are kept.

CHARACTERISTICS OF A HOME

1. It must provide comfort and security to the family
2. A home normally belongs to a family who owns it.
3. It is base where family members can return to even when they are old.
4. Family members share love, intimacy and companionship in the home,
5. It meets the shelter needs of the family.
6. Family members communicate among themselves.

TYPES OF HOUSES

- 1. Mud Houses:** These are commonly found in rural areas. They have shallow foundation and are not suitable in riverine areas. They are usually cool in hot /dry season and warm during the cool season.
- 2. Bamboo Houses:** This type of house is common in riverine areas. They are houses constructed on top of stilts standing in water. It has different shape with thatched roofs.
- 3. Modern Houses:** Modern houses can be made from red bricks or cement blocks with iron sheet or roofing.

Types of Modern Houses

- 1. Single-Family Houses:** E.g. bungalow, one or several storeys high.
- 2. Two- Storey Houses:** Can have two or more flats or can be divided into four wings.
- 3. The Multi-storey Houses:** have many flats or are designed to be used as offices or for a shopping centres.

Evaluation Questions

1. Define the following: (a) House (b) Home.
2. List three types of house and explain anyone.

FACTORS THAT INFLUENCE THE LOCATION AND CHOICE OF FAMILY AND HOUSE

1. The economic status of the family.
2. The location of the house.
3. Design of the house.
4. Family life style i.e., either to live a secluded life or not will affect one's choice of location.
5. Family taste in relation to the various rooms and facilities in the house.
6. Size or number of people in relation to size of the house.



Violence: It is a physical force used to harm someone or something. It may result in damage of property or injury to people or death.

Domestic Violence: This is the type of violence that occurs in the home. It could be between husband and wife, siblings or other persons living in the home.

TYPES OF DOMESTIC ABUSE

1. **Partner Abuse:** This is the violence between married partners (husband and wife).
2. **Child Abuse:** This is common in most families. Child abuse can be in different ways such as
 - (i) Neglect
 - (ii) Emotional abuse
 - (iii) Physical abuse
 - (iv) Sexual abuse
 - (v) Incest

GUIDELINES AGAINST DOMESTIC VIOLENCE

1. Parents should listen to their children's complaints.
2. The rights of children should be respected.
3. The home should be made conducive for all family members.
4. Family members should communicate well with one another.
5. Parents should settle their difference as soon as possible and live in peace.

GENERAL EVALUATION QUESTIONS

1. Mention five types of domestic abuse.
2. Mention three characteristics of a home.
3. List four factors that determine the choice of a home.
4. Mention five major areas in Home Economics and explain any two.
5. Enumerate four subjects related to Home economics.

Reading Assignment

Housing the family (Essentials of Home Economics by Ayopgs 44-47)

Home economics For Junior Secondary schools JSS1-3 by Elizabeth U. Anyakoha Pages (73-76).

WEEKEND ASSIGNMENT (SECTION A)

1.type of house is commonly found rural area. (a) mud (b) bamboo (c) modern (d) all of the above.
2. type of house is commonly in riverine areas (a) bamboo(b) mud (c) modern (d) aluminium.
3. Children are trained for adult life in the..... (a)house (b) home (c) building (d) church.
4. Properties are kept in the.....(a)home(b) house(c) building (d) school.
5. -----Influences the location and choice of a family house(a) income (b) complexion (c) church (d) extended family.

Section B

1. List three types of house
2. State four factors that influence the location and choice of family house.



WEEK FIVE

CARE OF THE FAMILY HOUSE

Care of the family house is important as the cleanliness of an environment determines the health and well-being of the individuals living there.

REASONS FOR CARE OF FAMILY HOUSE

1. To make the house and its surrounding clean and attractive.
2. To prolong the life span of the house and its contents.
3. To prevent insects and rodents or harmful animals from hiding or breeding in and around the house.
4. To prevent easy spread of diseases.
5. To make the home a healthy place to some live in.

EQUIPMENT, TOOLS AND MATERIALS FOR CLEANING THE FAMILY HOUSE

Equipment	Uses	Care
Long broom	For removing cobwebs and dust from ceilings and walls. keep in a clean place.	Remove all dust from the broom
Short broom	For sweeping and scrubbing the floor or gutters particles. Rinse, dry and store it	Beat in water to remove dirty
Scrubbing brush	For scrubbing the floor and other surfaces. Dry and keep in a safe place.	Beat in water to remove dirt.
Floor mops and dusters	Mops are used for wiping water from the floor. Dusters are used to remove dirt from a surface after each use.	Wash the wool and duster. Rinse thoroughly and dry
Dust pan and dust bin	For packing dirt before they are disposed. It should be covered regularly.	Wash and disinfect the plastic ones weekly.

Evaluation Questions

1. Explain the uses and care of the following:
 - (a) Broom
 - (b) Brush
 - (c) Dust bin
 - (d) Dust pan
- (2) Mention five reasons for the care of the family house.

TYPES OF CARE

1. Daily cleaning
2. Weekly cleaning

Daily Cleaning

1. Open the windows and doors for good ventilation
2. Remove all used and littered items
3. Sweep the floor



4. Dust flat surface to remove dust
5. Rearrange the furniture properly
6. Clean and keep all cleaning materials

Weekly Cleaning

Carryout all the daily cleaning then add the following:

1. Clean the ceiling and wall.
2. Treat the floor and floor covering according to its types.
3. Clean the windows and window frame according to the types.
4. Dust flat surfaces and rearrange the room neatly.
5. Replace all used item into their normal places after cleaning them.

HOUSEHOLD WASTE

Household waste includes all the rubbish that a family accumulates/generates. Waste needs to be properly disposed of in order to keep our surrounding or environment clean safe. Waste can be disposed using materials like refuse bin, refuse bags baskets, etc.

Evaluation Questions

1. Define household waste.
2. Write out two weekly and daily cleaning of any functional area of the family house.

IMPROPER WASTE DISPOSAL CAN LEAD TO:

- i. Air pollution
- ii. Disease outbreak
- iii. Blockage of water channels
- iv. Breeding place for household pest.

METHODS OF DISPOSAL OF HOUSEHOLD REFUSE

1. Burning: This is done by burning all dry refuse such as rags, leaves, old newspaper and plastics, etc.

2. Burying: This is done by burying refuse under the ground such refuse are bottles, cans, broken plates, nails, etc. This method is the most hygienic way of disposing refuse.

3. Compost Making: This is a method in which some household refuse such as food items which can decay are buried in proper compost pit to rot so as to be used as manure.

4. Feeding Animals: This is where some refuse such as bones, leftover food etc. are used to feed animals like dogs, goats, fowls etc.

General Evaluation Questions

1. Explain three reasons /importance of care of the family house.
2. List various methods of disposing household refuse.
3. Mention two effects of improper waste disposal.
4. Mention the five sense organs and their functions.
5. Explain the types of natural hair.

Reading Assignment



Care of the Family House; Home Economics New concepts for Nigerian Junior Secondary Schools. Book 1 by Popoola O.O. Pages 87-93.

WEEKEND ASSIGNMENT (SECTION A)

1. Household wastes are generated from the home (a) rubbish (b) books (c) clothes (d) food.
2. ----- method of disposal of household refuse is hygienic (a) burying (b) burning (c) compost making (d) feeding of animals.
3. Taking care of the house helps to (a) spread disease (b) eliminate disease (c) Be fit (d) all of the above.
4. Cleaning of the ceiling should be done (a) weekly (b) monthly (c) yearly (d) daily.
5. The following are equipment for taken care of the house except (a) brushes (b) brooms (c) table (d) mop.

SECTION B

1. Explain how to take care of the following:-
 - a. Dust pan.
 - b. Dust bin.
 - c. Short broom.
2. Explain two reasons why family house should be taken care of.

WEEK SIX

PRODUCTION OF COSMETICS

Make-up is meant to bring out one's natural good looks. It is not something with which to just cover up the face with. It should be applied neatly and sparingly under good light. Less make-up should be worn for daytime than for evening.

Cosmetics are preparations designed to make the skin or hair beautiful, to restore or correct one's appearance. They are make-ups or substances applied on the body, mainly on the skin in order to improve natural features. These include powders, eyeliners and pencils, lipstick, facial creams etc.

IMPORTANCE OF COSMETICS/MAKE-UPS

1. They are used to improve natural features.
2. They can be used to hide a person's poor features.
3. Some make-ups are used as treatment for such skin problems as pimples.
4. If well applied, it makes one look more attractive.
5. Make-ups also help to protect the skin such as foundation creams/powder

TYPES OF COSMETICS

1. **Indigenous Cosmetics:** These are usually naturally occurring materials in the locality. Some of these are still being used to day in many parts of the country. They are cosmetics found in the locality. They are used in the past and even some are still in used today.

(i). **Tiro (Yoruba)/Tanjere (Igbo):** It is applied as an eyeliner using a special thin stick reserved for the purpose.



(ii). **Camwood Powder ‘uhe’ (Igbo) or Osun (Yoruba):** This is a red substance which can be thoroughly dried and ground into a fine powder. It can be used on the face and the entire body. It is said to have a smoothening on the skin.

(iii). **Body Paint “Uri or Uli” (Igbo):** This is a special body paint made from the bark, seeds or roots of certain trees. It also has same medicinal effects.

(iv). **Lali or Laile:** This is made from leaves of a special tree. It is used by ladies.

(v). **Nzu (Igbo) or Efun (Yoruba):** This is a local chalk if grounded can be applied on the face and body

Evaluation Questions

1. State three importance of make- up.
2. Mention four types of Indigenous.

2. Commercially Prepared Cosmetics: Most of the cosmetics that are found in the market nowadays are commercially prepared in large quantities industrially and are made up of a combination of chemicals in different proportions depending on the type of product being prepared.e.g. are powders, lipstick, creams, eyes pencils, cortex, etc.

POINTS TO BEAR IN MIND IN THE CHOICE AND USE OF COSMETICS

1. Avoid heavy make-ups. Use as little make-up as possible.
2. Use cosmetics that can help to protect your skin.
3. Choose cosmetics that will enhance your natural look.
4. Avoid the use of bleaching creams.
5. Always wash off the make-ups before going to bed.
6. Keep your powder puff clean.
7. Choose good and quality powder.
8. Close the pores on your face before applying make-ups.

Make-up kits

These can either be a bag, purse or box containing the materials (cosmetics) and tools used to apply them on the body.

These include:

- Creams, lotions and pomades
- Soaps and bath jellies
- Nail polish and nail polish removers
- Perfumes and deodorants
- Hair make-ups.
- Face make-ups-eyeliner, eye shadow mascaras, eyebrow liner, and rouge.

PROCEDURE FOR THE APPLICATION OF MAKE-UP

1. Cleansing
2. Toning
3. Moisturizing
4. Application of foundation cream
5. Application of face powder



6. Application of other make-ups like lip stick, blush, mascara, etc.
7. Application of perfume.

DEODORANTS AND ANTI-PERSPIRANTS

We need to use deodorants every day to control the odour caused by perspirants and other factors on our skin. Deodorants do not stop perspiration but they hide smells caused by perspiration.

Deodorants are substances which can be applied to the skin to prevent odour from forming on the body when one sweats. They come in form of roll-on, sprays or sticks with different fragrance or perfume.

Anti-perspirants: They are products or astringents that reduce the amount of perspiration a person secretes for several hours. They reduce perspiration by anti-drying the sweat quickly at the pores, making one appear not to be sweating.

APPLICATION OF DEODORANTS AND ANTIPERSPIRANTS

1. All cosmetics and deodorant should be applied on clean skin
2. Before the usage, remove unsightly hair from under your arms.
3. Wash the armpits thoroughly during baths. Rinse properly and dry with clean towel.
4. Apply deodorant lightly according to type.

General Evaluation Questions

1. List 3 types of commercial cosmetics.
2. Define the following: (i) cosmetics (ii) deodorants (iii) anti-perspirants.
3. Enumerate five points to bear in mind when choosing cosmetics.
4. Define the following: (i) exercise (ii) posture (iii) drug abuse (iv) nutrients.
5. Define feeding habits.

Reading assignment

Uses of Cosmetics: Home Economics New Concept For Nigerian Junior Secondary Schools J.S.S1 by Popoola(pgs 59-62).

WEEKEND ASSIGNMENT (SECTION A)

1. is a red substance used to smoothening the skin. (a) Camwood (b) Uli (c) Lali (d) Blush.
2. is a name given to local chalk in Igbo (a) Lali (b) Uhe (c) Nzu (d) Osun.
3. helps to prevent bad body odour from accumulating on the body (a) Deodorant (b) Cream (c) Cosmetics (d) Pomade.
4. helps to improve one's natural features (a) deodorant (b) cosmetics (c) creams (d) powder.
5. Anti-perspirants help to reduce. (a) water (b) heat (c) blood (d) sweat.

SECTION B

1. State the function of body paint.
2. List six commercial cosmetics.

WEEK SEVEN



PRODUCTION OF CLEANING AGENT

Cleaning Agents are chemicals that aid the removal of dirt from a surface. They produce cleaning effect.

CLASSES OF CLEANING AGENTS

- 1. Solvents:** They are substances which remove dirt by liquefying it and holding it in suspension e.g water, grease, etc.
- 2. Detergents:** These include detergents and soaps. They aid the removal of grease.
- 3. Abrasive Cleaners:** These clean by rubbing off dirt through friction, eg vim, sand paper.
- 4. Polishes:** They are applied on surfaces such as wood, glass, floor, etc. to improve their appearance, e.g. floor polish, wood polish, shoe polish, etc.
- 5. Waxes:** They are used to protect surfaces and improve appearance, e.g. cream wax, paste wax, etc.
- 6. Bleaches:** For removing stains, disinfecting drains and sinks, to whiten enamel sink, etc. Examples are jik, hypo, parazone, etc.

USES OF CLEANING AGENTS

1. Bleaches can be used as disinfectants.
2. They help to improve the appearance of a surface.
3. Waxes are used to protect surfaces.
4. They are the removal of dirt.

Evaluation Questions

1. Define cleaning agents.
2. Mention six classes of cleaning agents.

CLEANING AGENTS CAN BE HOMEMADE OR COMMERCIALY PREPARED

- 1. Homemade Cleaning Agents:** These are usually made from local materials within our environment; they are cheap and effective.
 - a. Paw-paw Leaves:** Fresh paw-paw leave can be used for cleaning dirty galvanized pails and blackened aluminum pots.
 - b. Finely Grounded Charcoal:** It is used to clean smooth metal surface.
 - c. Fine Sand:** This can be used as an abrasive for cleaning pots.
 - d. Edo Powder:** This is a yellow coloured substance which is used for cleaning ornaments such as copper, gold and brass.
 - e. Local Sand Paper Leaves (Asisa leaves):** These leaves have rough sandy surface which is used as an abrasive for cleaning plain wood surface, blackened pots, etc.
 - f. Home-made Vim or Scoring Powder:** These are abrasives made from the combination of eggshell, broken china ware and detergents.

PROCEDURE OF MAKING HOME-MADE VIMS

1. Grind the eggshells and pieces of china ware into very fine powder.
2. Sieve the mixture to ensure a smooth powder.
3. Mix the powder thoroughly with the detergent powder.
4. Store in a dry container with a good lid.



HOME-MADE FURNITURE POLISH

Materials needed

1. 8gm bar soap
2. 7ml boiling water
3. 7ml turpentine or kerosene

Procedure

1. Grate the wax and soap
2. Place the grated mixture in an earth ware pot or an enamel pot
3. Pour boiling water over the mixture
4. Stand the pot in boiling water and allow the content to melt
5. Beat the melted mixture thoroughly into a cream using a wooden spoon.
6. Add turpentine gradually and keep beating until the polish is perfectly blended.
7. Store in a good container and cover well.

General Evaluation Questions

1. Define cleaning agents.
2. Mention five uses of cleaning agents.
3. Mention the materials for making homemade vim
4. Explain the procedure of making homemade furniture polish.
5. Mention the functions of the hair.

Reading Assignment

Cleaning Agent; Home Economics For Junior Secondary School By Elizabeth U. Anyakoha (pages 195-199).

WEEKEND ASSIGNMENT (SECTION A)

1. ----- aids the removal of dirt from a surface (a) duster (b) mop (c) cleaning agent (d) bucket.
2. Cleaning agents can either be ----- or ----- made (a) commercial, international (b) home, local (c) commercial, home (d) all of the above.
3. Vim, fine sand, pawpaw leaves and local sand paper are examples of (a) solvent (b) polish (c) detergents (d) abrasives.
4. China ware, egg shell and detergents are used for making (a) solvents (b) polish (c) home-made vim (d) bleaches.
5. ----- are used to protect surfaces and improve appearance (a) water (b) waxes (c) bleaches (d) polishes.

SECTION B

1. Explain the following: (i) bleaches (ii) polish (iii) home-made vim.
2. Explain the procedure of making homemade furniture polish.

WEEK EIGHT

THE FAMILY NEEDS, GOALS AND STANDARDS

Needs are those things we require or crave to have.



Family Needs are the requirement or the necessities required by family members so that they can live conveniently. Family needs can equally be referred to **basic needs**.

Wants: They are those things you desire though they are not essential for one's health and well-being.

TYPES OF FAMILY NEEDS

1. Primary Needs: These are the major /basic needs of every family member. Examples of such needs are **Food, Clothing and Shelter**.

2. Secondary Needs: These are those needs the family wants and they can still do without them. They are not as important as the primary needs. They are:

- Education.
- Health care
- Transportation
- Lighting.
- Saving.
- Entertainment etc.

Evaluation Questions

1. Define family needs.
2. Explain secondary needs and list three of its examples.

Family Goals: Family goals are the ways in which families live and carry out their family vision and mission statement. This is achieved by the family defining who they are and what they want for themselves.

Goals: A goal is your aim or objective in life. Goals are the aims or objectives that we want to achieve and work for. Thus goals grow out of our values, needs and desires. We expect that by accomplishing these goals, we get a sense of achievement, happiness and satisfaction. Just as our values and standards change with time, our goals also keep changing. Some goals are achieved sooner than the others. Some goals are achieved more easily than the others.

TIPS FOR SETTING FAMILY GOALS

1. Make sure you set **smart** goals. That is your goals must be:

S-Specific

M- Measurable

A- Attainable

R- Reliable

T- Time bound

2. Don't have too many goals at once.
3. Write out the family goals
4. Schedule time

USES OF FAMILY GOALS

1. It helps in decision making.
2. It helps the family measure progress
3. It makes the family undistracted
4. It motivates the family



5. It helps the family overcome procrastination.

All of us want to live a peaceful and fulfilling life. We want to get good food, clothing, education and a house for comfortable living. Observe the families living around you. Despite living in the same locality, same kind of house with almost the same amount of income and family size, you will find that some of them are happy and well settled while some are not.

Resources are those things which can be used to meet our unlimited needs. Resources are the means for satisfying our needs and reaching our goals.

Family Resources can be referred to as the sources of supply for what the family needs or wants. This may be human or material.

Resource Management is the process in which individuals and families use what they have to get what they want.

CLASSIFICATION OF RESOURCES

- 1. Human Resource:** These are the resources which exist within human. They are personal characteristics available in the home, e.g. are time energy, skill and ability, etc.
- 2. Material Resources** are resources that exist outside people, but can be controlled, owned or used, by the family. eg. money, properties such as houses cars, etc. .

Evaluation Questions

1. Define resource.
2. Classify resources and explain them.

CHARACTERISTICS OF RESOURCES

1. Resources are useful
2. Resources can be used to fulfill our needs and wants
3. Resources are limited in supply
- 4. Resources are inter-related:** When you work, you need resources like time, energy, skill, equipment etc. Without adequate supply of time and skill, you will not be able to use your energy to operate the equipment. Thus you will realize that all these resources are used at the same time, because their uses are inter-related.
- 5. Resources have alternate uses:** Most resources have alternate uses. For example you can use the same time for a number of activities like cooking, studying or watching television.

STEPS IN RESOURCE MANAGEMENT

- 1. Planning:** Planning is the first step in resource management. It consists of thinking in advance of what needs to be done i.e., planning. A simple way to plan is to make a list of all the things that need to be done. Since certain things have to be done first and others later, arrange them in a proper order or in a sequence, during planning think about the following: - What is to be done? - Who will do the work? - How will it be done? - When will it be done? - What resources will be used?
- 2. Organizing:** Organizing means assembling resources and fixing responsibilities to carry out a plan. Organizing ensures that all the planned work gets done, there is proper distribution of work, work gets finished on time, time, energy, and other important resources are saved, and your planning is successful.
- 3. Controlling:** Controlling is also known as putting a plan into action. As the plan is being carried out, you also have to check the progress of your plan. When you do this, you may sometimes find a



situation which calls for a fresh decision. For example, suppose you had planned to go on 15th, but find that no ticket is available, what will you do? You may have to decide on one of the following:

4. Evaluation: Evaluation means checking the progress of your plan and taking corrective measures if needed. Evaluation helps you to understand your weaknesses and mistakes so that it is checked and will not be repeated in future. This is also called looking back or “feedback”.**Standards:** Standard is an accepted level of quality. Hence it is a measure of values that compel individuals to perform actions that will give the desired satisfaction. The **standards** a family holds are a reflection of the values they have and the aim they have for the future. Some standards affect you alone; others may affect your family and your community. Hence, we should be very careful in selecting our standards. For example, when we hold "cleanliness" as our standard, we should not only keep our house clean, but also the places around our house. We should apply the same standard of cleanliness for our house as well as for our community.

General Evaluation Questions

1. Define family goals.
2. Differentiate between want and need.
3. Mention two uses of goals.
4. Define goals and standards.
3. Mention four characteristics of resources.

WEEKEND ASSIGNMENT (SECTION A)

1. Is the way the family live and carry out their family vision (a) standard (b) vision (c) mission (d) goal.
2. Need is known as (a) what we can do without (b) what we love (c) what we require and crave to have (d) all of the above.
3. The following are examples of primary needs except (a) shelter (b) clothing (c) food (d) electricity.
4. All but one is not an example of secondary needs (a) clothing (b) savings (c) car (d) education.
5. Goals are important for the following reasons except (a) It helps in decision making (b) It helps the family measure progress (c) It makes one disorder (d) It makes the family undistracted.

SECTION B

- 1(a). Discuss on the relationship among family needs, goals and standards.
- (b). Mention the uses of family needs, goals and standard in resource management.
2. Define goals and standard.

WEEK NINE

DECISION MAKING IN THE FAMILY

Decision Making is the act of making choices. It is the process of selecting option from alternatives. It is the ability to make up one’s mind as regard a particular issue or issues.

Decision-Making takes place only when there are two or more things to choose from.

IMPORTANCE OF DECISION MAKING

1. It helps to minimise mistakes.
2. It assists us in taking responsibility for our actions.



3. It helps us to identify our values and stand by it.
4. It helps us to know more about ourselves and others.

STEPS IN DECISION MAKING

- 1. Identify the decisions to be made:** It includes defining the situation or problem that requires a decision.
- 2. List the alternatives:** Getting information on all the alternatives.
- 3. Choose the best alternative:** Make the choice that best fit your needs. To do this, you have to think about your values, goals, wants, money available and needs.
- 4. Act on your decision:** Carry out your decision to the best of your ability. This means going to buy what you decided.
- 5. Evaluate your decision:** This means judging the quality of the decision made or how well it worked for you.

Evaluation Questions

1. Define Decision making.
2. List the steps in decision making.

Simple personal decisions

Some areas where decisions are made include:

- 1. Food-related decisions:** This has to do with what to eat, how to eat, when to eat etc.
- 2. Clothing-related decisions:** What to wear, how to wear it, with what do I wear it with.
- 3. Housing-related decisions:** These include the type of household articles to buy.
- 4. Choosing friend to move with.**
- 5. Educational decisions** would include which school to attend, books to read, careers to pursue etc.

As a student, some personal decisions include:

1. Buying of text books
2. Changing one's dresses and shoes.
3. Choosing the right time to read, play and visit friends.
4. Choosing a course of study and a career

General Evaluation

1. Explain the term "decision making"
2. List steps in decision making.
3. Mention four decisions you can make as a student.
4. Define nutrition.
5. Mention five careers in Home economics.

READING ASSESSMENT

Decision making; Home Economics New Concepts For Junior Secondary Schools Book 1 by Popoola O.O. (pages 83-86).

WEEKEND ASSIGNMENT (SECTION A)

1. is the act of making choices (a) decision making (b) decision (c) values (d) choice.
2. Decision making helps to..... (a) make mistake (b) escape mistake (c) minimise mistake (d) conceal mistakes.



3. As a student is one of the personal decisions made (a) housing (b) buying of text book (c) number of wife to marry (d) money to steal.
4. Decision making helps us to identify our (a) money (b) values (c) height (d) all of the above.
5. Decision making can be influenced by the following except (a) friends (b) parents (c) values (d) all of the above.

SECTION B

1. Explain decision making.
2. Explain three importance of decision making.