

SECOND TERM E-LEARNING NOTE

SUBJECT: HOME ECONOMICS

CLASS: JSS 3

SCHEME OF WORK

Week	Topic
1.	Preparation, Packaging and Marketing of Food Items
2. & 3	Scientific Study of Food
4. & 5	Feeding the Family
6.	Family Living (Courtship, Marriage, etc.)
7.	Family Living (Pregnancy, Anti natal care, etc.)
8. & 9	Child Development and Care
10.	Consumer Challenges and Rights
11.	Revision and Examination

REFERENCE BOOKS

Home Economics New Concept Book 3 by Popoola O.O Mrs

Home Economics for Junior Senior Schools Book 1 – 3 by Elizabeth Anyakoha Mrs

WEEKS: ONE

TOPIC: PREPARATION, PACKAGING AND MARKETING OF FOOD ITEMS

**CONTENT: DIFFERENCES BETWEEN SNACKS AND MAIN MEALS
SNACKS AND DRINKS AVAILABLE IN THE SOCIETY
PREPARATION OF SNACKS AND DRINKS
DUTIES OF FOOD SELLER/PROVIDER TO THE PUBLIC**

MARKETING PRINCIPLES**SNACKS**

Snacks are easily cooked light meals which are served in-between the three main meals or after a period of strenuous activity. Snacks are prepared mainly to be taken:

- During break periods.
- When travelling.
- For entertainment.

DIFFERENCES BETWEEN SNACKS AND MAIN MEALS

SNACKS	MAIN MEALS
1. Snacks are light.	Main meals are heavy.
2. They are taken in-between the main meal.	They are the main meal for a particular time of the day.
3. They are easy and quick to prepare.	They require considerable amount of time to prepare.
4. Most snacks are finger foods i.e. no need of cutlery.	Main meals require cutlery.
5. They can be served casually.	Set of rules must be observed when serving main meals.

EVALUATION

1. Define the term 'Snacks'.
2. State three differences between snacks and meals.

BEVERAGES/ DRINKS

A beverage is a liquid for drinking. It can be served cold or hot. Beverages are useful for the following:

- i. Refreshment and quenching the thirst, e.g. fruit juices and drinks, soft drinks such as 'Coke', 'Pepsi', etc.
- ii. Stimulating the body in cold weather, e.g. coffee, tea, alcoholic drinks. Coffee and tea contain caffeine and tannin which give them stimulating effects and bitter taste respectively.
- iii. Nourishing the body, e.g. milk drinks, egg flip, chocolate drink, etc.

SNACKS AND DRINKS AVAILABLE IN THE SOCIETY

Meat pie
Sausages
Plantain and potato chips
Pan cakes
Sandwiches
Scotch egg
Egg roll
Cakes
Chinchin
Orange drinks
Pineapple drinks
Soya bean milk drink
Kunu drink
Tea and coffee etc.

EVALUATION

1. Define the term, 'Beverages'.
2. Mention the three classifications of beverages.

PREPARATION OF SNACKS AND DRINKSGuidelines for the Preparation and Serving of Snacks

1. The snacks should be balanced.
2. They should be light and easy to digest.
3. They should not prevent the individual from eating the main meals.
4. Snacks should be served with suitable drinks.

SNACKS**1. Queens cake**

Recipe:

Flour	200g
Sugar	100g
Fat	100g
Eggs	2
Baking powder	1teaspoon

Milk to mix 75ml

Method

- i. Cream sugar and fat together until soft and fluffy. Cream with a wooden spoon in a circular motion.
- ii. Add beaten eggs by degrees. Mix baking powder with the flour.
- iii. Fold in the flour, little by little adding a little milk at a time.
- iv. Continue to fold the mixture to a soft dropping consistency.
- v. Add vanilla essence.
- vi. Half fill well greased baking tin and bake in moderately hot oven for 15-20 minutes.

2. Chips

Chips can be prepared from green/unripe plantain, yam, potatoes, etc.

Recipe:

Green plantain	2 fingers
Vegetable oil	1 bottle
Salt	to taste

Method

- i. Wash and peel plantain.
- ii. Slice thinly.
- iii. Season slightly with salt.
- iv. Fry in deep oil until it is crisp and light brown.
- v. Drain in a clean basket and serve hot.

3. Puff-puff

Recipe:

Flour	200g
Yeast	1 tbs.
Sugar	50g

Egg (optional)	1
Oil	2 bottles
Salt	A pinch

Method

- i. Sieve dry ingredients into a bowl. Add sugar.
- ii. Cream the yeast with a little sugar, mix with the beaten egg.
- iii. Make a well in the centre of the dry ingredients in the bowl and pour in the liquid.
- iv. Mix together and beat well until smooth and free from lumps.
- v. cover with clean cloth and put in warm place to rise for 2 hours.
- vi. Heat the oil and fry in spoonfuls until golden brown.

BEVERAGES**Fruit Drinks**

Fruit drinks can be made from different types of fruits, like, oranges, pineapple, lemon, mango, etc.

Syrup is often added to the fruit drinks to sweeten them.

Guidelines for making fruit drinks

1. A fruit drink can be made from one type of fruit. When two are to be combined, one should give a sharp taste.
2. Add cold sugar syrup to sweeten fruit drinks. Hot syrup can destroy vitamins in the fruit juice.
3. Chill fruit drinks before serving.
4. Use glass or plastic bottles or containers for fruit drinks. A metal container can change the flavour of the drink.

EVALUATION

1. Write the recipe and method of preparation for yam chips
2. State two guidelines for making fruit drinks.

Preparation of Sugar Syrup

Granulated sugar	80-100g
Water	1 cup/ 280ml

Procedure

- i. Dissolve the sugar in a clean sauce pan with the water.
- ii. Bring the mixture to boil.
- iii. Reduce the heat and simmer until the syrup is slightly thick.
- iv. Leave to cool.

1. Orange drink

Oranges (ripe)	5
Syrup	to taste
Cold water	280ml

Procedure

- i. Wash the oranges thoroughly and rinse.
- ii. Cut the fruits into two halves crosswise.
- ii. Squeeze out the juice. Use a fruit juicer if available.

- iv. Strain through a clean strainer to remove any seeds.
- v. Add the water and the syrup
- vi. Pour into glasses or bottles and chill.

2. Pineapple drink

Pineapple 1 medium size
 Syrup to taste
 Cold water (clean) 280ml
 Lime juice (optional) 1tbs.

Procedure

- i. Wash the pineapple and rinse
- ii. Peel and grate. Add water to the grated pineapple and pass through a clean strainer.
- iii. Add lime juice and syrup. Mix properly.
- iv. Chill and serve.

3. Tea

Tea bag 1
 Boiling water
 Milk (as desired)
 Sugar (to taste)

Procedure

- i. Boil clean water
- ii. Raise the temperature of the teapot by rinsing it with hot water and empty.
- iii. Put one teabag in the teapot for each person.
- iv. Add enough boiling water to the tea.
- v. Leave to infuse for at least three minutes.
- vi. Pour into tea cups.
- vii. Serve with milk and sugar to taste.

EVALUATION

1. Describe the preparation of syrup
2. How will you prepare mango drink?

DUTIES OF FOOD SELLERS/PROVIDERS TO THE PUBLIC

1. Food sellers should ensure that the public have access to good quality foods.
2. They should serve foods that guarantee the health and safety of the consumers.
3. They are to provide healthy and conducive environment where meals are taken.
4. Food providers should ensure provision of balanced menu for individuals, either at work or away from home.
5. They should also provide clean/hygienic eating utensils, e. g. Cutlery, plates, etc. for individual.
6. Food sellers must provide foods that suit people with special needs outside their homes e.g. diabetes, ulcer, vegetarians, etc.

MARKETING PRINCIPLES

A market may be defined as a place where goods and services are exchanged. It is an avenue for buying and selling. In other words, a market is a place, point or any means of communication whereby the transfer of ownership of goods and services can be effected.

Marketing consists of the performance of business activities that direct the flow of goods and services from the producer to the consumers or users in order to satisfy consumers and accomplish the producer's objectives. It encompasses all activities aimed at facilitating exchange.

Marketing, simply put, is the science or art of understanding what a group of consumers want and how to get it to them.

There are four basic principles of marketing, known as 4 P's of marketing. They are:

a) PRODUCT

A product is what a marketer/ seller sells to the consumer(s). A product is evaluated by the degree to which it satisfies a need and provides value for a group of consumers. The product should satisfy a perceived need and offer what a group of consumers want.

When creating your product, the following factors should be considered:

Name

Packaging

Usage

Warranty terms (where applicable)

b) PRICE

This principle refers to how much consumers pay for the product, and it is evaluated in terms of how the price maximises profit for the company. As prices drop, demand tends to rise but profit per unit decreases. The producer of a particular product must fix a price that will be affordable by the consumers and as well maximise profit for him.

c) PLACE

The place principle refers to the distribution channels i. e. where you will sell your product and how it goes to the market. This is important because consumers can not purchase products that would not reach them. Distribution channels are evaluated on ease of use and reliability; an important factor in making a product desirable and accessible.

d) PROMOTION

The promotion principle is about communicating with consumers. Advertising is the most well known form of promotion. Promotion can include anything from print and media advertising to direct selling. The essence of promotion is to create awareness about a product for the consumers and also to persuade them to buy.

GENERAL EVALUATION

1. State three differences between snacks and meals.
2. State two guidelines for preparation and serving of snacks.
3. Define the term, 'Marketing'.
4. List and explain the four principle of marketing.
5. Relate the importance of marketing principles to selling of food items.

READING ASSIGNMENT:

Home Economics for JSS1-3 by Elizabeth U. Anyakoha. Pages 169-172.

Home Economics New Concept Book 2 by Popoola. Pages127-134.

WEEKEND ASSIGNMENT

1. Orange juice is a source of A. vitamin A B. vitamin BC. vitamin C D. vitamin D
2. The process of preventing harmful bacteria from growing in food is food A.preparation B. service C. storage D. hygiene
3. Beverages with little or more caffeine content are _____ drinks.A. stimulating B. refreshing C. alcoholic D. protective

4. The best form of sugar for sweetening fruit juice is A. caramel B. syrup C. icing D. granular
5. Refreshment served in-between meals and when desired is called A. appetizer B. dessert C. snack D. breakfast

THEORY

1. State five duties of a food seller to the public.
2. Write the recipe and method of preparation for a snack of your choice.

WEEKS: TWO & THREE

TOPIC: SCIENTIFIC STUDY OF FOODS.

**CONTENT: CHARACTERISTICS OF FOOD NUTRIENTS
TESTS AND EXPERIMENTS ON FOOD NUTRIENTS
EFFECTS OF HEAT ON FOOD NUTRIENTS**

FOOD NUTRIENTS

Food can be defined as any edible substance either solid or liquid that is eaten, digested and absorbed into the blood stream to maintain life.

Food nutrients are the chemical substances in the food we eat that perform various functions such as provision of energy, growth and development, fight against infections, etc.

The various food nutrients differ from each other in the following ways:

- i. **Physical Properties:** These include their structural appearances which may change when treated in certain ways. For example, the appearance of yam changes when exposed to heat.
- ii. **Chemical Properties:** These include the chemical compositions of the nutrients. This means the units or elements or groups of elements that make up the nutrients.

CHARACTERISTICS OF FOOD NUTRIENTS

PROTEINS

1. Proteins are made up of carbon, hydrogen, and nitrogen. Some proteins contain sulphur, phosphorus, iron and other elements.
2. The elements arrange themselves in different combination to form amino acids.
3. The amino acids then form the proteins.
4. Proteins are digested by enzyme protease.
5. The final products of protein digestion are the amino acids.
6. Most proteins are coagulated by heat.
7. Proteins are not easily destroyed by heat.
8. Most proteins are insoluble in water.

CARBOHYDRATES

1. Carbohydrates are made up of carbon, hydrogen and oxygen.
2. These elements combine in different ways to form:
 - a) Simple sugars e.g. glucose, fructose, etc.
 - b) Complex sugar e.g. lactose, maltose, sucrose, etc.
 - c) Starches e.g. rice, yam, etc.
 - d) Cellulose, which is found in some vegetables and plants.

3. All sugars are sweet but vary in sweetness.
4. Sugars are soluble in water, while starches are insoluble in water.
5. Starches and complex sugars are broken down to simple sugars before they can be utilized by human body.
6. The last products of carbohydrate digestion is glucose.

EVALUATION

1. What are food nutrients?
2. State three characteristics of proteins.

FATS AND OIL

1. Fats and oil are made of carbon, hydrogen and oxygen. The proportion of carbon and hydrogen are higher than oxygen.
2. Fats and oil are insoluble in water but soluble in ether.
3. They are broken down to fatty acids and glycerol during digestion before they can be absorbed by the body.
4. Fats are solid at room temperature, while oils are liquid.
5. They become rancid after prolong exposure to air.

VITAMINS

Fat-soluble vitamins (vit. A, D, E and K)

1. They are soluble in fat but insoluble in water.
2. They are not destroyed by ordinary cooking.
3. They are destroyed when the fat that contain them goes rancid i.e. spoils.

Water-soluble vitamins (vit. B and C)

1. They can dissolve in water but not in fat.
2. They are destroyed by heat and exposure to air.
3. They are quickly absorbed into the body system.
4. They are lost by soaking in water.

MINERALS

1. Dry heat has little or no effect on minerals food.
2. Moist heat may result in the loss of some of the soluble minerals such as sodium, potassium and magnesium salts.

EVALUATION

1. State three characteristics of fats and oil.
2. Mention two properties of water-soluble vitamins.

TESTS AND EXPERIMENTS ON FOOD NUTRIENTS

There are different ways of testing for the presence of nutrients in food.

PROTEIN

- i. **FOAM TEST-** Dissolve the protein food in clean water and shake vigorously. If a foam is produced, then, it confirms the presence of protein.
- ii. **ALCOHOL TEST-** Alcohol has a coagulating effect on protein. Thus if a food product or its solution coagulates, shrinks or curdles when immersed in alcohol; it confirms the presence of protein.

3. BIURET TEST

Procedure

- i. Obtain a small quantity of the food item, e.g. egg white or ground meat.
- ii. Place in a test tube and mix with a few drops of water.
- iii. Add about 1cm³ of diluted caustic soda (NaOH), mix well.
- iv. Add drop by drop 1% copper II sulphate solution. Shake thoroughly after each drop.
- v. A purple or violet colour indicates the presence of protein.

4. MILLION'S TEST

Procedure

- i. Place the protein food in a test tube and add 4ml of water. Shake together.
- ii. Add about 2.5ml of Million's reagent. A white precipitate will be formed.
- iii. Place the test tube in a beaker half filled with water.
- iv. Heat the water gently.
- v. The precipitate will turn from white to red, indicating the presence of protein.

CARBOHYDRATE

TESTS FOR STARCH

1. IODINE TEST

- i. Cut a piece of yam or potato.
- ii. Put it in a clean plate.
- iii. Add a few drops of iodine solution on the cut piece of yam.
- iv. The colour changes to blue-black which indicate the presence of starch.

2. LITMUS TEST

- i. Peel the carbohydrate food and grate it to form a paste.
- ii. Immerse a red litmus paper into the paste.
- iii. If it turns blue, it confirms the presence of carbohydrate.

TEST FOR SIMPLE SUGARS

1. FEHLING'S TEST

- i. Place 5ml of 5% sugar solution in a test tube.
- ii. Prepare the Fehling's solution by adding equal amounts of Fehling's solution A (copper II sulphate in water) and B (sodium potassium tetrataurate and sodium hydroxide in water).
- iii. Add 5ml of this solution into the sugar solution.
- iv. Place the test tube in a beaker half filled with water.
- v. Heat the beaker gently to boil.
- vi. An orange or brick-red precipitate will be formed which indicates the presence of a simple sugar.

2. BENEDICT'S TEST

- i. Place about 5ml of 5% sugar solution in a test tube.
- ii. Add equal quantity of Benedict's solution to the sugar solution.
- iii. Place the test tube in a beaker half-filled with water.
- iv. Boil gently and allow to stand for a while.
- v. The presence of simple sugar is confirmed by a red, orange or yellow precipitate formed.

FATS AND OIL

- 1. BLOTTING PAPER TEST-** Grind a small quantity of the food and rub the food between two pieces of blotting or filter paper. If the paper appears translucent or greasy, it indicates the presence of fat or oil.
- 2. SUDAN III TEST-** Place a small quantity of ground food in a test tube. Add a few drops of Sudan III solution to it. A red discolouration confirms the presence of fat or oil.

EVALUATION

- Mention four tests to confirm the presence of proteins in foods.
- Explain one test for simple sugar.

EFFECTS OF HEAT ON FOOD NUTRIENTS

The heat that is applied on food when cooking has greater effect on the nutrients. The heat applied

are two, that is;

Dry heat used in baking, grilling and roasting.

Moist heat produced by water or steam and oil.

EFFECTS OF HEAT ON FOOD NUTRIENTS

NUTRIENTS	DRY HEAT	MOIST HEAT
1. PROTEINS	It shrinks.	It coagulates.
2. CARBOHYDRATES- Sugar Starch	It turns to caramel (caramelization). It forms dextrin (dextrinization).	It forms syrup. It forms gel (gelatinization).
3. MINERALS		It may result in the loss of some the soluble mineral such as sodium, potassium, etc.

FATS AND OIL

- Fat melts when heated while oil expands when heated.
- When fat or oil is heated to a very high temperature, it can burn or catch fire. An unpleasant odour is produced.

VITAMINS

- Water-soluble vitamins can easily be lost/destroyed by heat (dry or moist).
- Fat-soluble vitamins are not easily destroyed by heat. They are destroyed when the fat that contains them goes rancid i.e. spoils.

GENERAL EVALUATION

- How will you test for the presence of starch in food?
- State five characteristics of carbohydrate.
- List all the tests to confirm the presence of protein in food.
- State five importance of foods.
- State five ways of maintaining food hygiene.

READING ASSIGNMENT:

Home Economics for JSS1-3 by Elizabeth U. Anyakoha. Pages 303-306

Home Economics New Concept Book 3 by Popoola. Pages 55-65

WEEKEND ASSIGNMENT

1. The last products of protein digestion are A. glucose B. sugar C. amino acid D. fatty acids
2. With Million's test, egg-white gives a _____ precipitate. A. yellow B. red C. green D. purple
3. Which of the following contain high proportion of carbon and hydrogen but very little oxygen? A. Carbohydrates B. Proteins C. Minerals D. Fata and oil
4. Which of the following are soluble in water? A. Fats B. oils C. Sugars D. Proteins
5. Fats are _____ at room temperature. A. solid B. liquid C. good D. hot

THEORY

1. Differentiate between fat-soluble vitamins and water-soluble vitamins.
2. State the effect of dry and moist heat on the following nutrients:
 - i. Protein
 - ii. Minerals
 - iii. Carbohydrates.

WEEK: FOUR & FIVE
TOPIC: FEEDING THE FAMILY
CONTENT: MEAL PLANNING
NUTRITIONAL NEEDS OF FAMILY MEMBERS
MEANING OF VEGETARIANS
TYPES OF VEGETARIANS
SUGGESTED MEALS FOR VEGETARIANS

MEAL PLANNING

Meal planning involves choosing a menu or a list of foods that will be included in a meal.

Importance of Meal Planning

1. Meal planning is a good guide for the purchase of food needs.
2. It makes the service of a balanced meal regular and consistent.
3. It prevents food wastages.
4. It allows for a great variety of meals for the family.
5. Meal planning allows for wise use of scarce resources.

Factors that Influence Meal Planning

1. Age of the family members.
2. Occupations or activities of family members.
3. Money available.
4. Size of the family.
5. Likes and dislikes of family members.
6. Health condition of the family members.
7. Equipment or facilities available.
8. Season of the year.
9. Time available.
10. Locality or place where family resides.

EVALUATION

1. What is meal planning?

2. State five factors that can influence meal planning.

Guidelines for Meal Planning

1. The meal must contain all the necessary food nutrients.
2. Provide for the nutritional needs of all family members in the meal plan.
3. Avoid monotony by varying foods.
4. Make use of food in season. These are normally cheaper and could be of better quality than foods that are not in season.
5. Buy the best foods your money can afford.
6. Buy good quality foods.
7. Plan meals several days ahead of time so as to save money and time.

Procedure for meal planning

- * There are three main meals each day, namely:
 - i. Breakfast – morning meal;
 - ii. Lunch – afternoon meal and
 - iii. Supper – evening meal.
- * Snacks are refreshments which are served in-between meals when desired.
- * Each meal is made up of a number of courses.
- * A course is a part of a meal. A formal meal or menu is made up of three courses, and is called a three-course meal.
- * A three-course meal is made up of three courses or dishes, which are:
 - i. Appetizer which stimulates the appetite.
 - ii. Main dish which is the main course.
 - iii. Dessert also known as sweet dish which is taken after the main dish.

EVALUATION

1. State three guidelines for meal planning.
2. Write the three parts of a three-course meal.

NUTRITIONAL NEEDS OF FAMILY MEMBERS

1. **YOUNG CHILDREN** (Infants: 0-1year and Toddlers: 1-2years)
Young children are growing rapidly; therefore they require foods for growth, energy and protection against diseases.

The following guidelines must be followed in providing meals for them:

- a) The meal must be well balanced i.e. it must contain all the nutrients.
 - b) Meal times must be regular
 - c) Avoid giving food rich in sweets and chocolates which may cause tooth decay.
 - d) Young children's meals must be cooked by the most easily digested methods, e.g. steaming, stewing, etc.
 - e) Foods should be cooked, served and eaten in a clean and attractive place.
2. **OLDER CHILDREN**
They are also growing and active. Their meals must be balanced. They require more of energy-giving foods than the young children.

3. **ADOLESCENTS**

This is the period between 12-18years. The nutritional needs of these groups are higher than all other groups of people. They need larger quantity of food to enable them cope with the developmental changes taking place in their body. Their meals must also be balanced. Adolescent girls require increased intake of iron. This is to make up for that which they lose monthly during menstruation.

4. ADULTS

These are mature people, who have stopped growing. They only need food for energy and maintenance and not for growth. An adult's diet should be balanced and suitable for his/her work, health and age. Overweight must be avoided.

- i. **The Manual worker** – This group of people involved in manual jobs which are strenuous e.g. farming, wood cutting, bricklaying, etc. They require increase in intake of energy-giving foods.
- ii. **Sedentary worker** – Sedentary work is not strenuous. It involves sitting down. They do not require much of energy foods in diets.
- iii. **Pregnant women** – They are also known as expectant mothers. They require extra nutrients in addition to the balanced diet which they require as adults. This is to provide for the nutritional needs of the unborn baby. Their diets should include plenty of milk, fresh fruits, fish, vegetables, beans, etc. and a small quantity of energy food.
- iv. **Lactating mothers** – They are also known as nursing mother. These are mothers who are breast-feeding babies. They require extra nutrients as the expectant mothers in order to produce enough milk and make up for what was lost during pregnancy and child-birth.
- v. **Invalids and Convalescent**- An invalid is a person who is sick while a convalescent is someone is no longer sick, but is in the process of gradual recovery after illness. The following guidelines must be observed for the two groups:
 Doctor's instructions must be followed.
 Meals must be balanced.
 Meals must be cooked by the most easily digested methods such as stewing, steaming, etc.
 Frying should be avoided.
 Make foods appetizing.
- vi. **Elderly People/ Aged** – They are often characterized by reduced physical activity. They therefore spend less energy. This means their energy-food consumption should be reduced. Their needs for proteins, vitamins and minerals remain unchanged. Their food must be easy to chew and digested.

EVALUATION

1. State four guidelines for preparation of meals for young children.
2. Mention the particular mineral element needed by an adolescent girl and why?

VEGETARIANS

Vegetarians are people who do not eat flesh of animals, fish, poultry and/or their products. They eat foods of vegetable origin only.

TYPES OF VEGETARIANS

1. **The strict vegetarians:** They are also known as vegans. They do not eat animal flesh and their products, but eat only vegetables or plant foods.
2. **Lacto vegetarians:** People in this category do not eat flesh of animal, fish or poultry, but drink milk and milk products such as cheese, yoghurt, etc. with vegetables.
3. **Lacto-ovo vegetables:** They eat animal products like eggs, milk and their products, but will avoid the flesh of animals, fish, poultry, etc.

EVALUATION

1. Define the term 'Vegetarian'
2. List and explain the three types of vegetarians.

SUGGESTED MENU FOR VEGETARIANS

Strict vegetarian

1. Fruit juice
Fried plantain
Tea/coffee
2. Vegetable with bean stew
Banana slices

Lacto-ovo vegetarian

1. Fruit drink
Moimoi with pap and milk
2. Vegetable stew with boiled rice and beans
Egg custard

Lacto vegetarian

1. Pineapple juice
Toasted bread and milk
2. Moimoi and jollof rice
Milk pudding

GENERAL EVALUATION

1. Differentiate between balanced diet and classes of food.
2. Differentiate between a sedentary worker and manual worker.
3. Plan a balanced menu for a toddler.
4. State the food groups with examples.
5. State five safety procedures in the kitchen.

READING ASSIGNMENT:

Home Economics for JSS1-3 by Elizabeth U. Anyakoha. Pages 309-314.
Home Economics New concept book 3 by Popoola. Pages 72-82.

WEEKEND ASSIGNMENT

1. One of the following may not influence meal planning A. Age B. Height C. Money D. Health
2. Which of the following groups do not require much energy food in their diet? A. The aged B. The invalids C. The manual workers D. The children
3. Excessive consumption of sweets by children can lead to A. good teeth B. strong teeth C. tooth decay D. tooth growth
4. Which of the following groups of people require increased intake of iron? A. Adolescent boys B. The aged C. Manual worker D. Adolescent girls
5. A strict vegetarian will not eat any A. food B. animal food C. carrot D. vegetable protein

Theory

1. State the difference(s) between a pregnant woman and a lactating mother.
2. State three guidelines to follow when preparing meals for an invalid or a convalescent.

WEEK: SIX**TOPIC: FAMILY LIVING AND RELATIONSHIP (Courtship, Marriage etc.)****CONTENT: FAMILY
BOY/GIRL RELATIONSHIP
COURTSHIP
MARRIAGE****FAMILY**

A family is a group of people who are related by blood, marriage or adoption and live together. A family starts with a young man and a young woman who establishes a relationship and gets married and bears children.

BOY/GIRL RELATIONSHIP

A relationship starts when a boy and a girl meet and like each other. Relationship comes before courtship. Boy/girl relationship must be clean, healthy and wholesome to guide against some problems.

PROBLEMS OF UNHEALTHY BOY/GIRL RELATIONSHIP

1. Unwanted/teenage pregnancy.
2. Sexually transmitted diseases.
3. Lack of self-respect and discipline.
4. Drop out from school and termination of education
5. Anti-social behaviours such as cultism, drug abuse, stealing, smoking, e.t.c.

GUIDELINES FOR HEALTHY AND WHOLESOME BOY/GIRL RELATIONSHIP

1. Adolescents should choose friends who have good characters.
2. They should make the relationship known to their parents for approval.
3. Friends should be free to visit each other's home.
4. They should learn about each other's family.
5. Adolescents should also choose friends who share common interests with them.
6. Adolescent boy and girl should minimize the length of time they spend together.

EVALUATION

1. Mention three effects of unwholesome boy and girl relationship.
2. State two guidelines to maintain a healthy boy/girl relationship

COURTSHIP

Courtship is a period of time during which a young man and woman move about more closely in order to know each other with the intention of getting married. It is a process in relationship which leads to marriage.

Characteristics Features /Activities involved in Courtship

1. The intending couples find out more about each other e. g. their likes and dislikes.
2. They find out how each is accepted in the others family.
3. They find out the extent to which they really love and care for each other.
4. They discuss their future plan.
5. They also learn about each other's family customs and traditions.
6. They determine how well suited they are to go into a lasting union.

EVALUATION

1. What is courtship?
2. State three activities involve in courtship.

MARRIAGE

Marriage is the union of a man and a woman as husband and wife. It is an approved union between two adults of the opposite sex. Marriage involves a man and woman living together and taking joint care of the children resulting from the union.

Factors to Consider when Choosing A Marriage Partner

1. **Age:** The partners must be old enough for marriage.
2. **Love:** They should love each other deeply.
3. **Background:** Family background should also be considered.
4. **Character:** One should choose a partner with a good character or behavior.
5. **Health:** The intending couple should go for medical check up to determine their state of health. They should carry out such vital tests as:
 - a. HIV/AIDS test
 - b. Genotype test
6. **Parental Consent:** They must seek their parents' approval before getting married.

MARRIAGE SYSTEM IN NIGERIA

1. TRADITIONAL /CUSTOMARY MARRIAGE: This is marriage performed according to native laws and customs. It differs from one tribe to another. Traditional marriage can either be:

- a. Monogamous- where one man marries one wife.
- b. Polygamous- where one man marries two or more wives.

2. MARRIAGE UNDER THE ORDINANCE: It is also called court marriage because it is done in the court before a court registrar. It is a monogamous form of marriage and a marriage ordinance certificate is issued to the married couple. It is provided by the government and open to all religious sects and types.

3. RELIGION MARRIAGE: This may be in the church or mosque.

- a. Church marriage- This is done in the church by Christians. It is a monogamous form of marriage, where a man marries only one wife.
- b. Muslim/Islamic marriage- This is contracted in the ways stipulated by Islam by Muslims. It is a polygamous form of marriage because men are allowed to marry more than one wife.

EVALUATION

1. List and explain the three types of marriage.
2. Enumerate four factors to consider before marriage

EARLY MARRIAGE

This is when two people; a boy and a girl below the age of eighteen get married to each other. The approved age for marriage in Nigeria is 18 years. Even at this age, many young people are still in school and depend on their parents.

Disadvantages of Early Marriage

1. Couple may have children they cannot provide for.

2. They may not be able to afford a decent accommodation.
3. They could become a burden to their parents.
4. Their education will be disrupted.
5. They may not be properly equipped to handle marriage challenges.
6. They also stand the risk of marital instability and marriage failure.

GENERAL EVALUATION

1. List any four problems of unhealthy boy/girl relationship.
2. State five consequences of early marriage.
3. Differentiate between food infection and food poisoning
4. State three signs of food spoilage.
5. What is polyandry?

READING ASSIGNMENT

Home Economics for JSS 1-3 by Elizabeth U. Anyakoha. Pages 341-345.
Home Economics New Concept book 3 by Popoola O.O. Pages 103-109.

WEEKEND ASSIGNMENT

1. Unwholesome boy-girl relationship can lead to all except A. pregnancy B. death C. STDs D. success
2. The following are factors to consider in the choice of a marital partner except A. health B. religion C. car D. age
3. The government of Nigeria approved age for marriage is A. 20 years B. 18 years C. 16 years D. 22 years
4. The following tests are very important for intending marriage partners. A. Genotype and HIV/AIDS B. Genotype and malaria C. Malaria and HIV/AIDS D. Measles and malaria tests
5. Traditional marriage is also known as _____ marriage. A. church B. court C. Islamic D. customary

THEORY

1. Explain the marriage system in Nigeria.
2. State three features of courtship.

WEEK SEVEN
TOPIC: FAMILY LIVING AND RELATIONSHIP (PREGNANCY AND ANTI-NATAL)
CONTENT: PREGNANCY- Meaning
Symptoms
ANTE-NATAL
BABY LAYETTE

PREGNANCY

Pregnancy is the result of the fertilization of the female ovum or egg by the male cell or sperm. A woman has two ovaries and each of the ovaries in a woman produces an ovum every month. The process of producing an ovum by the ovary is called ovulation. So, if there is a sexual relationship or intercourse between a man and a woman at the period when the ovum is produced, the sperm will fertilize the ovum (egg). The result is pregnancy.

If there is no sexual relationship, the released ovum will die off after a few days. Then, menstruation will occur. Menstruation is the flow of blood which each normal woman of child-bearing age experiences every month; unless she is pregnant.

SIGNS AND SYMPTOMS OF PREGNANCY

1. Menstruation stops.
2. Breasts become fuller and tender with the nipples getting darker.
3. Nausea and vomiting (known as morning sickness).
4. There will be frequent urination.
5. The abdomen enlarges from about three months. There is also enlargement of the hips.
6. Development of good or bad appetite, as applicable to individuals.
7. Vaginal discharge.
8. Movement of the baby as the pregnancy advances.

EVALUATION

1. How does pregnancy occur?
2. State three signs of pregnancy

ANTE-NATAL CARE

Ante-natal care is the attention or care given to a pregnant woman from the beginning of her pregnancy to the day she delivers the baby. It simply refers to the care required by a pregnant woman before the birth of her child.

Ante-natal care includes regular visits to ante-natal clinic where the following tests will be carried out:

- a. Urine test
- b. Blood test
- c. Blood pressure
- d. Weight check
- e. Abdominal examination
- f. Pelvic assessment towards the end of the pregnancy.

At the ante-natal clinic, the woman learns the following:

1. Good nutrition- She will be advised on what to eat to guarantee her own health and that of the unborn baby (or babies). Emphasis will be on eating balanced and nutritious meal all the time.
2. Proper clothing- She will be advised to wear loose, comfortable and attractive clothes. High heel shoes should be avoided.
3. Good personal hygiene- At the clinic, she will be taught how to maintain good hygiene such as bathing regularly, inspecting her breasts, brushing her teeth, etc.
4. Avoidance of smoking and alcohol- They are dangerous to the health of the baby and they must be avoided during pregnancy.
5. Avoidance of strenuous work- Work such as lifting heavy objects or standing for long time should be avoided during pregnancy.

6. Regular exercise and rest- She will learn how to perform some mild exercises and have enough / adequate rest.

Importance of Ante-natal Care

1. The tests carried out in the clinic will help to correct some problems which may affect the mother or the unborn baby if not detected.
2. It helps the foetus to develop properly.
3. It helps to prepare the mother adequately for the delivery and remove unnecessary fear from the mother.
4. Ante-natal care also helps the mother to keep well and fit.
5. The mother learns how to take care of herself and the baby from the ante-natal clinic.

EVALUATION

1. What is ante-natal care?
2. Explain three things a woman learns in ante-natal clinic.

PREPARATION FOR CHILD BIRTH

It is very important that a pregnant mother prepares well for the delivery in advance. The following are the things needed for child birth:

For the mother

- a. Personal clothing e.g. night gown, nursing brassieres, pants, etc.
- b. Sanitary pads
- c. Toiletries e.g. toilet soap, cream, powder, etc.
- d. Disinfectant such as Dettol.

For the Baby

- a. Baby clothes
- b. Nappies/ diapers
- c. Towels
- d. Blanket or shawl
- e. Baby's toiletries such as baby soap, lotion, powder, etc.

BABY LAYETTE

Baby layette is the complete set of clothes required by a new born baby. The baby layette or part of it should be provided before the baby arrives.

Suitable Layette for a Baby

1. Two or three dozen napkins. Disposable diapers can also be used.
2. Three to four plastic pants.
3. Three night dresses.
4. Three special napkin safety pins.
5. One shawl
6. Five bibs
7. Four vests
8. Two pairs of bootees and socks/stockings
9. Four outing clothes
10. Two sweaters

For Baby's cot

- a. Two to four cot sheets (bed sheets)
- b. One or two blankets
- c. One large plastic/rubber sheet
- d. Mosquito net

For baby's bath

- a. One large towel
- b. One small towel
- c. One face towel

Uses of Baby Layette

1. To protect the baby.
2. To keep the baby warm.
3. To make baby comfortable.
4. To enhance baby's appearance.

EVALUATION

1. What is baby layette?
2. State three uses of baby layette.

POST NATAL CARE

Post natal care is the attention/care given to a mother from the day of delivery up to six weeks after. Six weeks after delivery, the nursing mother and the baby will visit the post natal clinic for check- up. At the clinic:

1. The mother is examined by the doctor to make sure she is healthy and fit.
2. The baby is also examined to ensure he/she is normal and well.
3. The mother is advised on:
 - a. How to look after herself and the baby;
 - b. Necessary immunization and
 - c. Family planning i.e. how to space her children.

GENERAL EVALUATION

1. Explain baby layette.
2. State three uses of baby layette.
3. State four signs of puberty each in girls and boys.
4. State two effect of lack of proper nutrition during pregnancy
5. List the food groups with the nutrient(s) under each group.

READING ASSIGNMENT

Home Economics for JSS 1-3 by Elizabeth U. Anyakoha. Pages 346-350

Home Economics New Concept book 3 by Popoola. Pages 110-116

WEEKEND ASSIGNMENT

1. One of the following is not a test carried out during ante-natal. A. Blood test B. Complexion test C. Urine test D. Weight check
2. The process of producing an ovum by ovary is called A. menstruation B. ovulation C. fertilization D. reproduction

3. _____ occurs when the ovum is fertilized by a sperm. A. Infertility B. Child birth C. Pregnancy D. Menstruation
4. The care required by a pregnant mother before child birth is _____ care. A. child B. post-natal C. normal D. ante-natal
5. A pregnant woman should avoid _____ clothes. A. tight B. free C. clean D. comfortable

THEORY

1. (a) Define baby layette. (b) State three uses of baby layette
2. (a) Differentiate between ovulation and menstruation. (b) List three suggested layettes for a baby.

WEEK **EIGHT AND NINE**
TOPIC: **CHILD DEVELOPMENT AND CARE**
CONTENT: **MEANING OF GROWTH AND DEVELOPMENT**
STAGES OF DEVELOPMENT
FACTORS THAT INFLUENCE CHILD DEVELOPMENT
NECESSARY CONDITIONS FOR CHILD DEVELOPMENT
COMMON CHILDHOOD AILMENTS
IMMUNIZATION FOR CHILDREN

MEANING OF GROWTH AND DEVELOPMENT

Growth is an increase in the physical size of the whole body or any of its part. A child grows in size, height and weight. Growth is measured in metres and kilogram.

Development is an increase in skill and complexity of function. A child is developing when he/she is making progress in what he/she does with his/her mind and body, such as holding up the head, holding a toy, gaining understanding, etc.

Principles of Child Development

1. Children differ from each other, i. e. individual differences.
2. The individual differences affect their developmental rates. Some may be fast and others slow.
3. Development in children is predictable.
4. Development follows a definite pattern.
5. Development starts from the head and spreads all over the body.
6. Developmental changes are orderly and progressive in a normal child.

Area of Development

1. **Physical Development:** It is the development of the physical structure and how it functions. It refers to biological changes in size, weight, structure and strength of various parts of the body. Physical development is basic to all other aspects of development.
2. **Mental Development:** This is development of intellectual abilities such as thinking, reasoning, remembering, understanding, state of mind, solving problems, etc.
3. **Social Development:** This is the development of accepted behaviors in the society, development of social attitudes, acceptance of roles and obligations. Social development enables individuals to participate in and enjoy social activities and take interest in people.

EVALUATION

1. Differentiate between growth and development.
2. Explain the three stages of development.

STAGES IN CHILD DEVELOPMENT

AGES	DEVELOPMENT
1st Month	<ol style="list-style-type: none"> 1. Head sags and needs support. 2. Hands are tightly fisted or curled. 3. Sleeps most of the time, feeds and cries. 4. Hears sounds and responds to it. 5. Stares indefinitely at surroundings.
2nd Month	<ol style="list-style-type: none"> 1. Waves arms about when lying on his back. 2. Can turn head towards direction of sounds. 3. May have a regular routine, such as sleeping all night.
3rd Month	<ol style="list-style-type: none"> 1. Smiles and enjoys colours and light. 2. Can hold head up slightly. 3. Can hold an object placed in his hand 4. Looks at people and follow their movements. 5. Hearing is fairly developed.
4th Month	<ol style="list-style-type: none"> 1. Holds head erect. 2. Can smile and show excitement. 3. Can reach for its toes
5th Month	<ol style="list-style-type: none"> 1. Can reach for an object. 2. Puts everything within reach into the mouth. 3. Can pull dress over face. 4. Sits with slight support. 5. Can become selective in taste. 6. Birth-weight may be doubled.
6th Month	<ol style="list-style-type: none"> 1. Recognizes constant members of the family. 2. Sits without support. 3. Hand and eyes work more together 4. May start teething.
7th-8th Months	<ol style="list-style-type: none"> 1. Sits confidently and can crawl. 2. Uses toys freely. 3. Can transfer objects from one hand to the other. 4. May begin to associate words with people and objects.
9th-12th Months	<ol style="list-style-type: none"> 1. Crawls very well, stands holding on to objects. 2. Gradually stands without supports. 3. Takes first steps. 4. More teeth appear. 5. Birth-weight triples. 6. Understand some words and can say a few.

FACTORS THAT INFLUENCE CHILD DEVELOPMENT

1. HEREDITY: This is the tendency for a parent to transfer his/her characters to his/her child. The units which bear heredity or the heredity factors in our body cells are called genes. Therefore, development of a child is directly related to the genes inherited from his/her parent(s).

2. ENVIRONMENT: This includes everything that is outside the child, e.g. love and care he receives, the family, feeding, home surroundings, clothing, shelter, etc.

EVALUATION

1. List and explain the two factors influencing child development.
2. State three expected development from a 6 month old child.

NECESSARY CONDITIONS FOR CHILD DEVELOPMENT

A. LOVE AND CARE: A child needs love and care from every member of the family in order to grow and develop very well.

B. GOOD NUTRITION: A child must be provided with good nutrition. The baby needs good food that can promote growth and development. Poor feeding in infancy can retard growth. A baby can be fed with the breast or bottle. But the breast milk is the best. As the baby grows, suitable semi-solid foods can be introduced.

Types of Feeding

1. Breast Feeding (Natural Feeding)

Breast feeding is the natural way to feed a baby. It can be started immediately after birth.

Exclusive breast feeding is the practice of placing the baby on breast milk only from birth to six months.

The first milk produced in the first few days by a nursing mother is called colostrum. It helps to clear the baby first sticky stool called meconium.

Advantages of Breast Feeding

- i. Breast milk contains all the nutrients needed by a baby more than any other food.
- ii. It contains antibodies which protect the baby against infections and diseases.
- iii. It is produced at the right temperature.
- iv. It is easily digested and absorbed by the baby.
- v. It is cheaper than artificial feeding.
- vi. It does not require any elaborate preparation
- vii. Breast milk is also sterile and clean.
- viii. It strengthens mother and child bond.

2. Artificial or Bottle Feeding

This is the process of feeding a baby with artificial milk through the feeding bottle. Although breast milk is the best for a baby, there are times it becomes necessary to bottle-feed a baby such as:

- a. When mother is working full time outside the home.
- b. When there are multiple births, e.g. twins or triplets.
- c. When mother is sick and cannot breast feed.

Disadvantages of Bottle-Feeding

- i. It is expensive.
- ii. It causes constipation for the baby.
- iii. Artificial milk is not as rich as breast milk.
- iv. The milk can easily be contaminated by germs.
- v. It requires elaborate preparation and sterilization of feeding unit.
- vi. It does not make for close contact between mother and child.

C. CLOTHING: Children need clothing that is suitable for different weather conditions.

D. EXERCISE: Children need plenty of exercises which will help them to develop strong bones, muscles and motor skills.

E. REST: Children are very active and they grow rapidly. Therefore they need plenty of rest. Good sleeping habits promote health and well-being.

F. MEDICAL CARE: Good medical attention is very important for the development of the children.

G. SAFE AND CONDUCTIVE ENVIRONMENT: Parents must provide safe environment for their children always. This includes the home environment.

EVALUATION

1. List five conditions necessary for a child's development.
2. State three advantages of breast feeding.

COMMON CHILDHOOD AILMENTS

1. COLIC: Colic is caused by cramps in the intestines of the baby. It causes real discomfort and pain. It is common during the first 3-4 months, but much less after that.

2. CONSTIPATION: This involves passing of hard stool at long intervals or not passing it at all. It is common with bottle-fed babies. It can also be caused by unsuitable diet or by fever. To treat constipation, give the child extra water to drink. Alternatively, give the child more fruit juice or add very small glucose to its feed. Serious cases should be taken to doctor.

3. DIARRHOEA: Diarrhoea is a sudden increase in the number of bowel movements, especially if they are loose and watery. It could be due to unsuitable diet, over feeding, infection or disease. It can be treated by giving the child oral rehydration therapy (ORT) after each stool. Serious cases should be taken to the clinic.

4. NAPPY RASH: This occurs when a child has rashes in the nappy area. It could be due to:

- using dirty napkins/nappies on baby
- leaving soiled napkin/diaper on the baby for long time.
- not rinsing baby's napkins properly after washing.
- not cleaning the napkin area (baby's buttocks) properly when changing napkin.

To treat this, clean baby's buttock properly and apply special nappy rash lotions or powder. Stop baby from wearing nappy until rashes disappear.

TOYS FOR CHILDREN

Toys play an important role in the life of a child. Toys are tools for learning. As a baby grows, he/she enjoys playing with things. It is therefore important to provide babies with toys that suit their age levels.

Uses of Toys

1. Toys keep children busy.
2. They are tools for learning.
3. Toys make children happy.
4. They help to develop, promote sharing and getting along with others.

EVALUATION

1. State three uses of toys for children.
2. List and explain two common childhood ailment.

IMMUNIZATION

Immunization is the process whereby a person is made immune or resistant to an infectious disease, typically by the administration of vaccine. Vaccines stimulate the body's own immune system to protect the person against subsequent infection or disease

Types of Immunization

- 1. B.C.G. Vaccine:** This is an intradermal injection given at the neonatal period to fight against tuberculosis.
- 2. Triple Antigen (D.P.T.):** This is a mixture of three vaccines which are tetanus, whooping cough and diphtheria vaccines. It is given as intramuscular injection for protection against the three diseases.
- 3. Poliomyelitis Vaccine:** This is for protection against polio. There are two types of polio vaccine; one taken orally through the mouth and the other through intramuscular injection.
- 4. Small pox Vaccine:** this is given by injection to protect against smallpox.
- 5. Measles Vaccine:** It is given by injection to protect against measles.
- 6. Yellow fever Vaccine:** It is given to protect against yellow fever.
- 7. Hepatitis B Vaccine:** It is given to protect a child against hepatitis B disease.

IMMUNIZATION SCHEDULE

Time	Immunization
1. At birth	i. B.C.G. ii. First dose of Hepatitis B
2. At about 2 months (6 weeks)	i. First dose of D.P.T. ii. First dose of polio vaccine iii. Second dose of hepatitis B
3. At about 3 months (10 weeks)	i. Second dose of D.P.T. ii. Second dose of polio vaccine
4. At about 4 months (14 weeks)	i. Third dose of D.P.T. ii. Third dose of polio vaccine.
5. At 6 months	First dose of vitamin A
6. At 9 months	i. Measles vaccine ii. Yellow fever vaccine
7. At 12 months	Second dose of vitamin A (vitamin A drop every 6 months until 5 years)

The Expanded Programme on Immunization (E.P.I.)

This is a health programme designed to protect children of 0-5 years of age from six deadly diseases. These diseases are tetanus, whooping cough, diphtheria, polio, measles and tuberculosis.

GENERAL EVALUATION

1. State five principles of development.
2. State five disadvantages of bottle-feeding.
3. List and explain three types of immunization.
4. State four basic principles of marketing.
5. State three characteristics of fats and oil.

READING ASSIGNMENT

Home Economics for JSS 1-3 by Elizabeth U. Anyakoha. Pages 353-364.
Home Economics New Concept Book 3 by Popoola O.O. Pages 118-133.

WEEKEND ASSIGNMENT

1. _____ feeding is the natural way to feed a baby.A. Bottle B. Breast C. Regular D. Artificial
2. _____ prevents children from diseases.A. Air B. Love C. Immunization D. Warmth
3. Oral Rehydration Therapy (O.R.T.) is used for the treatment ofA. fever B. colic C. constipation D. diarrhea
4. Which of the following immunization should be given at birth?A. B.C.G. vaccine B. Triple vaccine C. Smallpox vaccine D. D.P.T. vaccine
5. _____ is an increase in the physical size of the whole body or any of its part.A. Life B. Growth C. Energy D. Development

THEORY

1. List and explain the three areas of development.
2. Differentiate between breast feeding and bottle feeding.

WEEK TEN
TOPIC: CONSUMER CHALLENGES AND RIGHTS
CONTENT: DEFINITION OF A CONSUMER
RIGHTS OF THE CONSUMER
REDRESS OPTIONS FOR CONSUMER
CONSUMER RESPONSIBILITY

WHO IS A CONSUMER?

A consumer is an individual who makes the final use of goods and services provided by a firm.

Consumer education is the process of enlightening the public about their rights as far as goods purchased are concerned. It is the process of helping individual become informed consumers.

Consumerism refers to organized efforts of action of consumers or individual to protect themselves against the unfair practices of businessmen.

RIGHTS OF THE CONSUMER

The consumer has the right to:

1. Buy the right quality of goods.
2. Inspect the goods before buying.
3. Insist on getting value for money spent.
4. Choose the goods he likes.
5. Insist on correct measures.
6. Insist on correct balances (change) whenever he pays for goods.
7. Be informed.
8. Be heard.
9. Safety of goods bought.
10. Healthy environment.
11. Seek redress to correct any injustice.

EVALUATION

1. Who is a consumer?

2. State five rights of a consumer.

CONSUMER PROTECTION

Consumer protection is a process whereby the government or its agents and also private organizations try to ensure that consumers derive maximum satisfaction from commodities they purchase and to reduce their exploitation by manufacturers, wholesalers and retailers.

Reasons for Consumer Protection

1. To ensure that consumers derive maximum satisfaction from commodities they purchase.
2. To protect consumers from misleading claims and false advertisements.
3. To ensure regular supply of essential goods and services.
4. To assist consumers in making right choices.
5. To protect consumers against the adverse effects of consuming harmful and dangerous goods.
6. To prevent consumers from being cheated by the use of false, incorrect and deceptive weights and measures.
7. To ensure that producers adhere to standard quality of goods and to prevent consumers from consuming substandard and inferior goods.

Ways By Which Consumers can Be Protected

1. By legislations: Many laws have been enacted by the government to protect consumers against unfair practices by producers and sellers. Such laws include:

- Price control Act 1970
- Consumer credit Act 1974
- Weights and measures Act 1963
- Supply of Goods Act 1973
- Food and Drugs Act 1974, etc.

2. Through government agencies/ organization: This comprises agencies that protect and educate consumers. They are:

- Standard Organization of Nigeria (SON)
- National Agency for Food and Drugs Administration and Control (NAFDAC)
- Price Control Board
- Rent Tribunal
- Environmental Protection Agencies

3. Independent Organization: These are a number of private independent organizations (NGOs) which seek to protect consumers. They complement government efforts in this regard. They include:

- Trade association
- Manufacturers/Producers Association
- Consumers Association
- The mass media
- Consumer Co-operative Societies
- Educational Institution
- Pressure Groups

EVALUATION

1. Define the term 'consumer protection'.
2. State three ways by which consumer rights can be protected.

CONSUMER RESPONSIBILITY

Consumer responsibility refers to the role a consumer plays in the way that goods and services are provided and made available to the public. It is the duty of the consumer to be aware of any

changes that may have been made and which may affect the performance of the product, and so on.

Responsibilities of a Consumer

1. It is the duty of consumers to educate themselves about their rights. Consumers should shop around and gather information about any product before any purchase is made.
2. Consumers should read and follow the instruction or warnings regarding a product before purchase.
3. Consumers must be alert to changes in the price and quality of goods.
4. It is also the responsibility of the consumer to notice any breach in the product, either in performance or quality, and bring it to the notice of the appropriate authorities.
5. It is the duty of the consumer to be in solidarity with other consumers, to come together to organize and to have the strength to influence and promote their mutual interests.

GENERAL EVALUATION

1. State four responsibilities of a consumer
2. Differentiate between a consumer and customer.
3. State three importance of Home Economics.
4. State five guidelines for meal planning.
5. State five characteristics common to both adolescent boys and girls.

READING ASSIGNMENT

Essential Commerce for SSS by O. A. Longe. Pages 127-135
WABP Junior Secondary Business Studies Book 2. Pages 86-90.

WEEKEND ASSIGNMENT

1. Which of the following is not the right of the consumer? The right to
A. be informed
B. choose
C. healthy environment
D. save money on food and drugs
2. A consumer can seek redress through the following ways except
A. legislation
B. independent organization
C. fighting
D. government agency
3. Which of the following principles enlightens the public on their rights about good purchased?
A. Economic education
B. Consumer education
C. family education
D. Religious education
4. The greatest weapon of the buyer against the activities of false advertisers is
A. Consumer education
B. manufacturer's education
C. Producer's education
D. Marketing education
5. The following are government organizations established to protect the consumers except
A. Standard organization of Nigeria
B. NAFDAC
C. The mass media
D. rent tribunal

THEORY

1. Define consumerism
2. State three reasons for protecting the consumers.

WEEK ELEVEN AND TWELVE REVISION AND EXAMINATION