DPTE HOME SCIENCE BY PHILO.

1.0 FOODS AND NUTRITION.

1.1. INTRODUCTION TO HOME SCIENCE.

DEFINITION OF H/SCIENCE.

- It is the study of household management which aims at improving family life and community life.
- It is the scientific study of a home and family living within the environment.
- It pays attention to the requirements of good health and proper use of key resources such as time, money and energy.
- It is an applied and integrated Science. This is because various H/Science activities apply scientific principles such as;
  -Use of heat in cookery entails application of Physics.
  -Stain removal in laundry involves application of Chemistry.
  -Understanding the human body and prevention of diseases involves application of Biology and Health Science.
  -Industrial processing of textiles involves application of Chemistry.
  -Measuring ingredients in cookery involves application of Mathematics.
- The subject seeks to help the teacher to realize and try to solve family problems as well as help himself adapt more easily to the daily living conditions in the community.
- There is a relation between H/Science and other learning areas in the Curriculum like;
  -Food and Nutrition and first Aid –P.E
  -Kitchen garden-Agriculture.
  -Common accidents in both P.E and Home Science.
  -developmental milestones in early childhood in child development and psychology.
  -weaving in Art and Craft.
- The Subject needs proper facilities and basic equipment essential for effective coverage of the design.
- Teachers should be creative and able to improvise whenever need arises.

AIMS/IMPORTANCE OF H/SCIENCE.

1. Apply appropriate pedagogical competencies in learning of Home Science.
2. Promote healthy living practices for well-being.
3. Utilize instructional leadership competencies to nurture learner's potential in Home Science.
4. Apply effective classroom management strategies while guiding learners' talents and energies.

5. Develop artistic values and abilities in the selection, preparation and presentation of foods for health.
6. Appreciate the importance of a health home environment.
7. Utilize acquired competencies in clothing construction and laundry work for proper choice, care and maintenance of clothes and household articles.

Areas covered in Home Science.

- Foods and Nutrition.
- Health.
- Home Management.
- Textile, Clothing and Laundry work.
- Consumer Education.

1.2. NUTRITIVE VALUE OF FOODS LEARNT IN GRADE 1-6.

- Nutrients are components of food needed by the body.
- Nitration is the processes by which chemicals from the environment are taken in by the body to keep one healthy.

Classification of foods, sources and functions.

- ✓ Foods are classified into; proteins, carbohydrates, vitamins, fats, water, mineral salts and roughage.

Proteins.

- ✓ Are body building foods.
- ✓ Contain carbon, hydrogen, oxygen and nitrogen atoms.
- ✓ Composed of complex amino acids.
- ✓ There are two types of proteins; complete/animal and incomplete/vegetable proteins.
- ✓ Complete are obtained from animal like; meat, chicken, fish, eggs and cheese.
- ✓ Incomplete are obtained from plants like peas nuts, green grams, beans etc.

Functions of proteins

- ✓ Repair worn out tissues.
- ✓ Regulate the acid-based quality of body fluids.