

## What our students say:

*"I chose home ec because I love to cook and bake at home. But it's not just about that, we get to learn about food and nutrition, how special diets work, lots on the body, consumer studies, plus loads more!"*

*"I've learned so much in Home Ec. I really enjoy it as a subject and think I will keep doing it into leaving cert."*

*"Home ec is a fun subject to study because what you learn you can use in your everyday life. Things like reading food labels and understanding what food contains, where it comes from and how it helps us is so interesting".*

## Contact Us



041 – 6851344.



[ScoilUiMhuiri@lmetb.ie](mailto:ScoilUiMhuiri@lmetb.ie)



Barn Road, Dunleer, Co. Louth.



## Home Economics in Scoil Uí Mhuiri



Scoil Uí Mhuirí  
Post Primary School



# Junior Cert



Junior Cycle Home Economics develops the knowledge, understanding, skills and values necessary to achieve optimal, healthy and sustainable living for every person as an individual, and as a member of families and society. It is studied through three interconnected strands: Food, Health and Culinary Skills; Responsible Family Living; and, Textiles and Craft.

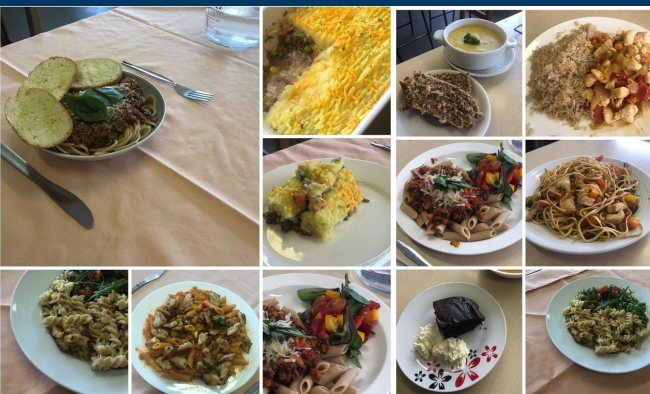


## Assessment in Home Ec.

**CBA's** - The first CBA is completed in year 2 of the course. This will focus on a textile based project and an accompanying portfolio of work. In year 3 students will complete their second CBA focusing in on food literacy, and will carry this with them into their Junior Cert practical exam.

**State practical exam** - This is examined in third year with students' culinary skills being assessed. This is followed by the state exam in June.

Continuous in class assessment throughout each year.



# Leaving cert



Leaving Certificate home economics provides students with knowledge, understanding, skills and attitudes necessary for managing their own lives, for further and higher education and work. The learning experiences in home economics develop flexibility and adaptability in students, prepare them for a consumer-oriented society and provide a learning foundation for a wide range of careers in food, textiles, science, design, social studies and tourism. This syllabus is for students in the senior cycle of post-primary education and is assessed at Higher and Ordinary levels

## Assessment

Students complete Journal work in year one of the leaving cert course. This accounts for 20% of their overall final grade once they have sat the home ec. state exam in June of 6th year.

## Career opportunities:

This subject provides a good foundation for careers in a wide range of areas including Health,

- Nutrition,
- Education,
- Tourism,
- Textiles,
- Design,
- the Food industry,
- Science and Social Studies.



## Why not try this delicious cookie recipe:

### Ingredients:

- 250g butter or margarine
- 100g soft brown sugar
- 2 egg, beaten
- 200g self-raising flour
- 250g plain dark chocolate, finely chopped

### Method:

1. Preheat the oven to 180C .
2. Lightly grease a baking sheet.
3. Cream the butter or margarine and sugar together until light and fluffy.
4. Beat the egg, sift in the flour, and then add the chocolate pieces and mix thoroughly.
5. Put 25 teaspoonfuls of the mixture, slightly apart, on the baking sheet and bake in the oven for 15-20 minutes until golden brown.
6. Leave the cookies on a baking sheet for 1 minute, then transfer onto a wire rack and leave to cool.

