

What we learn in Year 10

In Home Economics this year you will have the opportunity to continue to develop your skills that will help you to become more independent within your home and family both now and for the future.

Topics you will study include:

Nutrients – Protein, fat, carbohydrate, vitamins and minerals

How to use Food Tables

Nutritional Needs of the Family

Christmas Cakes

Meal and Menu Planning

Additives

Consumer Issue

Some of the practical work we do in Year 10:

- Chicken Curry
- Apple Tart
- Burgers – different cookery methods
- Christmas Cakes – make, marzipan, ice and decorate
- Pancakes – Shrove Tuesday
- Easter Cookery
- Own choice Practical
- Cheesecake