STRAND: FAMILY AND HOME MANAGEMENT   **SUB-STAND**: HOUSING

Learning Outcomes: **WEEK**: 1 (05/07 – 09/07)

a. Explain the factors that influence choice and location of housing.

Location choices cannot easily be disentangled from other factors which influence decision making about housing.

FACTORS THAT INFLUENCES CHOICES OF LOCATION FOR HOUSES.

1.	Accessibility of services	When people buy or rent a house it must provide convenience, easily accessible from the main road and not too affected by traffic jams accessibility to work and shopping, social networks and community characteristics, local services and amenities like schools and parks.
2.	Costs	The amount of money available will determine if the location is affordable. Houses are usually expensive in urban settings and those closer to all amenities. You can either rent or buy a home.
3.	Personal preference	It is well-known fact and an accepted society norm today, your lifestyle choices and the home and environment you live in, reflects your social standing.
4.	Pollution effects	Buildings are long- lived, and cities have even longer lives: their impacts will stretch into lives of many generations of our ancestors; into a future of unknown resources, pollution and unstable climatic condition. Families would definitely not prefer to live in a place which is too polluted as it will affect the health and peace of living.
5.	Relocation of sites for future developments	Future development plants by local governments need to be considered in deciding the location you choose. Extension to industrial areas, provisions of new roads or public infrastructure will definitely affect the choice you make towards a sustainable living and livelihood conditions.
6.	Family/ties/lands/links	A community characterized by common residence composed primarily of small family's that are tightly organized through relationships with kin and clan. This close knit structure prevents nuclear families from moving out to other locations as the land is their prime security, the strong bonding relationship keeps the families united and together.
7.	Privacy and independence	A lot of families prefer privacy as the important factor in choosing the location of the house. They would not like interference of others into their lives and like to dwell in a house that guarantees independence. Proximity to neighbors, noise, prying by the public and the availability of garden space in front or at the back that allows children to play and the planting of subsistence crops are some important considerations
8.	Safety	When selecting a place to live, you will want to feel safe in your new home and the surrounding neighborhood. These are some considerations: - Area, type of neighborhood you want to live in - Access to streetlights - Danger from natural disasters (floods, tsunamis)

Activity:

1. Define Housing
2. Identify and explain two factors that influences the choice of location for houses.

HOME ECONOMICS

YEAR: 11

STRAND: FAMILY AND HOME MANAGEMENT   **SUB STRAND:** HOUSING

Learning Outcome: **WEEK:** 2 (12/07 – 16/07)

b. Describe the requirements of houses with people of special needs.

HOUSING REQUIREMENTS FOR PEOPLE WITH SPECIAL NEEDS

1. **SAFETY**
    This will allow persons with disabilities the full enjoyment of the housing and related facilities. Examples would include allowing a person with a disability to: install a ramp into a building, lower the entry threshold of a unit, or install grab bars in a bathroom.

2. **MOVEMENT**
    Access to public areas such as city streets and public buildings and restrooms are some of the more visible changes brought about in recent decades. A noticeable change in some parts of the world is the installation of elevators, automatic doors, wide doors and corridors, transit lifts, wheelchair ramps, curb cuts, and the elimination of unnecessary steps where ramps and elevators are not available, allowing people in wheelchairs and with other mobility impairments to use public sidewalks and public transit more easily and more safely.

3. **COMFORT**
    For all having a home, that they can feel comfortable in it is very important. Each type of disability is different and each requires special modifications to the house. The adaptations made in the house to cater for the needs of the people with special needs will lead a safe, comfortable and happy life.

4. **ACCESSIBILITY**
    It is important to provide easy access for household entrance and exit. Basic needs like food, bedroom with attached bathroom and common room should be within reach

5. **INDEPENDENCE**
    Independent living does not mean that people with special need want to do everything by themselves or that they do not need anybody or like to live in isolation. Independent living means that they demand the same choices and control in our every – day lives that our non – disabled family and friends take for granted. People with special needs are ordinary people sharing the same need to feel included, recognized and loved.

6. **FAMILY TYPE AND SIZE**

NUCLEAR	
EXTENDED	

SINGLE/SOLO	
BLENDED	
COMMUNAL	

Activity:

1. Explain how family needs can be met through housing.

2. Investigate from your parents on the factors that have contributed to the location of your own house

HOME ECONOMICS

YEAR: 11

STRAND: FAMILY AND HOME MANAGEMENT   **SUB STRAND:** HOUSING
                                                WEEK: 3 (19/07 – 23/07)

Learning Outcome:
c.   Describe the requirements of houses with people of special needs.

1.   **VISUALLY IMPAIRED**

Where the visually impaired are concerned the first priority is for them to

- Familiarize themselves with their settings.
- Getting to know the placing of equipment and where all the furniture is situated.
- They will need to memorize all these details.
- Once they are totally familiar, they can move around freely without anyone's help.
- If you live with them, you must ensure that you never move anything (e.g. equipment's or furniture) out of place. Everything must remain in exactly the same place to help promote/ facilitate independent movement of the visually impaired.

2.   **ARTHRITIS PATIENTS**
People living with arthritis have swollen joints which makes movement very hard. To make life easier for them

- Ensure everything is on the same level
- They do not have to reach high or bend down too low for anything
- Avoid steps
- Everything must be placed so that they are all easily accessible

3.   **DISABLED**
All houses need to be fitted with adaptations that facilitate the everyday chores of disabled persons. For people in wheelchairs, the main adaptations center is **making ramps to facilitate movement in or around the house.**

House showing safe walkways (with handrails) for disable persons to use. Fixtures attached to the walls to make it easier to exit and re-enter the

Activity:

1. State one housing feature to cater for persons with special needs.

i. Visually Impaired

ii. Arthritis Patients

HOME ECONOMICS

YEAR: 11

STRAND: FOOD AND NUTRITION   **SUB STRAND**: DIET AND HELTH

Learning Outcome   **WEEK**: 4 (26/07 – 30/07)

1**.** Identify the types and sources of macronutrients

1. Nutrients

   i.   Macronutrients
   - Carbohydrates
   - Proteins
   - Fats

Macronutrients can be defined as the classes of chemical compounds people consume in the largest quantities and which provide bulk energy are carbohydrates, proteins, and fats.

Carbohydrates

Carbohydrates are one of the main dietary components. This category of foods includes **sugars, starches, and fiber**.

Classification of carbohydrates

1. Monosaccharaides
   i.   Glucose
   ii.   Fructose
   iii.   GA lactose

2. Disaccharides
   i.   Sucrose = glucose + fructose
   ii.   Lactose = glucose + galactose
   iii.   Maltose = glucose + glucose

3. Polysaccharides

   i. Complex carbohydrates (starches) -   4links of glucose, straight chain

   - Amylose (straight chain)
   - Amylopectin (branched chain)

   ii. Dietary fiber (plant materials that resist digestion) – 4 linked straight chains with a 1.6   linked branch pts.

   - Soluble (pectin, guar gum, oat bran)
   - Insoluble (cellulose, lignin)

Activity: 1. Define Macro nutrients   2. State examples of macro nutrients.

SUVA SANGAM COLLEGE

HOME ECONOMICS

YEAR: 11

STRAND: FOOD AND NUTRITION   **SUB STRAND**: DIET AND HELTH

Learning Outcome   **WEEK**: 5 (02/08 – 06/08)

1**.** Identify the types and sources of macronutrients

Fats

- Fats are organic compounds that are made up of carbon, hydrogen, and oxygen

Types of Fats –

- **Polyunsaturated Fats** - lowers blood cholesterol and encourages heart health
  - Good food sources are vegetable oils such as soy bean, sunflower, corn, wheat germ, wholegrain cereals and breads, polyunsaturated margarines, fish oils, naturally present in fish, seeds and most nuts.
  These fats help to reduce blood clotting, blood pressure and blood fat levels.

- **Monounsaturated Fats** - do not raise blood cholesterol and encourages heart health
  - good food source are; avocados, peanuts, peanut oil and peanut butter, olive oil, olives and olive oil-based margarines, canola oil and monounsaturated table spread and almonds.

- **Saturated Fats** - raise blood cholesterol and promote heart disease
  These are the ones to reduce or avoid major food sources are; dairy fats such as butter, clarified butter, cultured butter, butter/margarine mix, milk- homogenized or full cream, hard cheeses, cream cheese, sour cream, ice cream and cream; meat fats , white visible fat on beef, mutton, lamb, pork, poultry; processed meat, e.g. luncheon, most sausages, tinned corned beef, fatty mince pies; tropical oils such as coconut, coconut cream, and coconut oil.
  - **Trans Fats** are the other type of fat that can raise your cholesterol level just like saturated fats - Trans fats can be formed when vegetable fats are processed in certain ways.

Activity:

1. List two types of the following
   - Carbohydrates
   - Proteins
   - Fats