

SUVA SANGAM COLLEGE

HOME ECONOMICS

YEAR: 10

STRAND: THE FAMILY AND HOME MANAGEMENT

SUB STRAND: RESOURCES

WEEK: 1 (05/07 – 09/07)

Learning Outcomes:

- a. Define the term human and non-human resources.
- b. List example of human and non- human resources

Resources are what individuals and families use to achieve goals

- A. Human Resources:** are physical and psychological attributes that each of us possess. It allows us the opportunity to use items available to our advantage and to help us improve our livelihood and living standard.

Examples:

1. **Initiative-** The power or ability to begin or to follow through energetically with a plan or task; enterprise and determination.
2. **Creativity-** is a phenomenon whereby something new is created; such as an idea, a joke, an artistic or literary work, a painting or musical composition, a solution.
3. **Skills-** the learned ability to carry out a task with pre-determined results often within a given amount of time, energy, or both
4. **Service-** is a set of actions or solutions that are put in place or are performed to provide a repeatable and consistent set of outcomes.

- B. Non- human resources:** are those resources which exist externally of individuals and families, but which are owned, controlled or utilized by individuals and families and groups.

Example:

Non-human resources include money, material goods purchased with money and, community, national, global and environmental resources. Some non-human resources are scarce; others may be in greater supply.

Activity:

1. Define the following:
 - i. Human resources
 - ii. Non-human resources
2. List two each examples of human resources and non-human resources

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WEEK: 2 (12/07 – 16/07)

Learning Outcome:

- a. How to manage renewable and non- renewable resources in the home.

C. Renewable resources:

Resources that are renewed quickly enough to be replenished naturally, such as sunlight or wind. Direct or indirect energy from the sun can be transformed into electricity via a number of alternative renewable sources.

1. **Biofuel Energy**
2. **Biomass**
3. **Geothermal Energy**
4. **Solar Energy**
5. **Wind Energy**
6. **Hydro power**

There are several reasons why the government is promoting non-fossil fuel based resources:

- Less expensive
- More convenient
- Easier to install and maintain
- Infrastructure needs are usually minimal
- Smaller carbon footprint – i.e. more environmentally friendly

D. Nonrenewable resources:

They are natural resources from the Earth that exists in limited supply and cannot be replaced if it is used up; also, any natural resource that cannot be replenished by natural means at the same rates that it is consumed e.g. oil and coal.

Fossil fuels: are fuels **formed by natural processes such as anaerobic decomposition of buried dead organisms.**

Activity:

1. Define the followings:
 - i. Renewable resources
 - ii. Non - renewable resources
2. List two reasons non-fossil fuel are recommended.

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WEEK: 3 (19/07 – 23/07)

Resource management assist families to improve their living standards by allowing them to use their time and energy to work and save their money to be able to build their homes, pay rent and bills. Living standards are raised and this has allowed for sharing and trust to be built within family members.

WAYS OF MANAGING NON RENEWBLE RESOURCES

1. AT HOME

i. REDUCE	Using carry bags or a special shopping bag to carry groceries during shopping instead of plastic bags.	
ii. REUSE	<ul style="list-style-type: none">• Reuse rainwater water which has been collected in old drums to water flower beds• Do not discard any object or appliance that doesn't work; get it repaired and reuse it.	
iii. RECYCLE	Old/unused clothes can be made into totally new garments & sewing notions from old clothes can be collect like buttons, zip, hooks.	
iv. Turn off taps when shaving or brushing your teeth as a running tap wastes 6 litres of water in a minute.	v. Switch off the air conditioning when no one is at home and set the thermostat higher to conserve energy. Replace an older system with a new one for efficiency.	vii.. For refrigerators and freezers, turn up the thermostat so they just cool enough and just keep food frozen

Activity:

1. Explain the importance of resource management.
2. State two ways of managing non -renewable resources at home.

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WEEK: 4 (26/07 – 30/07)

2. KITCHEN

<p>i. Use of manual equipment instead of electrical appliances. <u>E.g</u> (Use of manual power and stone grinders to grind spices into powder form)</p>	<ul style="list-style-type: none">• Collect rain water and boil before drinking.• Store water properly in basins for washing. Always keep taps closed at all times when not in use.• Use leftover foods to prepare meals.• Use the vegetable peelings to produce compost manure.• Using cooking gas economically.• Use firewood instead of kerosene.
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3. CAR USE

People residing near to their work places can manage on foot.

Travelling on bicycles instead of vehicles is recommended as this is also one way of maintaining physical fitness.

Using public transport in place of individual vehicles helps to conserve valuable petrol.

Use of ‘car-pool’ system where several people with a common destination go together in one vehicle, saves petrol.

Travelling on horseback in villages can be one form of transportation.

4. ELECTRICITY

Switching off lights when not needed and using timers and motion sensors to reduce outdoor light can conserve electricity.

Using the lowest wattage / energy saver bulbs for adequate lighting makes more efficient use of the light.

Use solar energy to supply electricity

Switch off power points, electrical appliances and devices when not in use.

Activity:

1. Explain how resources have assisted you and your family to improve your living standard.
2. Discuss the importance of managing resources at home.

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STRAND: FOOD NUTRITON SUB STRAND: KITCHEN SAFETY, HYGIENE & MANAGEMENT

WEEK : 5 (02/08 – 06/08)

Learning Outcome:

- a. Identify and describe factors affecting kitchen planning

KITCHEN PLANNING

Considerable thought is to be given to the planning of the kitchen, as great deal of time and energy is required in the preparation and cooking of meals for the family.

FACTORS AFFECTING KITCHEN PLANNING:

FACTORS	EXPLANATION
1. Morning Sun	Early morning sun gives a pleasant atmosphere for the commencement of the day. The kitchen will then remain relatively cool throughout the day.
2. Size and Shape	It should be compact to allow easy use of cupboards and work areas.
3. Lighting	A kitchen should have sufficient light to make working in it safe and comfortable. Windows to be well placed and large enough to provide adequate daylight. Fluorescent lighting is bright and direct. Low energy fluorescent light bulbs can be fitted to provide lighting where it is most needed.
4. Ventilation	Ventilation is necessary in a kitchen to extract steam, odors and grease from the air. Open windows are the simplest form of ventilators otherwise varieties of exhaust fans are available.
5. Height & work Benches	Vary counter heights according to the task to be performed at each to avoid muscle strain. Preparation Surfaces: 3-4 inches below elbow Cooking Surfaces: 5-6 inches below elbow to avoid splashing of hot oil at face height Low Level Surfaces : 8 inches below elbow for rolling dough or kneading pastry /roti
6. Storage Area	Storage space is needed in the kitchen for food, utensils, serving dishes, small and large equipment The units should be laid out to give storage space for each item in the area of the kitchen where it is most used.
7. Appropriate Floor and Covering	Kitchen floors should have following characteristics: easy to clean, non-slip, warm to feet, non- absorbent to grease and liquid. Suitable flooring material:-timber, vinyl tiles/sheet flooring, ceramic/quarry tiles *carpet/rugs: not advisable, as it is difficult to clean and it absorbs stains easily.
8. Covering and Screen	Curtains or blinds could be used for coverings. The materials selected for curtains should be durable and easily laundered, as they require frequent washing. To be short and fits neatly at the windows and well away from stoves and electric appliances. Windows screens prevent flies and other insects from entering the kitchen.
9. Ceiling	Ceilings are usually of smooth boards and painted with gloss or semi-gloss paint to

	resist grease which tends to build up on the surface. E.g. Masonite board, ply board, glib board, timber.
10. Bench Wall	Kitchen bench wall settings with drawers under the benches can be either used for the storage of dishes which you serve or kitchen items you use less often and want out of the way.

Activity

1. Write down the effect of poor kitchen planning.
2. Identify two factors affecting kitchen planning and explain.