

**PENANG SANGAM HIGH SCHOOL**  
**P.O.BOX 44, RAKIRAKI**  
**LESSON NOTES WEEK 1**

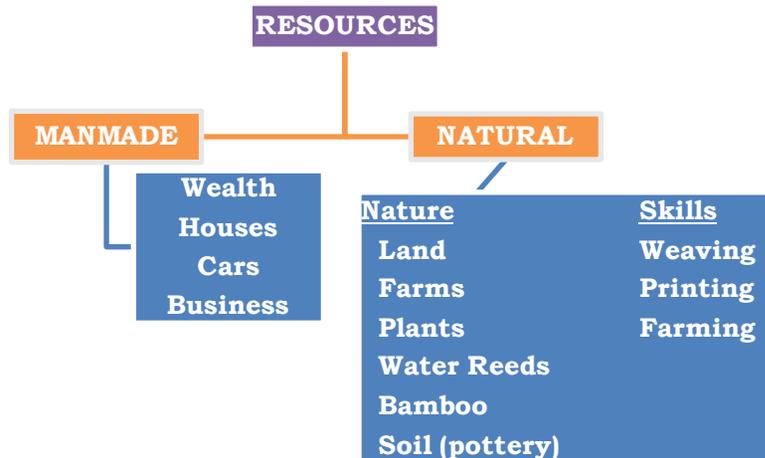
Subject: Home Economics

Year/Level: 12

<b>Strand</b>	Home Management
<b>Sub Strand</b>	Resources
<b>Content Learning Outcome</b>	1. Investigate the available family resources, natural, manmade, traditional and culture 2. Write and share ways of saving resources at home.

Resources

- A source or supply from which benefit is produced.
- Resources are materials, energy, services, staff, knowledge, or other assets that are transformed to produce benefit and in the process may be consumed or made unavailable.



Farming Methods

- **Dry Farming**- A system of growing crops in arid or semiarid regions without artificial irrigation, by reducing evaporation and by special methods of tillage
- **Ley Farming** - The field is alternately used for grain or other cash crops for a number of years and "laid down to ley" i.e. left fallow, used for growing hay or used for pasture for another number of years. After that period, it is again ploughed and used for cash/field crops.
- **Mixed Farming** - is an agrarian system that mixes arable farming with the raising of livestock contemporaneously.
- **Subsistence farming** - is self-sufficiency farming in which the farmers focus on growing enough food to feed themselves and their families. The typical subsistence farm has a range of crops and animals needed by the family to feed and clothe themselves during the year.
- **Tank Farming** - Hydroponics is another name for Tank Farming. It is a subset of hydro culture and is a method of growing plants using mineral nutrient solutions, in water, without soil.
- **Trash Farming** - A method of cultivation in which the soil is loosened by subsurface tillage or other methods that leave stubble and other vegetation residues on or near the surface to check erosion

Pottery - A craft that dates from the original settlement of Fiji around 1290 BC, pottery making is still practiced in the lower Sigatoka Valley, the islands of Kadavu and Malolo, Western Vanua Levu, the Rewa Delta and the province of Ra. Each district has its own distinct signature in its pottery style.

Craftworks - Arts and crafts are an important part of daily life in Fiji. One of Fiji's most famous craft works is the beautiful tapa cloth. Baskets, fans, hats, mats and many other Fijian craft items are woven using pandanus and coconut palms, which is softened and slit into ribbons ready for weaving.

### Ways of Saving Resources such as Money

Ways	Purpose
<b>Budget</b> - An estimate of income and expenditure for a set period of time. A budget can be made for a person, family, group of people, business, government, country, multinational organization or just about anything else that makes and spends money.	Since budgeting allows you to create a spending plan for your money, it ensures that you will always have enough money for the things you need and the things that are important to you.
Shopping list - A shopping list is a list of items needed to be purchased by a shopper. Consumers often compile a shopping list of groceries to purchase on the next visit to the grocery store.	The whole purpose of this list is to make your grocery shopping as efficient and pleasant as possible. It keeps you on focus in the grocery store and tells you exactly what you need. It supplements your memory while telling you specifically what you should be buying in the store.
Window shopping - Window shopping is defined as looking at items that are sale just to enjoy looking with no intent to buy.	To obtain information about a products development, brand differences or sale prices.
Savings Plan - The act, system, or business of providing financial protection for property, life, health, etc., against specified contingencies, such as death, loss, or damage, and involving payment of regular premiums in return for a policy guaranteeing such	Helps you in times of need financially You get certain amount of money when there is death in the family Becomes very helpful when there are damages to your properties when insured.

protection . For example Insurance scheme.	
Money box - A closed container in which money is kept, especially one with a hole in the top through which coins can be pushed.	It is important to start inculcating sensible money management habits in children. This can help prevent them from developing extravagant spending habits or falling into the trap of living beyond their means through credit cards.

Backyard gardening - Gardening is a past-time that the entire family can enjoy together. Can inspire one to take an interest in the origins of his or her food and make better choices about what he or she puts on the plate.

#### Ways of conserving local resources

- Through advocacy and educational awareness, the community is made aware of the benefits for ongoing conservation of such resources.

#### Imparting skills to the younger generation

- Traditional knowledge is passed on from one generation to the other through storytelling, chants, songs and dances and art.
- Music of Old Fiji consisted of various chants which often told a story or preserved information to be passed on from generation to generation, these songs used various traditional instruments.

#### Building on existing knowledge

- Younger generations are encouraged to supplement and build on the Knowledge that is already there. For example adding a contemporary version to the original or traditional version. This will allow for creativity within one's self.

#### **Activity**

1. Define impulsive buying.
2. Explain one use of a family budget.
3. Explain the importance of preparing a shopping list.
4. State one indication of a family's wealth.
5. State one advantage of backyard gardening.