

HOME ECONOMICS

Home economics students study basic nutrition, menu planning, kitchen equipment, cooking, kitchen maintenance, and maintaining your home. They learn budgets, earning money, and understanding bank accounts.

HE101

Chapter 1: Basic Nutrition

Section 1: Nutrition Overview

Section 2: The Food Pyramid

Section 3: What's in it for Me?

Section 4: A Closer Look at Fat

Section 5: Sweet or Salty?

Chapter 2: Menu Planning

Chapter 3: Basic Kitchen Equipment

Section 1: Major Appliances

Section 2: Kitchen Tools

HE102

Chapter 1: Basics

Section 1: Cooking Terms

Section 2: Those Essential Ingredients

Section 3: Shopping for Food

Chapter 2: Meaty Main Dishes

Chapter 3: Meatless Main Dishes

HE103

Chapter 1: Cooking with Fruits and Vegetables

Section 1: Fruits

Section 2: Vegetables

Chapter 2: Grains

Section 1: Pasta and Rice Side Dishes

Section 2: Quick Breads

Chapter 3: Desserts

HE104

Chapter 1: Table Setting

Section 1: Dish Basics

Section 2: Types of Table Settings

Section 3: Cutlery

Chapter 2: Kitchen Maintenance

Section 1: Working Efficiently

Section 2: A Clean Kitchen

Chapter 3: Maintaining your Home
Section 1: Staying Organized
Section 2: Keeping Clean
Section 3: Household Cleaners
Section 4: Taking Care of Your Clothes
Section 5: Survival Sewing

HE105

Chapter 1: Home Sweet Home
Section 1: Types of Homes
Section 2: Weighing the Options
Chapter 2: Furnishing Your Home
Section 1: Furniture Styles
Section 2: Choosing Your Furnishings
Chapter 3: Accessories
Section 1: Types of Accessories
Section 2: Choosing Accessories

HE106

Chapter 1: Understanding Bank Accounts
Section 1: Saving
Section 2: Checking Accounts
Chapter 2: Earning Money
Section 1: Preparing for Employment
Section 2: Getting a Job
Section 3: Keeping a Job
Chapter 3: Basic Budget
Section 1: Starting a Budget
Section 2: Make a Budget Work