

St Patrick's Academy GCSE Subject Choice


What the subject is about:

Home Economics provides opportunities to develop knowledge, understanding and skills, necessary for providing **healthy diets throughout life**. This has implications on a personal level, but it is also a good background knowledge, if interested in pursuing work in a range of medical/health professions.

The other significant element of the course is '**Consumer Awareness**'. Students learn to become discerning and effective managers of resources (time, money, environment etc). This unit also enables students to explore the rights and responsibilities, associated with being an effective consumer.

Home Economics enables students to develop a wide range of **practical food skills** which develops confidence in the handling and preparation of food, whilst also promoting a sense of creativity and resourcefulness in the use of ingredients.

Course content and assessment schedule:

Content	Assessment	Weighting
Unit 1: Diet and Health: <ul style="list-style-type: none"> • <i>What's in food?</i> • <i>What's on a label?</i> • <i>Ages and stages</i> • <i>Dietary disorders</i> • <i>Special diets</i> • <i>Facts behind the issues</i> • <i>Keeping food safe</i> Consumer Awareness: <ul style="list-style-type: none"> • <i>Being an effective consumer</i> • <i>What influences shopping</i> • <i>Money matters</i> • <i>Wiser buyer</i> • <i>Online safety</i> 	 <p>1 hour 30mins external exam</p>	40%
Unit 2: Diet and Health controlled assessment	One controlled assessment task	40%
Unit 3: Consumer Awareness	One controlled assessment task	20%
		60% controlled assess.

Attributes needed to succeed in the course

Students must:-

Enjoy working independently and working with others

Be able to self evaluate with a view to improvement

Be able to think critically and evaluate information

Enjoy the practical elements of home economics – cooking!