



HOME ECONOMICS

Fridays, September 15-December 15 (no class Oct 6, Nov 24; 12 weeks)

10:00-12:00pm

Ages 8 - 12

Students take a hands-on approach on learning skills that deal with finances, nutrition, interior design and other aspects of household management, while also further developing planning, organizational and motor skills. All lab costs are included in registration fee.

LAB SCHEDULE:

CURRENCY AND SHOPPING - Friday, September 15

Students review the basics of counting money and making change, explore other forms of currency around the world and how tax, gratuity, and discounts play a role in our spending habits as we practice how to shop smart and calculate a tip.

BUDGETING - Friday, September 22

Students examine the finances of running a household by creating their own budgets and seeing how they are able to stick to it.

BANKING BASICS - Friday, September 29

Yes, it is important to learn about retirement options even as a young person. This week we explore different banking options available as we complete challenges to see the option to help them plan for college and retirement solutions.

NUTRITION- Friday, October 13

We investigate what makes up a balanced diet, review how our body processes food, and explore how different foods affect our body.

MEAL PLANNING - Friday, October 20

We investigate what makes up a balanced diet, review how our body processes food, and explore how different foods affect our body as we create a meal plan we can use at home.

COOKING (PRODUCE PREP) - Friday, October 27

Students learn the basics of meal prep and how to safely use kitchen tools as we work on prepping fruits and veggies. Food handling info: honey, apples, bananas, strawberries, oranges, lemons, grapes and blueberries.



COOKING (MEAT PREP) - Friday, November 3

Today, we discuss the proper way to handle raw proteins safely as we go over disinfecting, temperature, and a quick recipe to try at home. Food handling info: chicken, garlic, soy, onions, carrots, bell peppers, broccoli, mushrooms, peas

BAKING - Friday, November 10

Students learn about measurements and conversions as we work on our baking techniques to prepare a quick recipe to try at home. Food handling info: blueberries, flour, baking powder, sugar, and salt

TEXTILES - Friday, November 17

We investigate different textiles and fibers using microscopy to determine why fabrics are used for specific purposes and practice hand-knitting techniques to create a hand-knitted item.

WEAVING - Friday, December 1

This week, we learn the history of weaving and the basics of using a loom to create their own textile product they can take home.

PILLOW MAKING (WEEK 1) - Friday, December 8

Students learn how to manipulate thread and fabric as they are tasked with making a pillow using hand sewing techniques.

PILLOW MAKING (WEEK 2) - Friday, December 15

Students apply their sewing skills to complete their very own pillow and add finishing touches.

Location: Discover Science Center – Peachtree City

Course fee: \$330 OR \$30/lab

10% sibling discount