



HOME ECONOMICS

Mondays, January 24-May 2 (no class Feb 21, Mar 14, Apr 4; 12 weeks)

9:30am-10:45am

Ages 8-10

Students take a hands-on approach on learning skills that deal with mathematics in finances, chemistry in nutrition and cooking, as well as techniques of design and engineering as we tackle various aspects of household management. All lab costs are included in registration fee.

Instructor: Candra Umunna, BSc

Location: Science Center (suite 5) - Roswell

Course fee: \$220 OR \$20/lab

10% sibling discount

Register for full semester or individual labs.

LAB SCHEDULE:

Currency - Monday, January 24

Students review the basics of counting money and take a look at other forms of currency around the world.

Shopping - Monday, January 31

Kids learn how tax, gratuity, and discounts play a role in our spending habits as we practice how to shop smart.

Home Budget - Monday, February 7

Students examine what it takes to run a household by creating their own budgets and seeing how they are able to stick to it.

Nutrition Basics - Monday, February 14

We investigate what makes up a balanced diet and explore how different foods affect our body and how we process food.

Cooking (Produce Prep) - Monday, February 28

Students learn about the basics of meal prep and how to safely use kitchen tools as we work on prepping fruits and veggies. Food Handling Info: spinach, cucumbers, kiwi, avocado, almond butter, and cauliflower



Cooking (Meat Prep) - Monday, March 7

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, soy, onions, carrots, bell peppers, broccoli

Cooking (Baking) - Monday, March 21

Students learn about measurements and conversions as we work on our baking techniques as we prepare a quick recipe to try at home. Food Handling Info: strawberry, flour, butter, sugar, salt, and cool-whip

Break and Repair - Monday, March 28

Students learn the basics of how to handle tools as we work on different ways we can take apart electronics and devices to inspect and put back together.

Textiles - Monday, April 11

We investigate different fibers using microscopy and determine why certain fabrics are used for certain purposes.

Sewing Basics - Monday, April 18

This week, we review and add on to our knitting techniques and create a hand-knit chunky blanket.

Pillow Making (Week 1) - Monday, April 25

Students are tasked with making a pillow using both hand sewing techniques and by learning the basics of a sewing machine.

Pillow Making (Week 2) - Monday, May 2

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