



HOME ECONOMICS

Wednesdays, September 15-December 15 (no class Oct 13, Nov 24; 12 weeks)

11:15am-12:45pm

Ages 11+

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.

Instructor: Candra Umunna, BSc

Location: STEM Lab (suite 21)

Course fee: \$275 OR \$25/lab

Early registration (10% off) through August 6

10% sibling discount beginning August 7

Register for full semester or individual labs.

LAB SCHEDULE:

Currency - Wednesday, September 15

Students review the basics of counting money and making change, and explore other forms of currency around the world.

Shopping and Dining - Wednesday, September 22

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

Home Budget - Wednesday, September 29

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

Nutrition Basics - Wednesday, October 6

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



Cooking (Produce Prep) - Wednesday, October 20

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: spinach, cucumbers, kiwi, avocado, almond butter, and cauliflower.

Cooking (Meat Prep) - Wednesday, October 27

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

Baking - Wednesday, November 3

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: strawberry, flour, butter, sugar, salt, and coolwhip.

Textiles - Wednesday, November 10

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

Scarf Making - Wednesday, November 17

This week, we learn about yarns and practice hand-knitting techniques to create a hand-knit chunky scarf.

Sewing Basics - Wednesday, December 1

Students learn the basics of hand sewing as we work on different ways to manipulate thread and fabric.

Pillow Making (Week 1) - Wednesday, December 8

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) - Wednesday, December 15

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