

Home Economics

What is Home Economics?

The central focus of Home Economics as a field of study is achieving optimal, healthy and sustainable living for individuals, families and society. Individuals and families in every society are continually faced with new and emergent issues that can impact on their wellbeing. Such issues include concerns relating to food, nutrition, diet and health; family and social concerns; consumer issues; sustainability in the home; responsible family resource management; and textiles and clothing.

Our goal is to inform our students about how important not just diet and nutrition are but also how up-cycling, recycling and living sustainably are important to them, their families, communities and their environment.

What can I expect?

Home Economics education develops students' essential life skills and personal independence. It supports the development of students who are critical, creative thinkers and encourages students to be problem-solvers capable of making ethically and socially responsible decisions.

Home Economics will prepare students for a consumer-oriented society and provide a learning foundation for a wide range of careers in areas such as: the food industry, healthcare, hospitality and tourism.

Will I like Home Economics?

We like to have fun too! We have been lucky to welcome **top level local chefs and past pupils Gareth Byrne (Campagne restaurant) and Rory Gannon (Cakeface and Face2)** to inspire us with their culinary expertise and to chat with our students.

We like to explore the flavours in Kilkenny and embrace our city as a renowned Food destination and enjoy our trips to the local farmers market as well as local artisan food producers such as Goatsbridge trout farm. We run competitions and encourage our students to enter a variety of cookery & craft events, - Savour Kilkenny generates much interest from the Home Economics classes.

We are so much looking forward to what the future brings and encouraging the next generation of CBS Kilkenny boys to navigate around a consumer orientated society and provide an opportunity for them to learn about, and enjoy, a self-directed approach to cooking, nutrition and potential careers in the Food, Healthcare and Hospitality industries.

What will I learn?

Due to the practical nature of the subject, learning is primarily hands on and activity based.

Students are encouraged to put their learning into practice, and apply their knowledge and skills outside the classroom. From preparing meals at home, to designing and creating their own textiles items, students are equipped with a wide range of essential practical life skills.

It provides a diverse range of learning experiences in the creative, physical, scientific, social and environmental domains.

How is it assessed?

Junior Cycle Home Economics students will be examined in three ways, all at common level. The students engage in two Classroom Based Assessments (CBA's), one in Year 2 and one in Year 3.

- CBA1 focuses on Creative Textiles and will be completed in Year 2.
- CBA2 focuses on Food Literacy Skills and is completed in Year 3.
- A practical culinary exam (50%)
- A written examination (50%) which takes place at the end of Year 3.

And the Leaving Cert?

Leaving certificate Home Economics is examined in two ways:

1. Practical Course Work Journal: Students are required to complete four mandatory practical assignments which they document in a Food Studies Practical Coursework Journal, which is worth 20% of their final examination.

2. Written Examination: Students complete a two and a half hour written examination which is worth 80% of their grade.

How will studying Home Economics benefit me?

Home Economics gives students a valuable insight into:

- What's really in the food we eat every day?
- How to plan and cook nutritious and economical meals
- How to choose the best food for themselves and their family
- The importance of good nutrition and health
- The role of the consumer in modern eating patterns

- Using money - how to spend it wisely, how to save it, and consumer rights
- Your home - about design in the home, safety and hygiene
- Design and craftwork, child development, textiles
- Home Economics delivers vital skills that enable students to lead effective lives as individuals and family members as well as members of the wider community.

What careers is studying Home Economics useful for?

Home Economics is beneficial when studying the following subjects: Accountancy, Art, Biology, Business Studies, Chemistry, Construction Studies, Design and Computer Graphics, English, Geography, Mathematics, Physics, and Religious Education.

This subject builds skills and knowledge that are particularly useful for careers in the following Career Sectors:

- Farming, Horticulture & Forestry
- Biological, Chemical & Pharmaceutical Science
- Government, Politics & EU
- Clerical & Administration
- Healthcare
- Tourism & Hospitality
- Law & Legal
- Leisure, Sport & Fitness
- Sales, Retail & Purchasing
- Security, Defence & Law Enforcement