

SKILLS for Life

Newsletter | January 2018

HOT TOPIC

Sustainability in the Home Economics classroom - recycling

Recycling is an integral part of Home Economics through resource management and practical application. In December 2017, a newly updated list of recyclable materials was released. Ireland must do more in relation to recycling for a number of reasons:

1. It will help the environment and help reduce the amount of rubbish we send to landfill.
2. Countries who buy our recyclable materials to use in manufacturing now expect a much higher quality of material for their money.



The key message of the campaign is there are now 3 definite categories of recyclable materials:

1. Paper and cardboard
2. Tins and cans
3. Rigid plastic containers

And they should be CLEAN, DRY and LOOSE in the bin.

For more information and resources, go to [Recycling List Ireland](#).

SKILLS FOR LIFE: Chapter 24 (Sustainable and responsible living)

CLASSROOM ENGAGEMENT

At this time of year, discussions about healthy living are to the fore with statements like 'New Year, New Me', etc. ringing in people's ears constantly. Through guidance, it is important to encourage students to make positive changes to their lives at a young and influential age. Teaching goal setting is a good way to engage with them and get them thinking of positive ways to improve their health and wellbeing.

SKILLS FOR LIFE: Chapter 19 (Health and wellbeing), Chapter 21 (Decision-making)

SMART GOALS

S	SPECIFIC
M	MEASURABLE
A	ACHIEVABLE
R	REALISTIC
T	TIMELY

DURING THIS TERM...

Root vegetables are in season. It is a great opportunity to use them in the Home Economics practical classroom.

Root vegetables, e.g. celeriac, beetroot, parsnips, turnip and carrots, are hardy and make wholesome dishes throughout the cold dark days of the winter: celeriac soup; beetroot with smoked fish; parsnip and turnip gratins; or serve them roasted with stews or baked fish – the options are endless.

Check out BBC Good Food's celeriac, pancetta and thyme soup [here](#).



SKILLS FOR LIFE: Chapter 11 (Vegetables, fruit and cereals)

VIDEO OF THE TERM

Safefood: Food Labelling

Safefood have many educational videos on their website, YouTube and Twitter feeds, including a good one on food labelling. They are short and easy to follow, great for use in the classroom.

[Watch the video.](#)

SKILLS FOR LIFE: Chapter 13 (Food shopping)

EXAM TIP

Junior and Leaving Cert section B, question 1, part A can be the most difficult question for students as technically they cannot study for it – it is a skill they must learn and practise.

In 2011 the chief examiner's report for Leaving Cert Home Economics noted how 'the higher achieving candidates were able to give comprehensive answers', while those that scored poorly had answers that 'lacked structure, detail and analysis, with some parts of the question omitted altogether'. The report stated, 'the structuring of answers is important. Students should answer in point form under relevant headings and should avoid lengthy descriptive paragraphs'.

Therefore, using a table format is the clearest way for students to answer the question and ensure they get full marks.

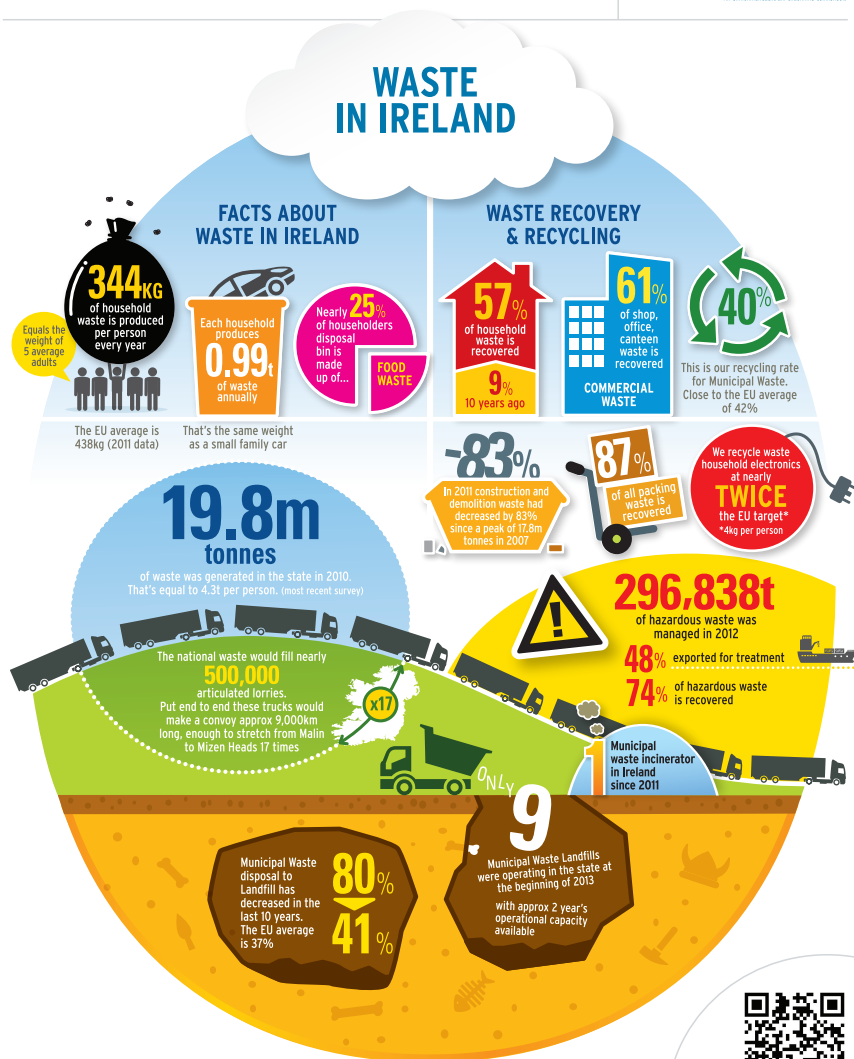
Check out Sandra Cleary from the Institute of Education, Dublin's YouTube video on answering Leaving Cert section B, question 1, part A using a table, which is also relevant to Junior Cert students.

[Watch the video.](#)

FASCINATING FACT

The Environmental Protection Association provides a wealth of information on several topics that relate to Home Economics. Check out their great infographics for use in the classroom [here](#).

IRELAND'S ENVIRONMENT



www.epa.ie/irelandsenvironment/

SKILLS FOR LIFE: Chapter 24 (Sustainable and responsible living)

SAVE THE DATE

World Home Economics Day 2018

World Home Economics Day is celebrated internationally on 20 March. The International Federation of Home Economics (IFHE) has been celebrating World Home Economics Day since 1982 and it is now recognised officially throughout the world.

Each year there is a theme for World Home Economics Day. The theme for 2018 is 'Home Economics Literacy: Skills for Healthy and Sustainable Cooking'.

For more information and ideas, go to the [IFHE website](#).