

HOME ECONOMICS

Why choose Home Economics?

The S3 Home Economics BGE course allows pupils to develop their practical cookery skills as well as having an increased awareness of how a healthy diet impacts on overall Health and Wellbeing. You will take part in a wide variety of practical cookery lessons, mostly cooking twice every week, building on the basic skills you have gained in S2. You will learn about food hygiene and put your knowledge into practice when working in the kitchen. This will lead to you gaining a REHIS certificate for food handlers which is recognised throughout the food industry. Also as part of the course you will learn more about healthy eating and how healthy food choices impact on our everyday lives as well as preparing dishes for people who have special nutritional and dietary needs e.g. vegans, diabetics and young children.

Hygiene and Safety

Pupils who choose this will have to be aware of the strict hygiene and safety operated in a food room. No painted, false, gel, acrylic, long nails, appropriate clothing and footwear and hair tied back, are all necessary to ensure high standards of food safety when in the kitchen.

What does the course involve?

- Food preparation techniques and cookery processes
- Nutrition and current dietary advice
- Food Hygiene
- Specific nutritional needs for different ages/groups

How is your work assessed?

Practical, written and peer assessments.

Homework in this course

Homework pieces will be issued termly.

Possible pathways in the Senior Phase

Pupils who successfully complete the BGE S1-3 may progress to Nat 4/5 Hospitality practical cookery or Nat 4/5 Health and Food Technology. This would benefit any learner who wishes to pursue a career in the food and health industries.