**HOME ECONOMICS NOTE (JS 1)**

**SECOND TERM 2024/2025 SESSION**

**SCHEME OF WORK**

Lesson One: **MEANING AND TYPES OF FAMILY NEEDS AND WANTS**

LESSON TWO: **HOUSING THE FAMILY**

LESSON THREE: **CARE OF FAMILY CLOTHING AND HOUSEHOLD LINEN**

**TOPIC: MEANING AND TYPES OF FAMILY NEEDS AND WANTS**

**FAMILY NEEDS**

 Family needs are things that are essential, that is, very important for a particular family. The family members have physical, emotional, mental and social needs.

**Types of needs**

**1.   Basic/Primary needs:**  These are very important things which the family cannot do without. They are those things which every family must have for survival. The primary needs include:

* **Food:** Provision of good quality food is important for good health and survival.
* **Shelter/Housing:** Every family requires a good shelter for protection.
* **Clothing:** Every family member requires good basic clothing for protection.
* **Health care:** It is important that every member of the family should be healthy. Therefore, every family must provide the health care required.

**2.   Secondary needs/Wants:**  These are things the family desires but not as important as the primary needs. The family can therefore exist without secondary needs. The secondary needs of a family depend on the socio-economic status of the family. The secondary needs include car, pocket money, recreation, extra clothing, etc.

**FAMILY RESOURCES**

 Resources are those things which the family can use to meet their needs and reach their goals. There are different types of resources.

**CLASSIFICATION OF RESOURCES**

**1.   HUMAN RESOURCES:** These are resources which exist within an individual. They are personal qualities of an individual and are differ from individual to another. They include:

**–**  Knowledge

–  Skills

–  Imagination

–  Energy

–  Time

**2.   MATERIAL/NON-HUMAN RESOURCES:** These are resources which exist outside the family but can be controlled, owned or used by the family. They are things which the family use and control to achieve their goals. The two types of material resources are:

**a) Money:** It is used to buy items needed by the family, e.g. house, car, clothing, etc.  Money is used to measure the value of family goods. It must be spent wisely.

**b) Possessions**: These are the things or items owned by the family, which they can use to attain some goals. Family possessions can be grouped into:

–  Those possessions that last a long time and are not used up readily. They are durable, e.g. furniture, cars, houses, etc.

–  Those possessions that are used up quickly e.g. clothes, food, etc.

**Other resources available to the family are:**

* **Community resources:** Every community has people, facilities, institutions and organizations. These help families to improve their skills, solve their problems, enjoy life, etc.
* **Natural resources:** These are air, water, plants, animals and minerals. They are found in our surroundings and can be used to meet family’ needs.

**CHARACTERISTICS OF RESOURCES**

**1.   UTILITY:** This means that resources have value or worth. They are useful and can be used to produce goods and services.

**2.   ACCESSIBILITY:** The resources must be of easy reach or easy to obtain every time to achieve set goals.

**3.   MANAGEABILITY:** This means resources can be controlled for the purpose of achieving goals.

**4.   INTERCHANGEABILITY:** A resource is interchangeable when it can be substituted with another resource in order to reach set goals.

**GOALS**

 Goals are:

* Aims, objectives, ends, or things that individual or families ae willing to work for or achieve.
* Something you plan to be, do or have and for which you are willing to work.

Examples of goals are buying a dress, a house, passing an examination, having happy family or anything you are working for.

**STANDARDS**

Standards are measures of quality, quantity and method of goal attainment. Standards are used to measure the value of something such as an activity and the satisfaction received from such an activity. Examples of standard is the quality of meal a family or person can accept as proper such as an adequate or inadequate diet.

**RELATIONSHIP AMONG NEEDS, GOALS AND STANDARDS**

1. Needs, goals and standard are all related because they are all reasons for our action.
2. Based on our needs we state goals as those things we need to achieve.
3. Each time we set a goal, we also set a standard that is also acceptable to us.

**TOPIC: HOUSING THE FAMILY**

**A House** is just a building. Housing includes the many different types of shelter in which people can live. Housing can fulfill important needs of individual and families. A house that offers opportunities to meet the needs of the family becomes a home.

**A Home** is a house in which the family lives. A home is therefore an abode or dwelling place for the family. It is more than a house. A home is a place where a family can do many things together, such as:

* Share their interest, activities, joy, love and troubles.
* Can relax, and be at ease.
* Live and work together for the benefit of each other and the whole family.
* Prepare food and eat together

**THE FOLLOWING FAMILY NEEDS ARE MET IN THE HOME:**

1. Physical needs: The physical needs of the family are those for survival such as shelter, air, sunlight, rest, sleep, food, safety, etc.
2. Emotional needs: The emotional needs include, comfort, privacy, a place of recreation and relaxation.
3. Social needs: These needs include love and sense of belonging. The home should be a place where family members long to go back to.

**THERE ARE OTHER ISSUE THAT RELATE TO HOME, FOR INSTANCE**

1. A home normally be to a family which owns it.
2. It is a dwelling place for a family.
3. It meets the shelter needs of the family.
4. It must provide comfort and security for the family.
5. It should be furnished to meet family needs and taste.
6. It is a base where family members can return to, even when they are adult living on their own.
7. There must be communication among the family members in the home.

**TOPIC: CARE OF FAMILY CLOTHING AND HOUSEHOLD LINEN**

Different types of household linen are used in different rooms or areas in the home. They serve different purposes or functions.

1. **CURATAIN AND DRAPERIES**: These are fabrics or materials used for decorating our doors and windows. Curtains can be light or heavy, opaque or transparent. In many homes, two set of curtains are used (a). A lighter pair that is transparent (b). A heavier pair to be drawn across the window at night.

 **USES OF CURTAIN AND DRAPERIES**

* They shade the room from excess light and wind.
* They beautify the room by adding colour to it.
* They provide privacy for the family.
* They can be used to cover special area or items such as book stored in an open book rack or shoes in shoe rack.
1. **BED LINEN**

Bed linen includes all the different types of fabric materials used to make the bed. Thy are:

* ***MATTRESS COVER*** used for covering the mattress in order to protect it from dust and dirt.
* ***BED SHEETS*** used for making the bed
* ***PILLOW CASES*** used for covering the pillow.
* ***BEDSPREADS*** used as spread over a made bed and as as covering for the person lying on the bed.
* ***BLANKETS*** used as a covering for warmth in cold night.
1. **TABLE LINEN**

Table linen refers to all cloths, and matts used on the table. There are different varieties of materials and they include:

* ***TABLE CLOTHS*** used for covering the table.
* ***PLACE MATS*** used on the table for setting a cover. A cover refers to the place set for one person on the dining table.
* ***TABLE NAPKINS*** used during meals for protecting your dress and for wiping the mouth and hands.
* ***TRAY/TROLLEY*** clothes for laying on the tray/trolley before placing the dishes.
* ***TEA CLOTHES*** used for wiping or cleaning the table.
1. **BATHROOM LINEN**

Bathroom linen is made up of:

* ***BATH-TOWELS:*** they are used for wiping the body dry after bath
* ***FACE-TOWELS:*** these are smaller than bath-towels. They are used for cleaning the face.
1. **KITCHEN LINEN**

Kitchen linen is made up of different cloths used in kitchen for various purposes. They are very important for keeping the kitchen tidy. They should be kept very clean always.

Kitchen linen include the following:

* ***HAND-TOWEL:*** These are used for wiping and drying the hands.
* ***OVEN GLOVES OR CLOTHES:*** these are often padded and used for taking out hot pans and dishes from the oven or top of the cooker
* ***DISH CLOTH:*** these are lintless or non-fluffy cloths used for:
1. Wiping off spills on kitchen surfaces.
2. Wiping washed surfaces such as sinks, tables and work areas.
* ***GLASS CLOTH:*** this is also lintless and is used for wiping washed glass-wares, e.g., tumblers and dishes

**CARE OF KITCHEN LIINEN**

1. Wash each kitchen linen after each use.
2. Remove any special stains properly.
3. Dry linen in the sun if possible.
4. Iron the linen.
5. Store linen properly.

OTHER HOUSEHOLD LINEN. THESE INCLUDE:

1. **ASSORTED FLOOR CLOTHS AND MOP HEADS:** These are used for cleaning or mopping the floor
2. **DUSTERS:** these are special cloths used for dusting surfaces and items in the home.

**FACTORS THAT INFLUENCE THE SELECTION OF HOUSEHOLD LINEN**

These are the points to consider when selecting household’s linen:

1. The use to be made of line, such as curtains, bed sheets, pillow cases etc.
2. Household linen should be colour fast
3. The needs of the family
4. The size of the family.
5. Money available to the family.
6. Durability of the fabric

**GENERAL PROCEDURES FOR MAINTAINING HUSEHOLD LINEN**

1. Air the linen properly
2. Fold the aired linen properly
3. Keep linen in good repair as long as possible
4. Some linen such as napkins and floor cloths should be washed immediately after each use.
5. Care must be taken to remove all stains during the washing process
6. Dirty or soiled linen such as bed sheets should be covered basket or laundry bags until they can be laundered