Port Moresby International School

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Unit & Assessment Outline for Students & Parents Grades 7 – 10.

Year	**2026**	Grade	**7**	Semester	**2**
Course Title	Family and Consumer Studies				
Curriculum Taught	IEA and PNG Curricula				
Topics	Introduction to Home Economics 1 - Basic Cooking and Sewing				

Assessment

Week	Topic(s)	Type of Task	Weighting
4	Safety and Hygiene	Presentation	15%
8	Recipes	Practical Cooking	25%
15	Cooking and Sewing	Exam	35%
16	Basic Stitches and Project	Portfolio	25%

Learning outcomes against which the students will be reported

1. Demonstrate knowledge and understanding of basic sewing, cooking and safety/hygienic concepts and processes.
2. Demonstrate skills and confidence in handling sewing and cooking equipment, tools etc.
3. Applying knowledge and skills to produce appropriate sewing and cooking products.
4. Effective communication of knowledge, concepts and ideas through written and non-written formats

Course Aims/Goals

1. To acquire a sound knowledge of the Home Economics centre, its features and safety requirements in relation to the use of equipment, safe practices and hygienic handling of food.
2. To create an understanding of food and its effects on the body.
3. To investigate the suitability of fibre, yarn and fabric for a variety of styles.
4. To introduce skills and craft ideas which may be expanded at leisure.
5. To understand themselves better and their relationship with their family and others.

Regulations governing Late Submission of Work, Attendance, Cheating/Plagiarism & Rights of Appeal may be found in the Grade 7-8 and 9-10 Curriculum Handbooks, or from the POMIS website. **www.pmis.iea.ac.pg**

Content Outline

Week	Content Outline	Curriculum Links
1-2	**Theory:** Subject expectations, rules, SP2R. Diagnostic Tests, SST's. What is Home Economics, Safety and Hygiene in the Kitchen. What is food? Reasons for eating food? **Practical:** Measuring skills:	IEA and PNG curricula
3-4	**Theory:** Features of a Kitchen, Kitchen Equipment and Uses, Preparation and Cooking terms. **Practical:** Nutrients and their functions. Recipes, reading and understanding recipes.	IEA and PNG curricula
5-6	**Theory:** Nutrients and their functions. **Practical:** Balanced Meals. Healthy Diet Pyramid, making healthy food choices. Breakfast. Importance of preparing breakfast	IEA and PNG curricula
7-8	**Theory:** Work plans: Importance of Work Plans, Practical: Five Food Groups, making healthy food choices Food - functions, groups and nutrients. – Importance of preparing lunch. Lunch – Prepare an open sandwich Subject specific term.	IEA and PNG curricula
9-10	**Theory:** Washing up procedures **Practical:** Importance of preparing an evening meal. Dinner Subject specific terms	IEA and PNG curricula
11-12	**Theory:** Introduction to sewing – subject expectations, safety in the sewing room. Fibre family tree, fabric terms fibres, yarns and fabric, tools, uses. **Practical:** Begin the textile project: Do a portfolio of basic stitches: do samples on an A4 size piece of plain cloth, i.e., basic hand sewing stitches and embroidery stitches. Start of with tacking and running stitch.	IEA and PNG curricula
13-14	**Theory:** Weaving, basic weaves, plain weave, twill weave and pile weave, makes samples **Practical:** Basic sewing skills – continue portfolio: samples of hand sewing and embroidery stitches – do back and stem stitch.	IEA and PNG curricula
15-16	**Theory:** Embroidery, tools, thread, hoops, samples of stem stitch, satin stitch, chain stitch and blanket stitch. **Practical:** Project – continue portfolio: samples of hand sewing and embroidery stitches – do chain and satin stitch.	IEA and PNG curricula
17-18	**Theory:** Knitting, tools, thread, samples of kitted fabric **Practical:** Project – continue portfolio: complete and submit hand sewing and embroidery stitches – do blanket stitch.	IEA and PNG curricula
19-20	**Theory:** Macramé, knotting cords, filler cord, mounting cord, picot, slime, half knot, square knot **Practical:** Project -Completion of Portfolio and Evaluation	IEA and PNG curricula