

S1 HOME ECONOMICS

Pupils learn how to prepare a variety of foods with a focus on hygiene and safety at the same time as learning new skills and techniques. All pupils should come prepared for their H.E. classes with a bib apron and a suitable container.



S1 Home Economics

Hygiene
and safety
in the
kitchen

Practical
cookery
skills and
techniques

Let's
eatwell -
what is a
balanced
diet?