

NAME:.....CLASS.....

## SECOND TERM E-LEARNING NOTES

### JS 1 (BASIC 7)

**SUBJECT: HOME ECONOMICS**

**SCHEME OF WORK:**

**WEEK TOPIC**

1. Revision of first term year work
2. Fatigue, Rest and Sleep-(a) Meaning, Causes and effects of fatigue, (b) prevention of Fatigue, (c) meaning and importance of rest and sleep, (d) guidelines for rest and sleep.
3. Personal clothing- (a) meaning of clothing and reasons for wearing clothes, (b) guidelines for choosing and wearing decent clothes (c) care of clothes. E.g. airing, proper storage, cleansing of shoes. (d) Washing of under- wears.
4. Use of cosmetics and deodorants- (a) importance of cosmetics,(b) points to consider in choice and use of cosmetics and deodorants,(c) procedures for applying cosmetics and deodorants, (d) indigenous cosmetics.
5. Healthy feeding habits :( a) meaning and functions of food,(b) good feeding habits and table manners.
6. The family: (a) meaning, types and functions of the family, (b) roles of each family member and the family as a whole. (c) relationships- the family tree. (d) Family values.
7. The home: (a) meaning and characteristics of a home. (b) Differences between a home and a house. (c) Domestic violence and the consequences and solutions to domestic violence.
8. Housing the family-(a) Types of houses. (b) Location and choice of a family house (factors that influence the choices).
9. Family needs and resources-(a) meaning and types of family needs. (b) Meaning, types and characteristics of family resources.

**10. Decision making: (a) meaning and steps in decision making. (b) Simple personal decisions.**

**11. Revision.**

**12. Examination.**

**WEEK 1:**

**DATE.....**

**TOPIC: Revision of first term work.**

**WEEK 2:**

**DATE.....**

**TOPIC: Fatigue, Rest and Sleep-(a) Meaning, Causes and effects of fatigue, (b) prevention of Fatigue, (c) meaning and importance of rest and sleep, (d) guidelines for rest and sleep.**

**Sub Topic 1: Meaning, Causes and effects of fatigue, prevention of Fatigue**

Fatigue is a feeling of extreme tiredness.

### **Causes of fatigue**

Tiredness or fatigue can be caused by

- i. Over working or too much exercise
- ii. Illness
- iii. Hunger or lack of food
- iv. Too much exercise
- v. Performing a boring or tiring task
- vi. Sadness.

### **Effects**

- i. It slows down the rate at which work is done
- ii. It makes one unfriendly or irritated
- iii. Results into sluggishness or dullness.

### **Prevention of Fatigue**

1. Avoid doing too many things at the same time.
2. Have enough rest.
3. Eat adequate and regular meals.
4. Alternate tasks that require much energy with those that require less.
5. Break big tasks into smaller ones and do them in bits.
6. Use the best method for every task.
7. Take the best posture for each task when doing it.

8. Do not overwork yourself.
9. Plan your work properly.

**Evaluation:**

1. What is fatigue?
2. Mention three effects of fatigue.
3. What should you do to prevent being fatigued?

**Sub Topic 2: Meaning and importance of rest and sleep, guidelines for rest and sleep.**

Rest is the act of relaxing either by sitting or lying down after a period of activity in order to refresh the body and mind. During rest, the individual is conscious of all that is happening around him/her.



A person at rest



Tanzania: Masai men rest from herding cattle

Sleep is a complete or deeper form of rest in which the eyes are closed and the mind and body are not active or conscious. In sleep, one is unconscious of what is...