

Home Economics I

Sunrise Edition

Grade 9+

1 Credit

This course introduces high school girls to the skills and knowledge that godly wives, mothers, and homemakers need. Many hands-on learning opportunities provide practice in the skills taught. LightUnit 10 turns the focus to the student herself, giving her guidance in becoming a godly woman—understanding herself, God’s plan for her body, her relationship with God, friends and friendships, modesty, singleness, and Christian courtship.

LightUnit 1	LightUnit 2	LightUnit 3	LightUnit 4	LightUnit 5
Introduction to the Kitchen Getting Acquainted with the Kitchen Kitchen Safety Killers in the Kitchen: Kitchen First Aid Major and Small Kitchen Appliances Small Kitchen Tools Preparing for Success With Recipes Common Cooking Terms Common Abbreviations; Equivalents Calculating Equivalents Measuring Accurately Practicing New Skills Preparing Several Food Dishes From Recipes	Nutrition and Food Preparation Understanding Nutrition Nutrients; Carbohydrates Proteins; Fats; Vitamins; Minerals Water; Nutrient Density; Calories and You The MyPlate Diagram—A Basic Plan for Good Health Comparing Foods; Vegetables; Fruits Grains: Breads, Cereals, Rice, and Pasta Protein Foods: Meats and More Dairy: Milk, Yogurt, and Cheese Fats, Oils, and Sweets Appendixes Vitamins; Minerals Nutritive Values of Selected North American Foods	Food Shopping and Kitchen Organization Shopping for Food Who Gets Your Food Dollars? Be Aware of Hidden Costs Stretching Your Food Dollars Plan Ahead More About Shopping for Food Be a Savvy Shopper Types of Food Stores Make a Shopping Plan Efficient Kitchen Organization Organizing the Kitchen Preparing, Serving, Cleaning	Meal Planning, Preparation, and Presentation Planning Menus A Balanced Menu Planning Menus Plan a Menu for Your Family Meal Organization and Preparation Organizing a Meal Plan Cooking Time Breakfast for a Good Start Lunch for Mid-Day Boost Dinner for a Satisfying Ending; Preparing a Company Dinner Food for Guests Meal Presentation Preparing the Table Meal Manners	Getting Ready to Sew Textiles Natural Fibers Synthetic Fibers; Yarns; Choosing Fabrics How Fabric Is Produced Fabric Finishes A Trip to a Fabric Store Sewing Tools Essential Small Tools for Sewing Other Convenient Small Tools Sewing Notions Learning to Use the Sewing Machine The Basic Sewing Machine Sewing With the Machine Small Comforter Project
LightUnit 6	LightUnit 7	LightUnit 8	LightUnit 9	LightUnit 10
Sewing for the Home Developing Your Sewing Skills Hand Needles Hand-Sewing Stitches Grading Seams; Clipping and Notching Curves Seam Corners; Pressing Skills More About the Sewing Machine Machine Maintenance, Accessories, and Needles Common Machine Stitches; The Serger Using Your Sewing Skills Constructing a Quillow Constructing Patchwork Pillows Sewing Simple Curtains	Sewing for Yourself More Sewing Skills Collars Sleeves Zippers Pockets; Seam Finishes Buttonholes and Buttons Understanding Patterns Identify Your Figure Type Shopping for a Pattern Using the Pattern Sewing Projects Using Your Sewing Skills Sewing Projects Body Measurement Chart	Godly Homekeeping The Purposes of the Godly Home A Place of Accommodation and Hospitality A Place of Service and Witness The Arrangement of the Godly Home Color Sets the Tone Patterns and Textures Coordinating Room Design Furniture Arrangement Keeping the Godly Home in Order The Clutter Monster Daily Cleaning Weekly Cleaning The \$10,000 Plan	Child Growth and Development Introduction to Child Development Basic Needs of All Children Infants and Toddlers—Birth to 2 Years The Preschool Years—Ages 2-5 Physical and Mental Growth Social, Emotional, and Spiritual Characteristics The Junior Years—Ages 9-11 Physical and Mental Characteristics Social, Emotional, and Spiritual Characteristics	Growing Into Godly Womanhood Increasing in Wisdom—Growing Mentally Godly Wisdom Your Background and Personality More About You Increasing in Stature—Growing Physically God’s Plan for Your Body You and Your Body; Godly Beauty Increasing in Favor With God—Growing Spiritually Your Relationship With God Your Devotional Life With God Attributes of a Godly Woman Increasing in Favor With Man—Growing Socially Friends and Friendships Modest Behavior; Singleness Christian Courtship