High School Home Economics
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This course will cover the following information:

I. Kitchen Organization
II. Basic Cooking Skills
III. Smart Shopping
IV. Meal Planning
V. Money Management
VI. Hospitality
VII. Time Management
VIII. Cleaning the Home
IX. Laundry
X. Decluttering the Home
XI. Home Decorating
XII. Basic Sewing Skills
XIII. Family Purpose Statement
XIV. Home Maintenance
XV. Streetwise
XVI. Babysitting
XVII. First Aid
XVIII. Emergency Preparedness

Instructions

It will be beneficial to create an account for each of the following to collect ideas for the sections below: pinterest.com, allrecipes.com, and evite.com. Be sure to get a parent’s permission first.

Keep notes online (Evernote, Word document, etc.) or in a Homekeeping notebook.

Students are to explore all links, read all material, and keep notes on items that pertain to their family’s needs.

I. Kitchen Organization

Basic kitchen equipment: using the link below, make your own list of items you will use but don’t have.


Decide which appliances below your family owns/needs and purchase them if necessary.

- Small appliances
  - food processor
  - blender
  - toaster
  - toaster oven
  - coffee/spice grinder
  - mixer

SchoolhouseTeachers.com note: Parents should closely monitor children’s use of YouTube and Wikipedia if you navigate away from the videos and articles cited in these lessons. We also recommend viewing the videos on a full-screen setting in order to minimize your students’ exposure to potentially offensive ads and inappropriate comments beside or beneath the video.
• Larger appliances
  o InstaPot  o rice cooker
  o pressure cooker  o waffle iron
  o slow cooker  o ice cream machine

Using the links below, make a list of pantry ingredients and then check your cabinets to see what you have. Stock up on anything you need.

https://www.foodnetwork.com/recipes/articles/basic-pantry-101
http://dish.allrecipes.com/the-perfect-pantry/

• Pantry
  o baking staples  o oils
  o canned or bottled items  o vinegars
  o dried pasta  o spices/seasonings
  o rice  o veggies (garlic/onions, potatoes)
  o beans  o nuts
  o flours  o dried fruit

• Food storage
• Meats
• Poultry
• Seafood
• Eggs
• Dairy
• Fruits
• Veggies
• Coffee/tea
• Crackers/bread
• Condiments
Assess your kitchen, and reorganize and clean where necessary.

- Keep like items together (canned goods, baking goods, pasta, etc.) and store them near the area where they will be used.
- Tall things should be placed toward the back of the shelf. Consider using a Lazy Susan for spices (and alphabetize them.)
- Place frequently used items at eye level in cabinets.
- Use plastic drawer dividers.
- Purchase more home organizing aids if needed.

Organize your supplies and tools into “centers”:

- **Mixing center**
  - staples
  - spices
  - blender
  - mixer

- **Sink center**
  - peeler
  - potatoes
  - onions
  - can opener
  - cleaning supplies (try storing them under the counter in a litter box)
  - over-sink cutting boards

- **Refrigerator center**
  - Organize items in categories on shelves.
  - Store condiments in open plastic bread container (pull out, push back: great for sandwich prep).

- **Cooking center**
  - Choose four pans to use on a regular basis and keep them near the stove.
  - Put lids in plastic box.
  - Use vertical letter trays/racks to store pans and tins.
II. Basic Cooking Skills

It is recommended you spend two weeks on this section—one week to learn and one week to apply

A. Learning

Read these two articles that share basic cooking instructions:

- [https://www.cookinglight.com/cooking-101/12-cooking-skills-every-young-adult-should-learn](https://www.cookinglight.com/cooking-101/12-cooking-skills-every-young-adult-should-learn) (ignore cocktail suggestions)
- [https://www.myrecipes.com/how-to/cooking-skills-to-learn-in-your-twenties](https://www.myrecipes.com/how-to/cooking-skills-to-learn-in-your-twenties)

Watch these cooking skills videos and plan to practice them all during your menu preparation.

- [How to Master 5 Basic Cooking Skills](#)
- [The Chef Test Tells the 7 Skills You Must Have if You Want to Learn to Cook](#)
- [Learning ZoneXpress - Kitchen Fundamentals](#)
- [Kitchen Fundamentals](#)
- [Cuisinart Culinary School - Episode 1](#)

B. Application

Choose one breakfast, lunch, dinner, dessert, or appetizer to make from a cookbook or a recipe website to use the skills you’ve learned.

- Do similar jobs together (baking, cutting, etc.).
- Complete one task before beginning the other.
- Allow extra time for interruptions.
- Set table during waiting times . . . or listen to an audiobook!
- Delegate jobs in separate parts of the kitchen to avoid congestion.
- Clean up as you go: fill the sink with hot, sudsy water; throw paper and cans away; and return supplies to their right place immediately.

Tips

- Leftover onion will keep longer when the root end is kept intact—use the top part first.
- To get more juice from a lemon, heat it in the microwave for 30 seconds or so before squeezing.
• If honey has crystallized, place it in the microwave for a few seconds.
• Add 1 teaspoon oil or butter to pasta water to prevent it from boiling over.
• Make meatloaf in muffin tins—they cook faster and look good on the plate!
• Use an ice cream scoop to fill muffin cups with batter.
• Line the bottom of the vegetable drawer with a paper towel. It absorbs moisture and keeps veggies fresh longer.
• Have a bit of salad dressing left in the bottle? Microwave it for a few seconds. It will slip out.

A perfect book for a high school graduate is *The Ultimate Student Cookbook: from Chicken to Chili* by Tiffany Goodall.

### III. Smart Shopping

Look through this site and choose one idea to concentrate on.
[https://moneysavingmom.com/beginners-page](https://moneysavingmom.com/beginners-page)

Pick three to four links relating to smart shopping on this page to research. There are multiple pages, so look beyond page one.
[https://www.everydaycheapskate.com/category/best-inexpensive/](https://www.everydaycheapskate.com/category/best-inexpensive/)

Some suggestions:

• Eat what’s on sale at your grocery store this week.
• Skip a week of grocery shopping and eat what you already have. Dig deep!
• Shop
  o in stores that are organized and make sense to you
  o off hours (early, late, weekends)
  o once every two weeks (except for perishables)
  o in quantity so you can buy less often (stamps, greeting cards, etc.)
  o in the same location where you have other errands to attend to
  o with a set amount of cash
  o with a cooler in the trunk to carry frozen foods in summer
  o with coupons (keep them with your grocery bags or in the glove compartment)
  o from a list kept on clipboard or pad attached to fridge or other communal location (when you open the last package or bottle, mark it immediately on your list)
  o with your list in hand, and cross off items as you put them in your basket