

# High School Home Economics

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This course will cover the following information:

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| <b>I.</b> Kitchen Organization  | <b>X.</b> Decluttering the Home       |
| <b>II.</b> Basic Cooking Skills | <b>XI.</b> Home Decorating            |
| <b>III.</b> Smart Shopping      | <b>XII.</b> Basic Sewing Skills       |
| <b>IV.</b> Meal Planning        | <b>XIII.</b> Family Purpose Statement |
| <b>V.</b> Money Management      | <b>XIV.</b> Home Maintenance          |
| <b>VI.</b> Hospitality          | <b>XV.</b> Streetwise                 |
| <b>VII.</b> Time Management     | <b>XVI.</b> Babysitting               |
| <b>VIII.</b> Cleaning the Home  | <b>XVII.</b> First Aid                |
| <b>IX.</b> Laundry              | <b>XVIII.</b> 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](https://www.pinterest.com), [allrecipes.com](https://www.allrecipes.com), and [evite.com](https://www.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.

<https://www.realsimple.com/food-recipes/tools-products/kitchen-tools-checklist>

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
  - InstaPot
  - pressure cooker
  - slow cooker
  - rice cooker
  - waffle iron
  - 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
  - baking staples
  - canned or bottled items
  - dried pasta
  - rice
  - beans
  - flours
  - oils
  - vinegars
  - spices/seasonings
  - veggies (garlic/onions, potatoes)
  - nuts
  - 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> (ignore cocktail suggestions)
- <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>

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/>

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
  - in stores that are organized and make sense to you
  - off hours (early, late, weekends)
  - once every two weeks (except for perishables)
  - in quantity so you can buy less often (stamps, greeting cards, etc.)
  - in the same location where you have other errands to attend to
  - with a set amount of cash
  - with a cooler in the trunk to carry frozen foods in summer
  - with coupons (keep them with your grocery bags or in the glove compartment)
  - 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)
  - with your list in hand, and cross off items as you put them in your basket