

# JSS3 Home Economics Lesson Note Third Term

## **JSS 3 HOME- ECONOMICS**

### **SCHEME OF WORK FOR THIRD TERM**

1. Revision of last terms work: food hygiene and safety, responsible food management, preparation, packaging and marketing of food items etc.
2. Family living and relationship
  - Boy and girl relationship.
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  - Marriage, different types in Nigeria.
  - Preparation for motherhood.

#### Pregnancy and child birth.

- Pregnancy and its signs.
- Ante- natal and post- natal.
- Preparation for child birth (things needed e.g. layette etc.)

#### 1. Child care.

- Bathing, clothing and feeding the baby.
- Artificial and natural feed.

#### 1. Child care cont.

- Laundering of baby's clothes.
- Cleaning of baby's feeding equipment.
- Common childhood ailments and immunization.

#### 1. Child development.

- Stages of child development.
- Factors that influence child development.

#### 1. Project work on JSSCE and examination.

## **WEEK 1: FAMILY LIVING AND RELATIONSHIP**

Boys and girls relationship should be made as whole and healthy as possible.

### **GUIDELINES FOR A WHOLESOME RELATIONSHIP**

1. Choose friends that have a good character.

2. Choose friends with common interests.
3. Learn about each other's family background.
4. There must be parental guidance.
5. Feel free to discuss their problems with their parents.

### **EFFECTS OF UNWHOLESOME RELATIONSHIP**

1. It could cause lack of self-discipline or respect.
2. It could lead to anti- social behaviors such as stealing, smoking, drinking etc.
3. It could lead to contacting venereal diseases.
4. It could cause sexual indulgence.
5. It could lead to teenage indulgence.
6. It could lead to death by abortion.

### **FACTORS TO CONSIDER BEFORE CHOOSING A MARRIAGE PARTNER.**

- 1.
- 2.
3. Health condition.
- 4.
5. Economic security.
- 6.
7. Blood type/ genotype.
- 8.
9. Parental consent.

### **COURTSHIP AND MARRIAGE.**

Courtship is the period of knowing one another in a closer way before marriage is contracted.

Dowry payment commences after courtship. The courtship could be short or long term. Dowry payment differs from one culture, tribe, or people to people.

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### **TYPES OF MARRIAGE**

1. **CUSTOMARY/ TRADITIONAL MARRIAGE:** traditional marriage can either be monogamy or polygamous marriage. It is common to perform the traditional marriage rite first before other forms of marriage. Tradition within each group differs from culture to culture.
2. **MARRIAGE UNDER ORDINANCE:** is also called court marriage because it is contracted in a court before a court magistrate. This marriage:
3. Does not allow the couples to enter a second marriage unless at the death or official divorce of one.
4. It is a monogamous form of marriage.
5. Has a marriage ordinance certificate given to the couples who marry this way

6. Is provided by the government and open to all religious sect and tribes.

**Church marriage:** is a form of marriage under ordinance which is contracted in the church. It is a monogamous marriage where A MAN marries only ONE WIFE.

1. **Islamic marriage:** is contracted in the ways stipulated by Islam. It is a polygamous form of marriage where Muslim men are allowed to marry more than one wife.

**EVALUATION:** mention 6 factors to consider when choosing a life partner.

1. mention and explain the types of marriage contract in Nigeria.

**ASSIGNMENT:** visit a magistrate court and witness how marriage under ordinance is performed, record your findings on a foolscap sheet.

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## **WEEK 2: PREGNACY AND CHILDBIRTH**

### **SIGNS AND SYMPTOMS OF PREGNANCY**

1. Ceasation of menstruation.
2. Morning sickness (NUSEA).
3. Frequent urination.
4. Enlargement of the breasts.
5. Enlargement of the abdomen.
- 6.

### **IMPORTANCE OF ANTE- NATAL CARE**

The woman would be given advice on the following aspects:

1. Good nutrition
2. Proper dressing.
3. Good posture.
4. Personal hygiene.
5. Only prescribed drugs should be taken.

Alcohol should be avoided.

1. Visit the clinic regularly for checkups: blood pressure, urine test, pelvic examination etc.

### **BABY LAYETTE**

Baby layette is the complete set of clothes required by a new born baby.

These should be provided before the arrival of the baby.

1. Baby vest.
2. Baby caps and socks.
- 3.
4. Towel and shawl.
5. Baby powder, oil and Vaseline.
6. Baby diapers (pampers, napkins).

### **POST NATAL**

Post natal care is the specialized care given to a mother and baby in the first six weeks after delivery. The activities involved in post natal include:

1. Immunization of the baby.
2. Pelvic examination.
3. Baby's diet.
4. General health conditions such as blood pressure will be taken for the mother etc.

**EVALUATION:** a) mention 5 symptoms of pregnancy

1. b) differentiate between anti and post natal clinic

**ASSIGNMENT:** highlight the activities taking place when a pregnant woman goes to anti- natal clinic.

### **WEEK 3: CHILD CARE**

Care of the baby includes:

- 1.
- 2.
3. Clothing
4. Health care.

The reasons for clothing the baby are:

1. etc
2. Beautifies the baby.
3. To make the baby comfortable.

There are two types of feeding methods. They are:

1. Natural feeding.
  2. Artificial feeding.
- **Natural feeding:** at the first few months of life the baby takes breast milk .the breast milk is the best food for babies, that is why exclusive breast feeding is always encourage. Breast feeding is the procedure whereby the baby is put to the mother breast to suck milk from it for food; it is the natural way of feeding a baby, it is the best food for new born baby.

## **ADVANTAGES OF BREAST FEEDING**

1. Breast milk contains antibodies which protect the child against diseases and infection
  2. It is easily digested and absorbed by the baby body.
- It is less expensive than artificial feeding.
1. It does not require any elaborate preparation.
  2. It is sterile and free from diseases and germ.
  3. It is produced at the right temperature.
- It contains almost all the nutrients a baby needs.
  - It gives natural immunity.
1. It brings mother and baby very close, so it promotes love and affection in both.
  2. Breast feeding helps the mother womb to return to its normal position.
  3. The milk that is produced in the first few days after child birth is called **colostrum** which helps to clear out the baby first sticky stool called

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- **Artificial or bottle feeding**: This is the situation whereby the child is fed with processed animal milk, a cup and spoon can be used to feed the baby with this milk.

## **DISADVANTAGES OF ARTIFICIAL FEEDING.**

1. It is expensive.
  2. Baby milk can easily be contaminated.
- Constipation is common with artificially feed babies.
1. It requires elaborate preparation and sterilization of eating utensils.
  2. It is not as rich as breast milk.

## **BATHING THE BABY.**

Considering the delicate and tender skin of the baby, one should not allow them to get dirty. Babies should be bathed at least twice daily.

## **THINGS NEEDED FOR A BABY'S BATH.**

1. A bath tub made of plastic or rubber.
  2. A soft towel; large enough to cover the baby.
- A small soft towel for drying the baby.
1. A face towel {or flannel}.
  2. A soft sponge.
  3. Baby's comb and soft brush.

- Pampers
- Clean clothes for dressing baby after bath.

**EVALUATION:** mention the items needed for a baby's birth.

1. **b.** state the importance of clothing the baby

**ASSIGNMENT:** state the various immunizations that must be given to a baby at different developmental stages.

#### **WEEK4: CHILD CARE [CONTD]**

#### **LAUNDERING BABY'S CLOTHES.**

It is very important to launder baby's clothes for the following reasons:

- Laundered clothes last longer.
- Laundered clothes make babies neat and attractive.
- They make babies comfortable.

#### **STEPS IN**

#### **LAUNDERING BABY'S CLOTHES.**

1. Remove the stains according to type.
2. Follow the laundry process i.e. sorting, sorting, washing, rinsing.

#### **COMMON AILMENTS IN CHILDREN.**

- **DIARROHOEA:** this is an illness in which waste matter is emptied from the bowels much more frequently than normal and it is in liquid form.

#### **CAUSES**

1. If food not suitable for the child.
  2. If the child was fed more than needed.
- Infection
1. Food poisoning

#### **TREATMENT**

- After each stool give oral rehydration therapy [ORT].

#### **TO PREPARE ORT**

1. 1 level of teaspoon of salt.
  2. 10 level of teaspoon of sugar.
- Half a liter of water [1 beer bottle or 2 Fanta bottles.

See doctor if the diarrhea persists.

- **CONSTIPATION:** at a certain stage in development, a child will form a pattern for bowel movement and a change in pattern may cause constipation. A constipated child will start passing hard stool or not pass any at all. This is common in artificially fed babies.

## TREATMENT

- The child should be given an enough clean water to drink.
- Glucose, sugar or honey should be added to his food.
- Fruit juice can be given to him e.g. oranges, pineapples, bananas, etc.
- In serious cases, child should be taken to the hospital.
- **COLIC:** this is as a result of cramps in the intestines of a baby. It makes the baby uncomfortable and is painful. This makes the baby cry hard. Babies between the first 3-4 months are more affected by this condition after this time.

## IMMUNISATION

Immunization is administered to protect the children from 0-2 year's old and expectant mothers against diseases. The main purpose is to reduce the mortality rate resulting from the following diseases:

1. Diphtheria
  2. Tetanus
- Whooping cough.
1. Polio
  2. Small pox
  3. Measles
- Tuberculosis

Age at which immunization is given.	Diseases to be prevented.	Number of doses required	Interval for repeat doses	Type of vaccine
1. At birth	Tuberculosis	1	-	BCG
2. 6weeks-2months	Diphtheria, whooping cough, and tetanus.	3	4 weeks	DPT or triple antigen. Oral polio.
3. 6 weeks-2months	poliomyelitis	3	4- weeks	2-3 drops.
9 months	Measles Yellow fever.	1	-	Measles

**EVALUATION:** state the common ailments and their causes on children

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## **WEEK 5: CHILD DEVELOPMENT**

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Growth is an increase in the physical size of the whole body or any of its part. A child grows in size height and weight. Development is an increase in skills. It starts from the head and spread to the other parts of the body. A child that is progressing in steps taken mentally and physically is said to be developing.

## **TYPES OF CHILD DEVELOPMENT**

There are four types of development

1. Physical development
2. Mental development
3. Social development
4. Emotional development

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1. **Physical development:** this development involves the physical structure and their functions which affects the other aspects of its development e.g. a child brain has to develop physically first before it can develop mentally.
2. **Mental development:** it is the development of intellectual abilities, it involves the ability to think, understand and solve problems etc.
3. **Social development:**it involves the development of behavior that is acceptable to the society, acceptable roles and social attitudes.
4. **Emotional development:**this has to do with how a child feels and this is noticeable in an infant when it is expressed through smiling, crying or frowning etc. parents will do well to provide for the emotional needs of their children in the area of giving attention support and love.

## **FATORS THAT INFLUENCE CHILD DEVELOPMENT:**

The development of a child is influenced majorly by two factors, namely;

### **HEREDITARY AND ENVIRONMENT**

Hereditary it is the genetic transmission of characteristics traits from parents to offspring while Environmental factors deals with the external influence which combines the condition, circumstances and surroundings affecting the development negatively or positively.

## **CONDITIONS NECESSARY FOR CHILD DEVELOPMENT.**



For a child to grow normally, the following conditions are necessary:

1. Safety
2. Available space for exercise
3. Good sleeping habit
4. Food
5. Clothes

**EVALUATION:** a) differentiate between development and growth.

1. **b)** Explain how heredity and environment influence child development.

**ASSIGNMENT:** in a tabular form state the developmental changes of a child from age 0- 6 months.

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**REVISION&EXAMINATION.**