



Home Economics in Junior Cycle

What is it?

You'll learn how to cook, sew, manage money, and make good choices about food, clothes, and shopping. You'll also learn how to look after yourself, your home, and the planet.



What will I learn?

Home Economics has three main parts:

1. Food, health, and culinary skills - You'll learn how to:

- Prepare and cook healthy meals.
- Plan menus, read food labels, and make good choices when buying things.
- Understand nutrition, portion sizes, and how to avoid waste.
- Stay safe and clean in the kitchen.

2. Responsible family living - You'll learn how:

- Families work and why relationships matter.
- To manage money.
- To look after your home in a way that is good for the environment.

3. Textiles and craft - You'll:

- Try sewing and designing items.
- Learn how to buy, care for, and recycle clothes.
- Understand labels on clothes and make smart choices.

Is Home Economics for me?

Choose this subject if you like:

- Cooking.
- Making things.
- Learning how to be independent.
- Looking after the environment.

What's next after Junior Cycle?

You can study Home Economics in Senior Cycle.

Where can Home Economics take me?

Tourism or hospitality | teaching | childcare or healthcare | fashion or design | sport and fitness | farming and horticulture | science careers | and many more jobs!

