

Form 3 Home Economics
(2025 – 2026)

| Date | Teaching contents |
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| (First term) September to January | Western table manners Clothes management Knowledge of Chinese Tea Knowledge of coffee Functions and nutrients of different food groups Practical lessons: - eggs, meat, poultry, noodles, fish - baking method, stir-frying method - food and nutrients - meal planning |

* 2nd term same as 1st term

Types of assignments:

1. Practical work
2. New words
3. Presentations

Assessments :

An average mark according to the attitude, performance and assignments.