

## Strand 1: Food, health and culinary skills

1.1 identify the factors that affect personal food choices

1.2 plan, prepare, cost and evaluate healthy and nutritious individual and family meals and snacks

1.3 apply a range of cooking principles and techniques in the preparation of healthy individual and family meals incorporating budgetary considerations

1.4 demonstrate culinary and creative skills in relation to the preparation, cooking, and presentation of food

1.5 apply safe and hygienic practices in food handling, preparation, storage and serving

1.6 using a problem-based learning approach, apply nutritional knowledge in the planning and preparation of food for the family

1.7 use available technology for food planning and preparation

1.8 discuss the elements of a healthy lifestyle

1.9 recognise the importance of nutrition and diet in contributing to health and wellbeing

1.10 explain the role of the nutrients in contributing to a healthy balanced diet

1.11 describe the basic structure and basic functions of the digestive system

1.12 investigate the nutritional requirements at each stage of the lifecycle

1.13 plan and prepare meals for individuals with diet-related diseases

1.14 apply the nutritional requirements of individuals with special dietary considerations when planning and preparing meals

1.15 investigate the impact of their food choices from an ecological and ethical perspective

1.16 apply sustainable practices to the selection and management of food and material resources

1.17 compare common foods used in food preparation and how they affect the nutrition and sensory quality of the product

1.18 evaluate commercial and homemade food products

1.19 interpret the information found on a variety of food products using front-of-pack and back-of pack food labels

## Strand 2: Responsible family living

2.1 discuss the different forms of the family

2.2 explore the roles and responsibilities of the family

2.3 discuss family relationships and the importance of strengthening relationships between individuals and families

2.4 discuss the requirements of a safe and nurturing home environment

2.5 assess the importance of making informed and responsible decisions in everyday life

2.6 apply the design principles and guidelines to room planning and the design of an interior space in the home

2.7 identify how individuals, families and households can contribute to sustainable and responsible living

2.8 describe sustainable everyday practices in the home to include energy efficiency, waste management and water conservation

2.9 explore the influence of technology on the management of personal, family and household resources

2.10 apply consumer decision-making skills in the management of personal, family and household resources for everyday living

2.11 debate consumers' rights and responsibilities

2.12 examine how consumers are protected in Ireland by legislation, statutory and non-statutory agencies

2.13 apply financial literacy skills in the preparation and evaluation of a budget for independent living

## Strand 3 Textile and craft

3.1 demonstrate basic hand and machine sewing techniques

3.2 apply the design brief process and principles to the making of a creative textile item for an individual or the home

3.3 apply basic hand sewing and/or machine sewing techniques to the making of a textile item for an individual or the home in a safe and appropriate way

3.4 demonstrate fabric embellishment techniques

3.5 appreciate the therapeutic and leisure role of participating in textile work

3.6 demonstrate ways in which clothing and/or textile household items can be repaired, reused, repurposed, recycled and upcycled

3.7 evaluate textile care procedures used in the home from an environmental perspective

3.8 discuss the influences of trends and choices on textile and clothing, including ethical and ecological considerations

3.9 apply their knowledge of textile care symbols