



Shops

There are lots of shops in my town.

Dunnes Stores is a big shop. It sells clothes and food and things for your house.



It is called a **Chain Store**.



Debenhams is a **Chain Store**. It sells clothes and make up and things for your house. These are called **Household Goods**.

A Chain Store is a big shop. You can see them in other towns. Penneys and Next are chain stores too.

There is a **Pharmacy**. This is called Mulligans.

The Book Shop is called The Book Centre.

A **boutique** is a small shop that sells clothes. There is only one shop like this. It is not like Dunnes Stores. There are lots of shops called Dunnes Stores. That is why it is called a chain store.

Redlane is a boutique.



Lidl is a supermarket. It is a big shop that sells groceries.



Dealz is called a discount store. It sells lots of things at cheap prices.

Woodies is a Hardware Store. It sells things for your house.

Greenwood Furniture sells couches, tables, chairs and lots of furniture for your house.

Fill in the names of the shops in your town.

Chain Store	Boutique	Book Shop	Pharmacy	Supermarket	Furniture Shop	Hardware Shop	Discount Store

Answer True or False

A boutique is a small shop

Dunnes is a chain store

Dealz is a boutique

A discount store is very expensive

You can buy clothes in a hardware shop.

A discount store sells things that are cheap

Key Words

Boutique

Chain Store

Discount Shop

Pharmacy

Supermarket

Buy Buy Buy!

The supermarket owners want us to buy lots of things.

How do they get us to spend more money?



- The bread and milk is at the back of the shop. You must walk a long way to get it and you pass lots of things that you might buy.
- The sweets are at the checkout. You might get them while you are waiting to pay.
- There is nice music playing so you feel relaxed and you might buy more things.
- There are very big trolleys. You will fill the trolley with lots of extra things.

When you go shopping.....

1. Make a list.
2. Keep your receipts and check them.
3. Check the date on the packet.
4. Do not go shopping when you are hungry.
5. Bring a shopping bag.

Subject: Home Economics

Teacher: _____

Chapter 1 Food and nutrition

RES Teacher	SMART Targets	Strategies Materials Resources	Start Date	Review Date	Progress/ Outcomes → = Emerging √ = Achieved X = Not achieved
	X will list 4 reasons why we need food. <ul style="list-style-type: none"> <i>To grow</i> <i>To keep warm</i> <i>To get energy</i> <i>To keep me from getting sick</i> 	Class Text book with key phrases to be highlighted and written into a copy Worksheet from <i>What a wonderful world</i> (2 ^d) p. 61			
	X will categorise foods into 3 groups from a list Foods that help me grow Foods that give energy Foods that give vitamins	Use the worksheet above to create three lists and write them into the copy. Pictures could be pasted from a supermarket leaflet such as Aldi /Lidl			
	X will name the four taste buds sweet,salty,bitter and sour. Give an example of food/drink for each one	Fill in a table of foods I like /don't like X could carry out a survey of her classmates to show favourite foods and record the results on a bar chart. Label a diagram of the tongue and tastebuds. (Class workbook) Copy the diagram into a copy with names of food /drink beside each one (Homework could be to find and list the matching foods)			

	X will describe why we need Calcium	Highlight key sentences in the textbook. Write into the copy			
		Read Information sheet from Nourish interactive.com . X will choose foods for each meal from a list and create a daily menu			
Notes					

Subject: Home Economics

Teacher: _____

Chapter 2 The Digestive System

RES Teacher	SMART Targets	Strategies Materials Resources	Start Date	Review Date	Progress/ Outcomes → = Emerging ✓ = Achieved X = Not achieved
	1. X will read and label key vocabulary for the digestive system: <i>Mouth, oesophagus, stomach, small intestine and large intestine</i>	Copy and label diagram from text book into the copy			
	2. X will put in order the parts of the body that the food passes through	Number the diagram 1-5			
	3. X will name three facts about digestion <input type="checkbox"/> Digestion happens when we eat food <input type="checkbox"/> We chew food and it turns into liquid. <input type="checkbox"/> The good part goes into our body <input type="checkbox"/> We get rid of waste when we go to the toilet	X will complete a gap fill exercise from a photocopy of <i>Science made Easy 8-9</i> (C.Voderman)			
		Look up www.usborne.com/quicklinks			

Notes

Subject: Home Economics

Teacher: _____

Chapter 3 A Balanced Diet

RES Teacher	SMART Targets	Strategies Materials Resources	Start Date	Review Date	Progress/ Outcomes → = Emerging √ = Achieved X = Not achieved
	1. X will name 4 categories of food: Cereal ,milk, fruit and vegetables and meat	Worksheet Science made Easy 6-7. P. 22			
	2. X will state one example from each category	Complete a matching exercise in the copy			
	3. X will label a food pyramid	Copy from the text book			
	4. X will categorise foods into healthy/ unhealthy	Complete a personal food diary for a week and see what's healthy / unhealthy			
		Worksheet on food labels			
		Class workbook p.16 Design a menu			

Notes					

A Balanced Diet

We need to eat 4 different kinds of food every day.

Food gives us energy.
Food helps us to grow.

There are four main groups of food.



1. Cereal and potato



2. Fruit and vegetable



3. Milk group



4. Meat group

Matching Exercise

Bread roll

sausages

apple

cheese

yoghurt

chicken

fruit

meat

milk

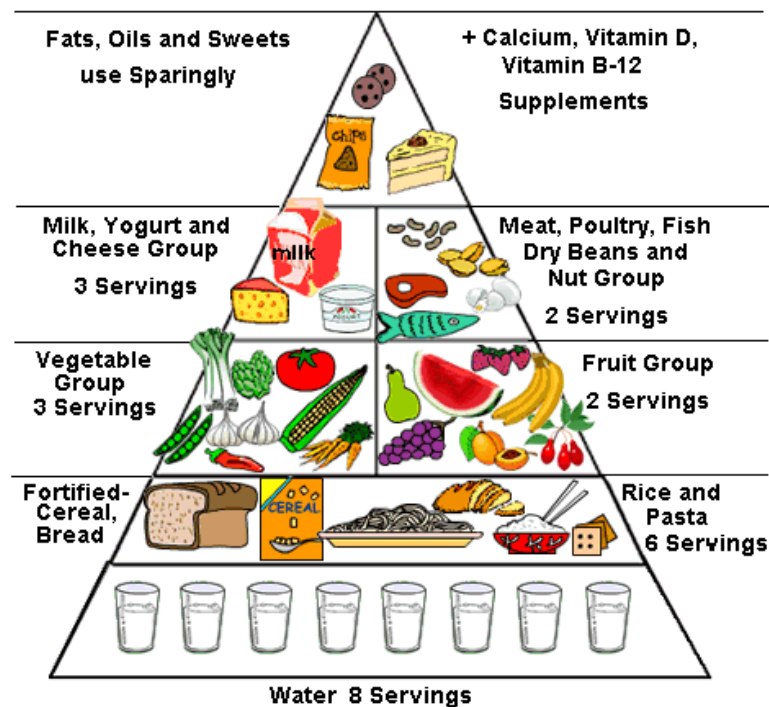
cereal

Write down one food in each group

Meat	Fruit and vegetable	Milk	Cereal

The Food Pyramid

If you eat a good diet, you will be healthy.



Meat and Fish-----2 portions every day

Milk -----3 portions every day

Fruit and vegetables -----5 portions every day

Cereals and bread----- 6 portions every day

My Food Diary (Sample)

Monday:

Breakfast
Lunch
Dinner

STEPS TO MAKING A SANDWICH

Ingredients

- _____
- _____
- _____
- _____
- _____
- _____



STEPS

First, I _____

Next, I _____

Then, I _____

Finally, I _____



PUT GLOVES ON



BUTTER THE BREAD



**PUT CHEESE ON THE
BREAD**



CUT THE TOMATO



PUT THE TOMATO ON THE CHEESE



PUT THE CHICKEN ON THE TOMATO



PUT THE PICKLE ON THE CHICKEN



CLOSE THE SANDWICH



CUT THE SANDWICH IN HALF





Down
Syndrome
Ireland

National Leadership Local Support