



Home Economics and Livelihood Education 4
Topic Outline

Academic Year 2015-2016
First Quarter

Subject Level: Grade 4

Subject Teacher: Estrelle Janina F. Montilla

- I. Keeping Oneself Clean and Healthy
- II. Materials for Cleanliness and Good Grooming
- III. How to Use Grooming Materials
- IV. Caring for Your Clothes
- V. Mending Clothes
- VI. Sewing Tools and Equipment
- VII. Kinds of Cloth (Cotton, Linen, Silk, Polyester, Wool, Nylon, Rayon, and Spandex)
- VIII. Good Sewing Habits

Practical exam: Stitches

Project: One-hand stitch pattern on a handkerchief



Home Economics and Livelihood Education 4
Topic Outline

Academic Year 2015-2016
Second Quarter

Subject Level: Grade 4

Subject Teacher: Estrelle Janina F. Montilla

- I. House and Home
- II. Parts of the House
- III. Maintaining Cleanliness and Orderliness in the House
- IV. Cleaning Materials and Their Uses
- V. Steps in Cleaning the Different Parts of the House
- VI. Using Resources Economically
- VII. Taking Care of One's Younger Siblings (Bathing, Dressing, Feeding, Playing, and Sleeping)

Practical exam: Taking care of one's younger siblings

Project: Rolled paper picture frame



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Topic Outline

Academic Year 2015-2016
Third Quarter

Subject Level: Grade 4

Subject Teacher: Estelle Janina F. Montilla

- I. Gardening
- II. Gardening Tools
- III. Taking Care of Gardening Tools
- IV. Proper Care of Plants
- V. Preparing a Gardening Plot
- VI. Actual Ornamental Gardening
- VII. Plant Checking

Project: Recycled magazine bracelet



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Topic Outline

Academic Year 2015-2016
Fourth Quarter

Subject Level: Grade 4

Subject Teacher: Estrelle Janina F. Montilla

- I. Dishwashing
- II. Table Setting
- III. Preparing Snacks for the Family (Ham Sandwich Making)
- IV. Guidelines for Kitchen Safety
- V. Simple Food Preparation Techniques

Practical exam: Table setting

Project: Paper flowers using old newspapers

References: Cochon, Camille. *Home Economic and Livelihood Worktext 4*. Quezon: JFC Publishing, Inc., 2006. Print.
Cagungun, Ester. *HELE for Young Homemaker 4*. Valenzuela: Jo-es Publishing House, Inc., 2009. Print.
Cosca, Virginia. *Building a Better Life 4*. Valenzuela: Jo-es Publishing House, Inc., 2007. Print.