



## **Home Economics and Livelihood Education 5**

### Topic Outline

Academic Year 2015-2016

First Quarter

Subject Level: Grade 5

Subject Teacher: Estrelle Janina F. Montilla

- I. An Ideal Kitchen
- II. Tools and Utensils Used in Cooking
- III. Taking Care of Utensils
- IV. Ways of Preparing Ingredients
- V. Table Setting
- VI. Preparing Snacks for the Family (Chicken Sandwich Making)

Practical exam: Table setting

Project: Patchwork Making



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## **Home Economics and Livelihood Education 5** Topic Outline

Academic Year 2015-2016  
Second Quarter

Subject Level: Grade 5

Subject Teacher: Estelle Janina F. Montilla

- I. Food Preservation
- II. Ways of Preserving Food
- III. Food Preserving through Pickling (Papaya Pickles)
- IV. Embroidery Stitches (Stem, Satin, Running, Backstitch, Fishbone, Blanket, Chain Stitch, Daisy, Seeding, and Whipped Running Stitch)

Practical exam: Embroidered handkerchief

Project: Embroidered handkerchief



## **Home Economics and Livelihood Education 5**

### Topic Outline

Academic Year 2015-2016  
Third Quarter

Subject Level: Grade 5

Subject Teacher: Estrelle Janina F. Montilla

- I. Gardening
- II. Gardening Tools
- III. Taking Care of Gardening Tools
- IV. Planning a Garden
- V. Actual Vegetable Gardening
- VI. How to Weave
- VII. Proper Care of Plants
- VIII. Plant Checking

Practical exam: Woven placemat

Project: Woven placemat



## **Home Economics and Livelihood Education 5**

### Topic Outline

Academic Year 2015-2016

Fourth Quarter

Subject Level: Grade 5

Subject Teacher: Estrelle Janina F. Montilla

- I. Sewing
- II. Parts of a Sewing Machine
- III. Taking Care of a Sewing Machine
- IV. Learning to Operate a Sewing Machine
- V. Cross Stitch
- VI. Hand Sewing Practices

Practical exam: Cross stitch

Project: Pillow case

- References: Del Castillo, Cleofe and Ventura, Ana. *Effective Home Economics and Livelihood Education 5*. Quezon: Adriana Publishing Co., Inc., 1999. Print.
- Flores, Cresencia. *Building a Better Life 5*. Valenzuela: Jo-es Publishing House, Inc., 2007. Print.
- Soriano, Nora and Basabas, Leonora. *Living and Learning in Home Economics 5*. Manila: Rex Book Store, 1994. Print.