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
Home Economics and Livelihood Education 5

Topic Outline

Academic Year 2015-2016
Second Quarter

Subject Level: Grade 5

Subject Teacher: Estrelle 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