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
Home Economics and Livelihood Education 4

Topic Outline

Academic Year 2015-2016
Third Quarter

Subject Level: Grade 4

Subject Teacher: Estrelle 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
Home Economics and Livelihood Education 4
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