



Grade LEVEL 10 - (HELE)
Topic Outline
SY 2021 - 2022

Teacher: Lianne Sugar Monato

1st Quarter

I. Housekeeping:

- Kitchen Organization
 - Importance of making the kitchen clean
 - Chemicals used in cleaning the kitchen
 - Organizing the Kitchen
 - Rice Cooker
 - Mise en Place

II. Cooking:

- Cooking in Rice Cooker
- Preparing Desserts

2nd Quarter

I. Handicraft:

- Macrame or Cross Stitch

II. Cosmetology:

- Nail Care and Nail Design

III. Fashion Design

- Principles and Elements of Design
- Kinds of Fabric, their uses and characteristics

