## Home Economics (Family and Consumer Sciences) Orientation Worksheet

Home Economics also called		is a field of study
that deals with the relationship be	tween individuals, fa	amilies, communities and
thein which	they live.	
It helps members of the	prepare for their	expected roles in the
society, it helps the family to	their home	es effectively.
The 3 major areas of Home Econo	omic studies in the C	Caribbean are:
1. Food, Nutrition & Health		
2	_	
3. Textiles, Clothing and Fash	nion	
Home Economics is an	part of the	which applies
knowledge from a variety of subje	ects notably the Natu	aral Sciences, Visual Arts,
Social Science and Mathematics,	to the management	of the environment,
clothing, food and nutrition, shelt	er,a	nd human relationships
within the family,	_and workplace.	
For developing countries like Tria	nidad and Tobago an	d the rest of the region
home economics education makes	s significant contribu	ntion towards family life
and stability as it exposes student	s to the fundamental	principles
of , health and no	utrition.	