



Home Economics COURSE OUTLINE

YEAR & SEMESTER	COURSE CODE	PREREQUISITE
Offered Every Semester	HE02	NONE

COURSE DESCRIPTION

In Islām, the pursuit of knowledge in areas such as home management, nutrition, finance, and other practical skills is highly encouraged as it aligns with the responsibilities and duties assigned to individuals in maintaining a harmonious and balanced family life while also emphasizing the value of lifelong learning and personal development. It is important for women to learn Home Economics as it equips them with essential life skills necessary for managing households efficiently, fostering family well-being, and contributing positively to their communities.

This practical course in Home Economics equips Ahmadi Muslim women with the essential lifelong skills applicable both personally and professionally. It covers home management topics including human development, personal & family finance, housing, interior design, food science, nutrition, wellness, textiles, & apparel. Students will gain proficiency in household budgeting, sewing, nutrition, cooking, & gardening - it's never too late to get started!

LEARNING OUTCOMES

Upon completion of this course, students will be able to:

- demonstrate proficiency in household budgeting, sewing, cooking nutritious meals, and gardening techniques.
- apply knowledge in managing homes, including human development, personal finance, housing, and textiles.
- develop essential life skills for effective home and family living, fostering overall well-being.
- utilize practical training to enhance personal, family, and community life.

COURSE OVERVIEW

Family Finances: Basic and crucial financial planning factors, insights on Jama'at Chanda, and practical budget preparation.

Clothing and Textiles: Room setup, safety measures, machine parts, and operations. Includes practical tasks like stitching, threading, cutting, and culminates in making an apron as a term project.

Foods & Nutrition: Safety, equipment use, measurements, & practical sessions on snacks, vegetable information, meal preparation, smoothies, and rice dishes.

Gardening: Gardening concepts, tools, garden planning, seasonal approaches including plant families, herbs, spices, and insights into indoor gardening.

LEARNING DELIVERY FORMAT & REQUIRED EQUIPMENT

- Online Learning
- Laptop or desktop computer with functional microphone