

Technology Education Key Learning Area
Knowledge Context - Technology and Living
Key Stage 3

Unit	Suggested Time allocation	Objectives	Themes
1. Introduction to Technology and Living / Home Economics	6%	Students should be able to: <ul style="list-style-type: none"> ● be aware of the nature and special features of the subject 'Technology and Living / Home Economics' ● be aware of the safe and hygienic practices in the special rooms 	
2. Health and Health Concerns	44%	Students should be able to: <ul style="list-style-type: none"> ● understand the principles of balanced diet ● identify broad guidelines for healthy eating ● discuss the nutritional requirements for different target groups ● plan meals and develop creative recipes for different target groups / occasions ● understand the nutritive value, types, storage, choice of food commodities ● understand the principles of food preparation and processing ● demonstrate a variety of food preparation techniques and cooking methods ● apply hygiene and safety measures in food preparation and processing ● choose and use kitchen equipment properly ● develop working habits and skills in organising work in food preparation 	<ul style="list-style-type: none"> ● What is Health? ● Meal Planning (I) ● Meal Planning (II) ● Meal Planning (III)
3. "Green" Designs	38%	Students should be able to: <ul style="list-style-type: none"> ● identify the characteristics, care and suitability of different fibres and fabrics ● choose and make use of suitable materials and resources for design and project work ● understand the importance of reusing and recycling resources for the sustainable development of our society ● apply the design cycle to create and develop fashion and textile products in meeting functional and aesthetic needs of a target group and occasion ● use appropriate principles and techniques in presenting design ideas ● choose and use sewing equipment and techniques in preparing fashion textile products ● develop a basic understanding of fashion business / apparel industry in Hong Kong ● develop fashion and dress sense through designing and selecting fashion and textile products ● develop working habits and systematic work practices in garment construction 	<ul style="list-style-type: none"> ● Sustainable Textile Products ● Being Fashionable ● From Design to Market

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4. Family Living and Resource Management	12%	Students should be able to: <ul style="list-style-type: none">● participate actively and responsibly as individuals and family members● promote and maintain harmonious relationships in the family● manage time, human and physical resources to make a quality home● take actions in conserving resources● plan and manage personal and family budget● make rational consumer decisions● understand the physical and functional properties of a range of materials, such as food commodities, fibres and fabrics	<ul style="list-style-type: none">● Family Relationship● Personal Finance and Family Budgeting● Materials and Resources Management● Consumer Studies

For Reference