

Book Preface

The aim of this book is to present in a practical manner the basic principles of Home Science. It is designed for high school and post high school students in various institutions of our society. Although concepts in home economics evolve with changes in the society and living standards, the basic underlying principles still apply. The student of home science will continue to need the fundamental knowledge and skills as presented in this book so as to achieve satisfying living conditions. The authors have carefully selected and covered concepts needed in the current 8-4-4 system of education. The following core areas in home science have been covered:

- (i) Home Management
- (ii) Childcare
- (iii) Laundrywork
- (iv) Foods and Nutrition
- (v) Consumer Economics
- (vi) Resource Management
- (vii) Clothing and Textiles

Recognising the complexity of today's social economic living, the book has attempted to bring out up to date concepts in home science. Consideration has been laid on students from rural as urban areas. This is the first time a comprehensive book has been written in home science by local home economists citing local examples, using local illustrations and having all core areas of home science. Including all the core areas in the book makes it cheaper for the buyer and convenient for the reader. The authors have drawn heavily on their many years of teaching experience at high school and post high school institutions for the selection of content and learning activities.