

Importance of Home Economics to individuals, family and the Nation

1. It teaches individuals money management.
2. It teaches people how to live a good, healthy and happy life in the family, community, nation and the world.
3. It prepares individuals for various career opportunities that are available in the different branches of Home Economics.
4. It prepares boys and girls for home-making.
5. It prepares people to use what they have (resources) to get what they want.
6. It teaches people how to care for themselves.
7. It teaches adolescents how to cope with challenges of adolescents.
8. It teaches individuals how to cook and serve healthy foods.

TO THE FAMILY

1. It teaches families how to **achieve** and maintain sound health.
2. Budgeting in Home Economics helps a family to manage their income wisely
3. It teaches families the different nutritional needs of the family.
4. It teaches the family how to tolerate and live happily with one another.
5. It prepares family members on how to take care of each other.
6. It teaches how a family can build wealth from the family resources.

TO THE NATION

1. Home Economics reduces unemployment in the society because it creates job opportunities.
2. It helps to improve the health of the masses through consumer education.
3. It focuses on improvement of family living. The family is the basic unit of the society and the nation. When the welfare of every family is improved, national development is promoted.
4. It promotes food security because it involves food production, processing and preservation.
5. Through family planning practices, Home Economics helps to prevent overpopulation.
6. Through the knowledge of Home Economics, domestic violence and drug abuse are minimized.

Home work

1. Who is a social worker?
2. State any three Home Economics related subjects in your area.