

JSS2 HOME ECONOMICS**FOOD PURCHASING**

It is defined as the act of buying food items.

Factors to consider when buying food

1. **Size of the family:** a family of three persons will require less food than a large family of ten.
2. Food preservation and storage facilities available to the family.
3. **Quality of food:** it is important to buy good quality foodstuff.
4. **Foods in season:** they are cheapest and at their best.
5. Money available to the family.
6. Buy non-perishable foods in bulk and store properly.
7. Avoid waste by purchasing just the foods which the family will eat.
8. Share bulk buying project with neighbours or friends whenever possible. For instance, a group can buy a basket of tomatoes and share.
9. **Where to buy food:** food can be purchased in open market, supermarket, etc.
10. **When to buy food:** for instance, some perishable foodstuffs such as meat and vegetables are best purchased in the mornings in the open markets in Nigeria.

WISE BUYING PRACTICES

1. Make a good shopping list
2. Keep to the shopping list when buying
3. Ensure that there are adequate storage facilities for the foodstuff to be purchased.
4. Buy foods that are in season
5. Check measurement e.g.cups and scales, when buying such foods as grains, pulses(maize, millet, rice, beans , etc) and garri.
6. Read labels on food containers such as canned foods, bottled fats and oil, etc. Check expiry dates, food content, weights, volume, etc.
7. Make bulk purchases whenever possible.
8. Compare values and prices in different stores and with different sellers.

Importance of buying good quality foodstuffs

1. Their nutrient content is still intact.
2. They keep well in storage
3. They are fresh and wholesome
4. They are not yet attacked by food spoilage organisms
5. They are appetizing and taste good
6. They are economical because there is little or no wastage.
7. They have good appearance

BULK PURCHASING

Bulk purchasing is the process of buying food items in large quantities.

Advantages of Bulk purchasing.

1. It saves time and energy
2. It is economical and saves money
3. It enables the homemaker to buy food in season
4. It ensures that food is always in the house.

Disadvantages of Bulk purchasing

1. Poor quality foodstuffs purchased in bulk will spoil in storage.
2. One kind of food purchased can become monotonous to the family diet.
3. Lack of proper storage and management of food can lead to wastage.
4. It can take much of the family income, and prevent purchase of other needed commodities.

FOOD PRESERVATION

Food preservation is the caring for or treating food in such a way that it will keep in good condition for a long period of time. A well preserved food can be stored for a longer period of time than a raw food.

Reasons for preserving food

1. When foods that are seasonal are preserved when in season, there will be availability of such foods even when they are out of season.
2. It is necessary to preserve food in order to prevent food spoilage.
3. When there is abundance of food, food can be preserved and sold the marketplaces.

Food preservation Methods

There are different methods of preserving food, they are:

1. **Solar or sun drying**: this is an effective way of preserving some vegetables, maize, beans, cassava, chips, yam chips, etc. The food is spread out under the sun in order to remove the water from the food
2. **Smoking**: foods like fish, meat and some root crops are preserved by smoking and can later be subjected to sun drying in most cases the foods are exposed to light smoke for preservation
3. **Freezing**: this is a method of preservation in which food is placed in a freezer so that it becomes frozen very quickly. Foods like tomatoes, fish, meat e t c can be preserved by freezing
4. **Canning**: this is a preservation of food by sealing it in airtight containers and applying heat. It is commonly used for fruits and many vegetables.

FOOD STORAGE

Food storage is defined as keeping preserved or purchased food in safe condition and suitable facility for use. Important considerations in food storage are:

- i. safety and quality of the food
- ii. effective use of simple storage facilities
- iii. proper storage of perishable and non-perishable foods

Perishable foods

Perishable foods are those foods that can spoil easily. Examples are fresh meat, fish, fruits, vegetables, milk and butter.

Hints on storage of perishable foods.

1. Fresh meat and fish can be stored in the freezer
2. Perishable foods can also be processed into forms that can store for fairly long periods. For instance, some vegetables and fruits can be dried, while fish and meat can be smoked.
3. Prolonged storage of fruits and vegetables in the refrigerator can cause some of them to lose their taste, colour, and nutritive values.

Non perishable foods

Non perishable foods are those foods that do not spoil easily. These can keep for a long time if stored properly. Non perishable foods include maize, rice, beans, flours, sugar, yam, etc. These foods can be bought in large quantities and stored outside the refrigerator.

Hints on storage of non perishable foods

1. Store food in dry and well covered containers
2. Foods such as beans, maize, soyabeans, etc can be stored for very long periods in air-tight plastic containers.
3. Store only foods that are free from weevils and other insects. Weevils are small insects which destroy grains and pulses e.g. maize, beans, rice, etc.

Importance of proper storage of food

1. It saves time and energy of going to the market always
2. It prevents loss of food nutrients
3. It prevents food from spoilage.
4. It helps the home maker to save money.

Food storage facilities

Preserved foods are stored in storage facilities. Good storage facilities is important for proper food storage. Storage facilities include plastic containers, food cupboards, shelves and racks, refrigerators and deep freezers.

1. Food store: it is a place for storing food. It is often part of the kitchen. A store with strong shelves is effective. The shelves provide extra storage space. The doors and windows should be fitted with wire gauze or nettings to prevent flies from entering.
2. Plastic food containers: these are available in different sizes, shapes and colours. They are light in weight, easily cleaned and portable. They often have lids and can be made airtight. They are suitable for storing:
 - i. Liquids such as palm oil.
 - ii. Flours e.g. cassava, yam, wheat, soya beans flour.
 - iii. Dried grains and pulses e.g. maize, beans, rice.
 - iv. Ground food ingredients e.g. egusi, ogbono.
 - v. Other non perishables such as sugar, salt, etc.
3. Food storage cupboards, cabinets and shelves: these are found in the modern kitchen, they provide storage space for crockery, small cooking utensils, etc. They are made with wood and there are some kitchen cupboards and shelves which are fitted to the kitchen wall. Dry food should be put in plastic containers before storing them in the cupboards, shelves and if perishable foods are to be stored temporarily in the cupboard or shelves, such foods should be properly covered.
4. Refrigerators and freezers: refrigeration is the process of keeping food cold often in a refrigerator. Food spoilage can be prevented by storing foodstuffs under cold conditions because food spoilage organisms are inactive under very cold conditions. Freezers are used for storing large quantities of frozen foods.

FAMILY HOUSE

In any family house there are different rooms or areas used for different purposes or functions. The rooms or areas of the family house that are furnished and used for different functions are called the functional areas or rooms of the house e.g dining room, sitting room, bedroom, toilet and bathroom.

SITTING OR LIVING ROOM

This is one of the functional areas in the home. It is used:

- i. As a relaxation centre for family members
- ii. For receiving and entertaining visitors.
- iii. As a place in the home for displaying family's pictures and other precious collection.
- iv. For social activities such as parties, meetings, etc.

Sitting room furniture

- i. A set of settee or chairs. These are available in different shapes, sizes and forms.
- ii. A coffee or centre tables.
- iii. Wall cabinet or room divider, book shelves
- iv. Optional items include television, radio, etc. These are not pieces of furniture.

DINING ROOM

This is the functional area of the home where the family members eat their meals. It can be a separate room or part of the sitting room. It is used:

- i. As a centre for family meals.
- ii. As a place for serving meals to visitors.

Dining room furniture

- i. Dining table
- ii. Chairs
- iii. Sideboard or cupboard for storing cutlery, glasses, table mats, linens, etc.

KITCHEN

This is a functional area in the home. It is used:

- i. As a centre for food storage.
- ii. As a centre for food preparation and cooking.
- iii. In some places families with large kitchens can serve and eat their meals in the kitchen

Different types of kitchen

- i. **Traditional kitchens:** these are common in rural areas and are characterized by the following:
 - a. they are built as separate units from the main house
 - b. the floor is commonly mud but some are concrete
 - c. The shelves or kitchen racks are commonly made of wood or bamboo
 - d. common fuels used are firewood charcoal or coal
 - e. the open drainage system is often used.
- ii. **Modern kitchens:** these are common with modern buildings, they are characterized by the following:
 - a. they are part of the main building and often next to the dining area or room
 - b. the floors are commonly concrete, terrazzo or tiled.
 - c. they have fixtures such as sink, tap, draining board, cabinets and shelves.

furniture and fixtures found in the kitchen

- i. storage cupboard with shelves
- ii. sink with draining board
- iii. kitchen table and chair
- iv. kitchen taps fitted to the sink
- v. Pestle and mortar

BEDROOM

This is another important functional area used for:

- i. Resting, lying down and sleeping
- ii. Storage of clothing and other important personal belongings of each family.
- iii. A dressing room and for keeping make- up, jewellery and other valuables.

Furniture found in the bedroom

- i. Bed
- ii. Cupboards or wardrobes for storage of clothes
- iii. Dressing mirror
- iv. Tables and stool, etc.

BATHROOM

It is a functional area where we take our bath. There are traditional and modern bathroom.

Traditional Bathroom

- i. It is built as a separate unit from the main house.
- ii. It usually has no roof
- iii. It is a small area that can be fenced with palm fronds, corrugated iron sheets or concrete or mud blocks
- iv. The floor can be bare with large pieces of stone or a large plank. It can also be concreted or gravelled.

Advantages of Traditional Bathroom

- i. It is simple and easy to build
- ii. It is cheap
- iii. It's location can easily be changed
- iv. It is built with locally available materials

Disadvantages of Traditional Bathroom

- i. It is not durable
- ii. It requires constant repair
- iii. It may not have proper drainage for waste matter.
- iv. It has an open roof therefore it is not suitable when it is raining
- v. It is separate from the house therefore it does not provide for privacy as people have to leave the main house each time they have to take their bath.

Modern Bathroom

This is often found in modern buildings.

- i. This is usually part of the main building
- ii. It normally has a bath tub with hot and cold water taps.

- iii. It can also be fitted with a shower.
- iv. It can be fitted with a shower curtain to prevent water from splashing on the floor.
- v. The bathtub is often made of irons, coated with enamel paint or porcelain finish.

TOILET

It is a functional area where people defecate and go to ease themselves. There are modern toilet or water closet toilet and the pit latrine or toilet.

Modern toilet

- i. It is normally part of the main house
- ii. It requires water for flushing out the waste matter, each time it is used.
- iii. The water closet is made up of the bowl with a seat and a fitting cover, a cistern or small water tank and a connecting pipe.

Advantages of water closet toilet

- i. It is hygienic. The waste matter is easily flushed away.
- ii. There are no faeces left in the toilet to attract flies.
- iii. It is very convenient to use
- iv. It is very comfortable to use

Disadvantages of water closet toilet

- i. It cannot be used without water.
- ii. It is more expensive to build than the other types of toilet
- iii. Only soft tissue paper can be used with W.C. Coarse paper such as newspaper can block it.

Traditional toilet

- i. It is made up of a pit covered with concrete slabs or strong planks and provided with an opening.
- ii. It should be built some distance away from the house but not near a water well.
- iii. The floor could be concrete, wooden or mud.
- iv. There is normally a roof which could be thatched or made of corrugated iron sheets.

Advantages

- i. It is not as expensive as modern toilet
- ii. It can be built with local materials
- iii. It does not require water for flushing
- iv. It does not require the use of only soft toilet tissue paper, old newspapers could be used.
- v. Items which can block the water system toilet (W.C) such as sanitary pads can be thrown into the pit latrine.

Disadvantages

- i. It cannot be a part of the main house
- ii. It often gives off bad smell
- iii. Flies and insects can easily breed in and around the pit latrine
- iv. Any well water near a pit latrine can easily be contaminated
- v. It is not durable. It can fill up easily especially when it is shallow.
- vi. A person can fall into a pit latrine
- vii. It is not hygienic and convenient

HOUSE CARE AND MAINTENANCE

Maintenance in the house involves the various processes of keeping the house and all the household equipment and tools in constant state of cleanliness and good repair. This will include the various acts of caring for the house e.g. dusters, sweeping, daily and weekly care, etc.

Reasons for the care and maintenance of the house.

- i. It is easier to keep things clean by regular attention than to make them clean after they have become very dirty.
- ii. Cleaning of very dirty articles causes more wearing to the materials being cleaned.
- iii. Cleaning of very dirty articles also takes more time than should be necessary.
- iv. Care and maintenance of the house promotes good health for family members.
- v. It makes the home beautiful, neat and inviting.

General guidelines for house care and maintenance.

- 1.** Always set apart some time for daily, weekly and seasonal cleaning of the house.
- 2.** Carry out daily, weekly and occasional cleaning of the different functional areas of the house.
- 3.** Use the correct house cleaning materials or agents for specific surfaces, such as abrasives like vim for scouring bath tubs.
- 4.** Use house and vacuum cleaning equipment and tools such as mops, brooms, cleaners properly. Keep them in proper repair.
- 5.** Store house cleaning equipment and materials properly and out of the reach of children.
- 6.** Different types of surfaces and objects in the house require different special types of care.e.g. floors, glass and wooden surface all require different types of care.
- 7.** Household waste should be properly disposed of on daily basis.

Types of Floor

1. Mud floor
2. Concrete floor
3. Terrazzo floor
4. Marble floor
5. Tiled floor
6. Wooden floor
7. Cork floor

Floor Coverings

Floor coverings are special materials used for covering the floor. There are different types of floor coverings such as mats, linoleum, carpet, rugs, etc.

Uses of floor coverings

1. They are used as decoration for the room.
2. They make a room warm and comfortable
3. They reduce noise from shoes
4. They protect the floor
5. They can be used to cover poorly finished floors.

EQUIPMENT AND MATERIALS FOR HOUSEHOLD MAINTENANCE

Equipment and materials for household maintenance are used for removing dust and dirt from various articles and surface in the home. There are different types of cleaning agents and equipment. Some agents are harmful to one type of surface but good for others. There are also many commercial cleaning agents, others can be home made.

Classes of Cleaning Agents

1. **Solvents:** they are substances which remove dirt by liquefying it and holding it in suspension e.g. water, grease solvents.
2. **Detergent:** synthetic detergents and soap. These emulsify grease. They aid the removal of grease and dirt.
3. **Abrasive cleaner:** clean by rubbing off dirt through friction, e.g. vim, sand paper.
4. **Alkaline cleaner:** combine readily with greasy dirt. They reduce the amount of rubbing needed for cleaning e.g. borax.
5. **Acidic cleaner:** can remove tarnish from copper e.g. vinegar, lemon or lime juice.
6. **Waxes:** they are in different forms and brands. They are used to protect surfaces and improve appearance.
7. **Polishes:** they are applied to surfaces, such as wood to improve appearance.

Home made Cleaning agents

Different materials can be obtained or produced in the home and used as cleaning agents. These include:

- i. Fine sand: this is used as an abrasive for cleaning pots. It should not be used on smooth surfaces to avoid scratching.
- ii. Edo powder: this is a yellow coloured substance that is common in Nigerian markets. It has a fine smooth texture. It can be used for cleaning ornaments such as copper, gold and brass.
- iii. Finely ground charcoal: this can be used for cleaning smooth metal surfaces.
- iv. Pawpaw leaves: fresh pawpaw leaves can be used for cleaning dirty galvanised pails and blackened aluminium pans and pots.
- v. Local sand paper leaves (Asisa leaves): these leaves have rough sandy surfaces. They can be used as abrasive for cleaning plain wood surfaces, blackened pots, etc.
- vi. Home made vim or scouring powder: materials needed for making this powder at home include eggshells, broken China ware (if available) and detergent powder.

Procedure for making home made abrasive

1. Grind the eggshells and pieces of chinaware into very fine powder.
2. Sift the mixture to ensure a smooth powder.
3. Mix the powder thoroughly with the detergent powder.
4. Store in a dry container with a good lid.

Guidelines for the use of cleaning agents

1. Choose the correct cleaning agent for the surface to be cleaned.
2. Read labels and instructions on commercial cleaning agents before use
3. Follow the directions carefully

4. Avoid wastage.
5. Store cleaning agents properly.
6. Keep away from the reach of children
7. Label all cleaning agents properly
8. Cover the cleaning agents properly.

SEAM

Seam is a line of stitching that joins two or more pieces of cloth.

Seam Finishes

Seam finishes are basic sewing processes used to neaten the raw edges of a seam, especially the open seam.

Types of Seam

1. Open or plain seam
2. French seam
3. Run and fell seam
4. Lapped seam

Advantages of Seam finishes

1. It prevents the raw edge from fraying
2. It prolongs the life of the article
3. It makes the finished work neat
4. It gives the finished work a professional look.

Seam finishing processes

1. **Pinking**: this is the process of neatening or finishing with pinking shears. It is suitable for bulky fabrics that do not fray.
2. **Overcasting**: this can be done with either hand or machine. It is suitable for all fabrics.
3. **Edge stitching**: this is machine finishing. It is very neat and strong. It is good for fabrics that fray.
4. **Zig-zag**: this is made with zig-zag attachment of the sewing machine.
5. **Bound seam finishing**: crossway or bias strips are used for this. It is suitable for heavy fabrics that fray easily.

Points to consider in choosing seam finishes

1. Type of fabric
2. The use to be made for the article
3. Position of the seam.

EDGE FINISHING

Edge finishing is the process of neatening the raw edge of articles or garments. Necklines, hems, or low edges, open seams, waist lines of garments and skirts require different types of finishes. The edge finishing processes include pinking, overcasting, edge stitching, zig zag finish and bond finishings.

Uses of Edge finishing.

1. To neaten the edge of the garment.
2. To secure the edge and prevent fraying of fabric
3. To decorate an edge e.g using bias binding for finishing necklines and armholes.

Points to consider in choosing an edge finishing

1. The type of material or fabric to be finished.
2. The shape of the edge to be finished
3. The purpose of the finishing e.g. the finishing can be for decoration as with some bound finishes.

FACINGS

It is a process of covering the raw edge or finishing it with a piece of fabric or cloth. It shows on only one side of the garment.

When facings are turned to the wrong side, they are not seen from the right side, it is known as inside facing or inconspicuous. When they are finished on the right side of the garment, it is called conspicuous or decorative facing.

Types of facing

1. Straight facing: this is used on straight hems or front of button through skirts.
2. Shaped facing: this is commonly used for armholes of sleeveless garments and necklines of collarless garments.

Uses of facings

1. For neatening a garment by covering the raw edges
2. To reinforce the garment edge and retain its shape
3. To decorate a garment, when it is applied on the right side.

HEM

A hem is usually made by folding the edge of a garment to the wrong side twice and sewing it up. Hems are made on the lower edges of blouses, skirts, gowns, trousers, etc.

Uses of Hem

1. It is used to finish the edge of the garment
2. It helps the garment to hang well
3. It improves the style and appearance of a garment
4. It can be used to decorate a garment

Types of Hem

1. Straight hem
2. Shell hem