



Davao del Sur State College
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Home Economics Literacy

Version 2

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PREFACE

Home Economics Literacy is a vital component of education that equips individuals with the essential knowledge, practical skills, and values needed for effective and responsible daily living. It emphasizes the development of competencies that enable individuals to make informed decisions, manage resources wisely, and contribute positively to their families and communities. More than just a study of household tasks, Home Economics Literacy integrates critical thinking, problem-solving, and social awareness, making it highly relevant in today's rapidly changing world. This course provides an overview of the Home Economics discipline, including its philosophy, areas of specialization, and its significant role in societal development.

This course explores the history and philosophy of Home Economics, helping learners understand its origins, evaluation, and guiding principles. It highlights how the discipline has continually adapted to meet the needs of individuals and families in different social and economic contexts. By examining its philosophical foundations, students gain a deeper appreciation of its purpose in promoting holistic development and sustainable living.

In addition, the course introduces the various areas of specialization within Home Economics, such as food and nutrition, clothing and textiles, family and human development, and household resource management. It also presents a range of career opportunities related to these fields, allowing students to see the practical and professional applications of Home Economics Literacy. These areas demonstrate how the discipline supports both personal growth and career readiness.

Furthermore, the course examines the relationship between family life and society, recognizing the family as the basic unit of social structure and development. It underscores the importance of maintaining healthy relationships, strong values, and responsible roles within the family. The course also focuses on effective household resource management, including the proper use of time, money, and energy. Overall, this course aims to develop individuals who are competent, resourceful, and socially responsible in improving their quality of life and contributing to societal well-being.

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