**Year 12 - HOME ECONOMICS :WEEK 1**

**STRAND 1: HEC 12.1 SUBSTRAND: HEC 12.1.2 RESOURCES**

**CLO: HEC 12.1.2.1 Analyze sustainable use of family resources at home.**

**LESSON 56**

**Man-made resource** refers to something that is created by humans e.g. Money/Wealth, houses, cars, businesses. Money is an asset that gives people power to accomplish economic goals. It is often regarded as a medium that can be exchanged for goods and services.

**EXAMPLES OF MAN MADE RESOURCES**

**1. HOUSES:**

Housing is any structure built for people to live in; comes in many shapes and forms, that meet certain federal regulations.

2. CARS is a wheeled, self-powered motor vehicle used for transportation. Today automobiles and vehicles have a significant role to play in society.

3. Business is an organization or economic system whereby goods and services are exchanged for one another or for money. Businesses can be privately owned, not-for-profit or state-owned.

4. Wealth is referred to as the abundance of valuable resources or valuable material possessions. This includes tangible items such as jewelry, housing, cars, and other personal property.

Physical needs are the most basic human needs because they are essential for survival. It includes shelter, water, food and rest Sometimes called basic needs or primary needs.

Psychological needs are related to the mind and feelings that must be met in order to live a satisfying life.

**Natural Resource** is anything obtained from the environment to satisfy human needs and wants. It can also be described as materials or substances such as minerals, forests, water, and fertile land that occur in nature and can be used for economic gain.

**EXAMPLES OF NATURAL RESOURCES**

1. Land is any part of the earth's surface not covered by a body of water; the part of the earth's surface occupied by continents and islands.

2. Farms comprise of an area of land and its buildings used for growing crops and rearing animals, typically under the control of one owner or manager.

3. Plants

Fiber from leaves of the pandanus tree; used for woven articles (such as mats).

4. Water Reed

When harvested, dried, flattened, and woven into a mat, Kuta becomes very valuable for special occasions, and they make traditional gifts during weddings and funerals in Fiji.

5. Bamboo is a kind of grass appears as a round, hollow, fibrous stalk, which is green and grows straight up.

6. Soil (pottery) is nothing more than soil clay that has been mined, cleaned up, dispersed, sieved into its finer particles, and settled out to be used.

7. SKILLS

i. Weaving - palm fronds or the long fibrous pandanus leaves are vital construction materials in Fijian culture.E.g. the traditional bure and pandanus mats are woven into floor coverings, bedrolls, fans and baskets. They are considered an important element in the wealth of the Fijian family.

ii. Printing is the process of applying color to fabric in definite patterns or designs.

iii. FARMING is a tract of land cultivated for the purpose of agricultural production. The business, art, or skill of agriculture.

**LESSON 57**

Farming methods

A. Dry farming - a system of growing crops in arid or semiarid regions without artificial irrigation, by reducing evaporation and by special methods of tillage

B. Ley farming - the field is alternately used for grain or other cash crops for a number of years and "laid down to ley" i.e. left fallow, used for growing hay or used for pasture for another number of years. After that period, it is again ploughed and used for cash/field crops.

C. Mixed farming is when on a farm along-with crop production, some other agriculture based practice like poultry, dairy farming or bee keeping etc. is adopted.

D. Subsistence farming is self-sufficiency farming in which the farmers focus on growing enough food to feed themselves and their families. The typical subsistence farm has a range of crops and animals needed by the family to feed.

E. Tank farming another name is Hydroponics. It is a method of growing plants using mineral nutrient solutions, in water, without soil. Terrestrial plants may be grown with their roots in the mineral nutrient solution only.

F. Trash farming - a method of cultivation in which the soil is loosened by subsurface tillage or other methods that leave stubble and other vegetation residues on or near the surface to check erosion.

iv. Pottery

Each district has its own distinct signature in its pottery style. The clay is first kneaded, and then sand is added to control shrinkage and to improve the texture. The mixture is left to dry for a short period before being worked into its final form.

v. Craftworks

* One of Fiji's most famous craft works is the beautiful tapa cloth which is used in ritual ceremonies and worn as a traditional item of clothing.
* The stenciled decorations on the Fijian tapa cloth are unique to the village or family of origin.
* Baskets, fans, hats, mats and many other Fijian craft items are woven using pandanus and coconut palms, which is softened and slit into ribbons ready for weaving.
* Fijian woodcarvers are also considered to be among the best in the South Pacific, particularly those in the Lau Group and produce objects such as the tanoa – the bowl used to prepare kava (a ceremonial drink).

**LESSON 58**

WAYS OF SAVING RESOURCES SUCH AS MONEY

1. Budget - an estimate of income and expenditure for a set period of time.

Purpose since budgeting allows you to create a spending plan for your money, it ensures that you will always have enough money for the things you need and the things that are important to you.

2. Shopping list is a list of items needed to be purchased by a shopper. Consumers often compile a shopping list of groceries to purchase on the next visit to the grocery store.

Purpose is to make your grocery shopping as efficient and pleasant as possible. It keeps you on focus in the grocery store and tells you exactly what you need.

3. Window shopping - when one visits a store or mall to admire goods rather than to purchase them. Window shopping is defined as looking at items that are for sale just to enjoy looking with no intent to buy.

4. Savings Plan - the act, system, or business of providing financial protection for property, life, health, etc., against specified contingencies, such as death, loss, or damage, and involving payment of regular premiums in return for a policy guaranteeing such protection e.g. an Insurance scheme.

Purpose

* Helps you in times of need financially
* You get certain amount of money when there is death in the family
* Becomes very helpful when there are damages to your properties when insured.

5. Money box - a closed container in which money is kept, especially one with a hole in the top through which coins can be pushed.

Purpose

This can help prevent them from developing extravagant spending habits or falling into the trap of living beyond their means through credit cards.

LESSONN 59

BACKYARD GARDENING

Backyard gardening can inspire one to take an interest in the origins of his or her food and make better choices about what he or she puts on the plate.

WAYS OF CONSERVING LOCAL RESOURCES

1. Through advocacy and educational awareness, the community is made aware of the benefits for ongoing conservation of such resources.

For example:

a. The people of Kabara in the Lau group developed management plan and facilitated suitable Vesi conservation intervention programs such as replanting, seed banks, wood skills diversification and effective marketing of sustainable handicrafts.

b. Traditional tabu areas hold an important role in fishing conservation in Fiji. Invoking a tabu remains the dominant local form of marine conservation, for “small, inshore, or coastal tabu areas overseen by individual villages and opened periodically at the discretion of the village chief”.

. IMPARTING SKILLS TO THE YOUNGER GENERATION

Traditional knowledge is passed on from one generation to the other through storytelling, chants, songs and dances and art.

3. BUILDING ON EXISTING KNOWLEDGE

Younger generations are encouraged to supplement and build on the Knowledge that is already there. E.g. adding a contemporary version to the original or traditional version. This will allow for creativity within one’s self.

**LESSON 60**

**REVISION QUESTIONS**

1. Describe the following types of resources:

a. Man- made resources b. Natural resources

2. Discuss ways of conserving the following resources:

a. Money b. Land/farms c. Skills

3. List three ways of saving resources.

4. State one advantage of shopping list.

5. Discuss how money can help people accomplish economic goals.

6. Differentiate between tank farming and trash farming.

7. Identify and discuss **two** ways of saving resources such as money.

8. Differentiate between physical and psychological needs.

9. Explain one way you can contribute to the sustainability of natural resources within your community.

10. Explain how traditional knowledge on resource management can be imparted from one generation to another.