

# SECONDARY RESOURCES FOR CCEA 2026



# HOME ECONOMICS



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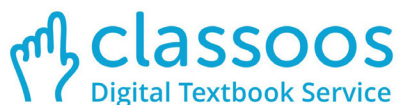


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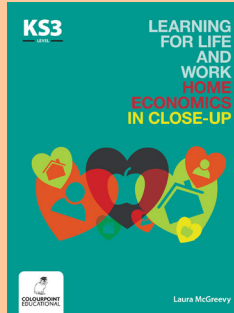
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# HOME ECONOMICS RESOURCES FOR CCEA

KEY STAGE 3  
textbook, eBook  
and digital  
resource

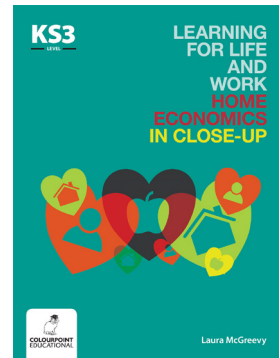




# HOME ECONOMICS FOR CCEA KEY STAGE 3

Laura McGreevy

- Covers the theory for **all three years** of Home Economics at KS3. Illustrated in **full-colour**.
- Designed for use with an accompanying digital resource.
- Addresses all of the **Statutory Requirements** outlined by the **NI Curriculum**.
- Covers the **Cross-curricular Skills, Thinking Skills and Personal Capabilities**.
- Addresses the **Core Competences** identified by the **British Nutrition Foundation, Food Standards Agency and Public Health England**.
- Divided into individual, **stand-alone units**, allowing teachers to choose the most appropriate order to progress through the material.
- Contains activities appropriate for a **range of ages and abilities**.
- Incorporates current legislation, facts and figures.
- Specifically designed as a building block for both the CCEA Entry Level and CCEA GCSE courses.



## Contents:

- **Healthy Eating** – Hygiene and safety; Equipment; Food storage; Food preparation methods; Cooking methods; Food poisoning; Leftover food; The Eatwell Plate; Eight tips for making healthier choices; Breakfast; Fat; Sugar; Fibre; Water; Modifying recipes; Nutrition through life; Vegetarianism; Food allergies and intolerances; Osteoporosis; Iron deficiency anaemia; Obesity; Coronary heart disease; Factors affecting our food choice; Food around the world; Labelling
- **Independent Living** – Consumerism; Responsible consumers; Factors that influence consumers; Different types of food production; Shopping options; Online shopping; Budgeting; Super savers; Methods of payment; Legislation; Making a complaint; Consumer organisations
- **Home and Family Life** – Different types of families; Roles and responsibilities; Dealing with conflict; Parenting; Changing needs of family members

**£10.99** ISBN: 978 1 78073 089 9



# HOME ECONOMICS DIGITAL RESOURCE FOR CCEA KEY STAGE 3

Laura McGreevy

- An accompanying digital resource (in USB 'pen drive' format) of **additional worksheets** in PDF format.
- The digital resource and book are intended to be used **together** and/or displayed on a whiteboard.
- One copy can be used in a whole school.
- The digital resource includes at least one **pupil worksheet** for every lesson.
- Contains additional **exercises, research activities, surveys, quizzes** etc.



Sample pages

HOME ECONOMICS  
HOME AND FAMILY LIFE

DEALING WITH CONFLICT  
CASE STUDIES

Read the case studies that follow and complete the tables beside each.

**CASE STUDY 1**

Lara is three and is a handful to take shopping! On many occasions she has screamed loudly when her trolley used to be loading sweets. As a result, Lara often refuses to shop but then she will be grumpy outside. At home, she will kick up her heels and sometimes she throws her food around at mealtimes. This is causing a bit of stress at home and Lara's brother and other siblings that are girls of the same age from their parents.

What is the conflict/issue here?

**CASE STUDY 2**

Matthew is 13 and likes to get his own way! He is bullying a girl in class and the teachers. Because they do not have to be in the school, Matthew says on a school trip, Matthew looks out for the teacher and if the teacher is allowed to stay out until later. Matthew has been getting a headache at school recently because he has missed several homeworks and his teacher and parents are worried that he will be in trouble. This is causing a bit of anxiety and tension at home.

What could have caused this conflict?

**CASE STUDY 3**

Angela is a mother of three children and she works full time. She has to get up early every day and Angela works night shifts so that she is there during the day to look after her children. At night Angela's mother or sister come to the children. Because Angela has to work full time, she has to take care of the children on her own. She has been getting a bit of things recently and has been sleeping at her children. She has been getting a bit of things recently and she is busy looking after her children. She is in a hurry to get up and she has to look after the children on her own.

How can this be resolved?

HOME ECONOMICS  
HEALTHY EATING

SUGAR  
DIFFERENT TYPES OF SUGAR

Complete the paragraph below by filling in the blank spaces.

We know that many foods are high in sugar such as ..... The sugar in these foods and drinks is known as ..... sugar, because we know it's there. However, did you know that there are also 'invisible' or 'hidden' sugars? These sugars are often found in ..... foods such as .....

Match the definition to the type of sugar and give two examples for each type.

**Intrinsic**

These are sugars which are found outside the cell wall of foods such as milk or honey. These sugars can be divided into:

- Milk sugars (.....)

Examples: .....

**Extrinsic**

These are sugars that are found naturally within the cell wall of foods such as .....

Examples: .....

Digital Resource: **£79.99** + VAT ISBN: 978 1 78073 127 8



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# ARRANGE A SCHOOL VISIT

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Phone: **028 9182 0505** (048 from Rol)

Email: **denise.martin@colourpoint.co.uk**

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                     Jubilee Business Park,  
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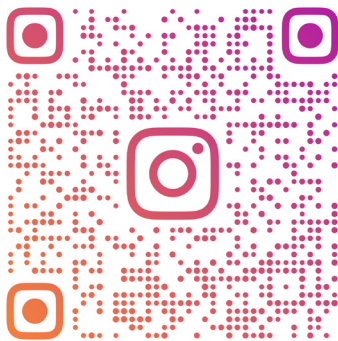


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