

Welcome to Home Economics!

This semester we will be learning some new skills in sewing and cooking and hopefully treating our families to some tasty samples! The first part of the course will be an introduction to hand and machine sewing and will include an apron as part of a sewing project. If your child already has an apron, they could make one for a sibling or family member instead. The second half of the course will cover various aspects of cooking, baking and safety in the kitchen. I look forward to working with your child each week and enjoying their creations along the way!

See you in August,

Fiona Ingham

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Home Economics Supplies

3-ring binder with paper

3 page protectors

Writing supplies – pencil, eraser, etc...

Sewing Supplies (please bring sewing kit on the first day)

½ yard cotton fabric suitable for an apron**

1 pkg double fold bias tape, either matching or contrasting to the fabric (extra wide bias tape will make sewing a little easier for younger students)

Basic sewing kit including:

- Scissors that can cut fabric
- Pins and pincushion (or a container to keep them in)
- Needles for hand sewing
- Measuring tape
- 5+ Buttons for practicing (a variety of sizes and types would be preferred)

**I will provide white and blue or black thread on the sewing machines. Please have your child select fabric and bias tape that would match these thread colors.

Baking/Cooking Supplies (I will let you know when these will be needed)

Container with lid to bring food home

Small loaf pan

9 x 9 pan