

**Kto12 BASIC EDUCATION CURRICULUM
 JUNIOR HIGH SCHOOL TECHNOLOGY AND LIVELIHOOD EDUCATION AND SENIOR HIGH SCHOOL TECHNICAL-VOCATIONAL LIVELIHOOD TRACK
 HOME ECONOMICS – HOUSEHOLD SERVICES**

These are the list of specializations and their pre-requisites.

	Specialization	Number of Hours	Pre-requisite
1.	Animal Production (NC II)	480 hours	
2.	Aquaculture (NC II)	320 hours	
3.	Artificial Insemination (Ruminants) (NC II)	160 hours	Animal Production
4.	Artificial Insemination (Swine) (NC II)	160 hours	Animal Production
5.	Crop Production (NC I)	320 hours	
6.	Fish Nursery Operation (NC II)	160 hours	
7.	Fish or Shrimp Grow Out Operation (Non NC)	160 hours	Aquaculture
8.	Fish Wharf Operation (NC I)	160 hours	Fish or Shrimp Grow Out Operation
9.	Food (Fish) Processing (NC II)	640 hours	
10.	Horticulture (NC II)	640 hours	
11.	Landscape Installation and Maintenance (NC II)	320 hours	Crop Production
12.	Organic Agriculture (NC II)	320 hours	Crop Production
13.	Pest Management (NC II)	320 hours	Crop Production
14.	Rice Machinery Operation (NC II)	320 hours	Crop Production
15.	Slaughtering Operation (NC II)	160 hours	Animal Production
1.	Beauty/Nail Care (NC II)	160 hours	40 hours of the subject during exploratory Grade 7/8
2.	Attractions and Theme Parks (NC II)	160 hours	
3.	Bread and Pastry Production (NC II)	160 hours	
4.	Caregiving (NC II)	640 hours	40 hours of the subject during exploratory Grade 7/8
5.	Cookery (NC II)	320 hours	40 hours of the subject during exploratory Grade 7/8
6.	Dressmaking (NC II)	320 hours	
7.	Food and Beverage Services (NC II)	160 hours	
8.	Front Office Services (NC II)	160 hours	40 hours of the subject during exploratory Grade 7/8
9.	Hairdressing (NC II)	320 hours	
10.	Handicraft (Basketry, Macrame) (Non-NC)	160 hours	
11.	Handicraft (Fashion Accessories, Paper Craft) (Non-NC)	160 hours	
12.	Handicraft (Needlecraft) (Non-NC)	160 hours	
13.	Handicraft (Woodcraft, Leathercraft) (Non-NC)	160 hours	
14.	Household Services (NC II)	320 hours	40 hours of the subject during exploratory Grade 7/8
15.	Housekeeping (NC II)	160 hours	
16.	Tailoring (NC II)	320 hours	40 hours of the subject during exploratory Grade 7/8
17.	Tour Guiding Services (NC II)	160 hours	
18.	Tourism Promotion Services (NC II)	160 hours	
19.	Travel Services (NC II)	160 hours	
20.	Wellness Massage (NC II)	160 hours	

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	Specialization	Number of Hours	Pre-requisite
1.	Computer Hardware Servicing (NC II)	320 hours	
2.	Animation (NC II)	320 hours	
3.	Computer Programming (NC IV)	320 hours	
4.	Contact Center Services (NC II)	320 hours	
5.	Illustration (NC II)	320 hours	
6.	Medical Transcription (NC II)	320 hours	
7.	Technical Drafting (NC II)	320 hours	
1.	Automotive Servicing (NC I)	640 hours	
2.	Carpentry (NC II)	640 hours	
3.	Consumer Electronics Servicing (NC II)	640 hours	
4.	Electrical Installation and Maintenance (NC II)	640 hours	
5.	Masonry (NC II)	320 hours	
6.	Plumbing (NC I)	320 hours	
7.	Plumbing (NC II)	320 hours	Plumbing (NC I)
8.	Refrigeration and Airconditioning Servicing (NC II)	640 hours	
9.	Shielded Metal Arc Welding (NC I)	320 hours	
10.	Shielded Metal Arc Welding (NC II)	320 hours	Shielded Metal Arc Welding (NC I)
11.	Tile Setting (NC II)	320 hours	

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HOME ECONOMICS – HOUSEHOLD SERVICES
Grade 7/8 (Exploratory)

Course Description:

This is an exploratory and introductory course that leads to **Household Services** National Certificate Level II (NC II). It covers **six** common competencies that a **Grade 7/Grade 8** Technology and Livelihood Education (TLE) student ought to possess, namely: 1) using and maintaining tools, equipment, and paraphernalia; 2) performing mensuration and calculation; 3) interpreting diagrams layouts and plans; 4) practicing Occupational Health and Safety; 5) participating in workplace communication; and 6) working in a team environment. The preliminaries of this exploratory course include the following: 1) discussion of the relevance of the course, 2) explanation of key concepts relative to the course, and 3) exploration of career opportunities.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
Introduction 1. Basic concepts in Household Services (HS) 2. Relevance of the course 3. Career opportunities	The learners demonstrate an understanding of basic concepts and theories in HS	The learners independently demonstrate common competencies in HS as prescribed in the TESDA Training Regulation	<i>The learners:</i> 1. explain basic concepts in HS 2. discuss the relevance of the course 3. explore career opportunities for HS	
PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)				
1. Assessment of Personal Entrepreneurial Competencies and Skills (PECs) vis-à-vis a practicing entrepreneur/employee 1.1. Characteristics 1.2. Attributes 1.3. Lifestyle 1.4. Skills 1.5. Traits 2. Analysis of PECs in relation to a practitioner	The learners demonstrate an understanding of one's PECS	The learners recognize his/her PECs and prepare an activity plan that aligns with that of an HS practitioner/entrepreneur	LO 1. Recognize PECs needed in Household Services. 1.1. assess one's PECs: characteristics, attributes, lifestyle, skills, traits 1.2. assess practitioner's PECS: characteristics, attributes, lifestyle, skills, traits 1.3. compare one's PECS with those of a practitioner /entrepreneur 1.4. align one's PECS with those of a practitioner/entrepreneur	TLE_7/8PECS-00-1
ENVIRONMENT AND MARKET (EM)				
1. Key concepts of Environment and Market 2. Products and services available in the market 3. Differentiation of products and services	The learners demonstrate an understanding of environment and market in relation to a career choice in HS	The learners independently generate a business idea based on the analysis of environment and market in HS	LO 1. Generate a business idea that relates with a career choice in Household Services 1.1. conduct SWOT analysis 1.2. identify the different products/services	TLE_7/8EM-00-1

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
4. Customers and their buying habits 5. Competition in the market 6. SWOT analysis			available in the market 1.3. compare different products/services in computer hardware servicing business 1.4. profile potential customers 1.5. profile potential competitors 1.6. generate potential business idea based on the SWOT analysis	
LESSON 1:USE AND MAINTAIN CLEANING MATERIALS, TOOLS, AND EQUIPMENT (UT)				
1. Types and uses of cleaning tools, equipment, supplies, and materials	The learners demonstrate an understanding of the use and maintenance of cleaning tools and equipment in HS	The learners independently use and maintain cleaning tools and equipment in HS according to standard procedures	LO 1. Use appropriate cleaning tools, equipment, supplies, and materials 1.1 use appropriate cleaning tools and equipment properly 1.2 prepare appropriate supplies and materials for cleaning 1.3 follow instructions in handling different cleaning tools, equipment, and supplies 1.4 observe safety measures/precautions in cleaning tools	TLE_HEHS7/8UT-0a-1 EASE TLE_HE

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
2. Maintenance and storage of cleaning tools and equipment 3. Types of chemicals for cleaning and sanitizing tools and equipment			LO 2. Maintain cleaning equipment 2.1 maintain and store cleaning materials, tools, and equipment safely in designated positions and areas 2.2 sanitize cleaning tools and equipment according to manufacturer’s instructions	TLE_HEHS7/8UT-0a-2 EASE TLE_HE
LESSON 2: PERFORM MENSURATION AND CALCULATION (MC)				
1. Conversion of weight, time, temperature, and space measurements 2. Ratio and proportion 3. Substitution of ingredients or chemical solutions 4. Computation of work schedules or housekeeping bill	The learners demonstrate an understanding of performing mensuration and calculation applied to HS	The learners independently perform mensuration and calculation applied to HS	LO 1. Carry out measurements and calculations of required tasks 1.1 convert systems of measurement according to task requirement 1.2 perform ratio and proportion based on the required task 1.3 substitute ingredients or chemical solutions according to recipe/task requirement 1.4 compute work schedules or housekeeping bill based on policy	TLE_HEHS7/8MC-0a-1
LESSON 3. INTERPRET DIAGRAMS, LAYOUTS, AND PLANS (ID)				
1. Alphabet of lines 2. Architectural symbols 3. Diagrams and layouts	The learners demonstrate an understanding of diagrams, layouts, and plans relative to HS	The learners interpret diagrams, layouts, and plans relative to HS	LO 1. Read and interpret diagrams, layouts and plans 1.1 read and interpret architectural symbols, diagrams, and layouts	TLE_HEHS7/8ID-0b-4

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			1.2 determine parts and functions of cleaning equipment and room layout	
LESSON 4: PRACTICE OCCUPATIONAL HEALTH AND SAFETY PROCEDURES (OS)				
1. Safety regulations 1.1. Clean Air Act 1.2. Building Code 1.3. National Electrical and Fire Safety Codes 1.4. Ph OSHS	The learners demonstrate an understanding of compliance with regulatory and organizational requirements for occupational health and safety in HS	The learners independently complies with the regulatory and organizational requirements for occupational health and safety in HS	LO 1. Identify hazards and risks in the workplace 1.1 explain the safety regulations and safety hazard control practices and procedures applied to HS	TLE_HEHS7/8OS-0c-d-5
2. Types of Hazard/Risk 2.1. Physical 2.2. Biological 2.3. Chemical 3. Ergonomics 3.1. Psychological factors 3.2. Physiological factors 4. Contingency Measures 4.1. Evacuation 4.2. Isolation 4.3. Decontamination			LO 2. Evaluate hazards and risks 2.1 classify the types of hazard/risk according to physical, biological, and chemical 2.2 describe the effects of ergonomics in the workplace 2.3 perform basic contingency measures such as evacuation, isolation, or decontamination drills	TLE_HEHS7/8OS-0e-f-6
5. Occupational Health and Safety (OSHS) Procedures 6. Workplace Emergencies 7. Personal Protective Equipment (PPE) 7.1. Mask 7.2. Gloves 7.3. Goggles 7.4. Apron			LO 3. Control hazards and risks 3.1 explain occupational health and safety procedures and emergencies in the workplace 3.2 use PPE correctly in accordance with OHS	TLE_HEHS7/8OS-0e-f-7

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
7.5. Hairnet			procedures and practices	
8. Emergency-related drills and training 8.1. Fire drill 8.2. Earthquake drill 8.3. Basic life support/CPR 8.4. First Aid 8.5. Spillage control 8.6. Disaster preparedness 9. Occupational Health and Safety Personal Records 9.1. Medical/Health records 9.2. Incident reports 9.3. Accident reports			LO 4. Maintain OHS awareness 4.1 conduct emergency-related drills and trainings 4.2 analyze the different OHS personal records	TLE_HEHS7/8OS-Oe-f-8
LESSON 5: PARTICIPATE IN WORKPLACE COMMUNICATION (PW)				
1. Concepts of Communication 1.1 Communication process 1.2 Barriers to communication 1.3 Verbal and Nonverbal communication 2. Sources of Information 3. Medium used in transferring information and ideas 4. Storing, filing and managing of information and forms 5. Workplace interactions and protocols	The learners demonstrate an understanding of the importance of obtaining and conveying information in the workplace	The learners independently obtains and conveys information in household services according to standard procedures	LO 1. Obtain and convey workplace information 1.1 explain the concepts of communication and its process 1.2 apply ways to generate information 1.3 identify the different media used in disseminating information and ideas 1.4 perform the procedures in storing, filing, and managing	TLE_HEHS7/8PW-0g-j-9

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			information and forms 1.5 observe workplace interactions and protocols based on organization and industry standards	
6. In- and off-house policy management 7. Conducting a meeting			LO 2. Participate in workplace meetings and discussions 2.1 explain in- and off-house policy management 2.2 simulate workplace meetings and discussion	TLE_HEHS7/8PW-0g-h-10
8. Basic documents and forms used in the front office/desk 9. Records managements 10. Basic mathematical processes			LO 3. Complete relevant work related documents 3.1 identify and accomplish basic documents and forms used in HS 3.2 perform effective record management and mathematical process	TLE_HEHS7/8PW-0g-h-11
LESSON 6: WORK IN TEAM ENVIRONMENT (WT)				
1. Basic concepts of team and team building 1.1 Role and objective of the team 1.2 Standard operating and/or other workplace	The learners demonstrate an understanding of working as a member of a team	The learners independently works as member of a team	LO 1. Describe team role and scope 1.1 explain the basic concepts of team and team building	TLE_HEHS7/8WT-i-j-12

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
procedures 1.3 Team structure 2. Inter- and intra-personal relationship with guests and colleagues			1.2 including its role and objective 1.3 perform one’s role, objective, and workplace procedure as a member of a team 1.4 practice inter- and intra-personal relationship among guests and colleagues	
3. Workplace context 3.1 Conditions of work environments 3.2 Employer-employee relationships and work agreements 3.3 Safety, environmental, housekeeping, and quality guidelines			LO 2. Work as a team member 2.1 explain the conditions of work environment 2.2 practice safety, good housekeeping, and quality guidelines in the workplace	TLE_HEHS7/8WT-0i-j-13

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HOME ECONOMICS – HOUSEHOLD SERVICES
(160 hours)

Course Description:

This curriculum guide for **Household Services (HS)** leads to National Certificate Level II (NCII). This course is designed for a high school student who ought to develop the knowledge, skills, and attitudes related to the performance of HS. It covers core competencies, namely: 1) cleaning the living room, dining room, bedrooms, toilet, and kitchen; and 2) washing and ironing clothes, linen, and fabric.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
Introduction 1. Core concepts in Household Services (HS) 2. Relevance of the course 3. Career opportunities	The learners demonstrate an understanding of core concepts and principles in HS	The learners independently demonstrate competencies in HS as prescribed in the TESDA Training Regulation	The learners: 1. explain core concepts in Household Services 2. discuss the relevance of the course 3. explore opportunities for a career in HS	
CONCEPT REVIEW				
PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)				
1. Dimensions of Personal Entrepreneurial Competencies (PECs) 1.1 Three Clusters of PECs (Achievement, Planning, Power Clusters) 1.2 Characteristics 2. Assessment of Personal Competencies and Skills (PECs)	The learners demonstrate an understanding of PECs' dimensions and characteristics	The learners recommend specific strategies to improve 'weak' areas and sustain 'strong' areas of their PECs.	LO 1. Assess Personal Entrepreneurial Competencies 1.1 explain dimensions/clusters of PECs and the different characteristic traits per cluster 1.2 evaluate one's PECs	TLE_9-12PECS-I0-1
ENVIRONMENT AND MARKET (EM)				
1. Factors in the business environment 2. Identifying business opportunities	The learners demonstrate an understanding of the different factors that influence the business environment	The learners: 1. analyze how factors influence the business environment 2. relate experience in generating business ideas or identifying business opportunities	LO 2. Understand the business environment and business ideas 2.1 explain how different factors influence the business environment 2.2 explain procedures for generating business ideas or identifying business opportunities 2.3 generate business ideas and identify business opportunities	TLE_9-12EM-I0-1
QUARTER 1				
LESSON 1: CLEAN LIVING ROOM, DINING ROOM, BEDROOMS, BATHROOM AND KITCHEN (CK)				
1. Types of floor and surface texture 1.1 Hard floors	The learners demonstrate an understanding of procedures and techniques in cleaning,	The learners independently clean floors, surfaces, furnishings, and fixtures according to standard	LO 1. Clean surfaces and floors 1.1 explain the types of floor and surface texture	TLE_HEHS9-12CK-Ia-e-1

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1.2 Soft floors 2. Procedures and techniques in floor and surface cleaning 3. Floor care and maintenance	caring for, and maintaining floors, surfaces, furnishings, and fixtures	operating procedure	1.2 perform cleaning, sweeping, and polishing techniques per standard operating procedure 1.3 demonstrate floor care and maintenance procedures in accordance with relevant safety procedures and manufacturer's instructions	
4. Types of furniture 5. Care and maintenance of furniture 6. Types of stain 7. Procedures and techniques in removing stains on furniture			LO 2. Clean furnishings and fixtures 2.1 identify the different types of furniture 2.2 list proper care and maintenance of furniture 2.3 identify the different types of stain 2.4 perform safety procedures and techniques in removing stains on furniture per standard operating procedure	TLE_HEHS9-12CK-If-j-2
QUARTER 2				
Make beds and cots 1. Types of linen 2. How to make beds and cots 3. Proper cleaning and maintenance of beds and cots	The learners demonstrate an understanding of the procedures and techniques in making beds and cots	The learners independently makes\ up beds and cots according to standard procedure.	LO 3. Make up beds and cots 3.1 classify linens according to types and functions 3.2 make beds and cots per standard operating procedure 3.3 demonstrate proper cleaning of beds and cots	TLE_HEHS9-12CK-IIa-c-3
Clean toilet and bathroom 1. Procedures and techniques in cleaning bathroom and toilet accessories 2. Types of bathroom supplies 3. Maintenance and storage of bathroom cleaning tools and materials 4. Concepts of sanitation and sanitizer 5. Waste disposal	The learners demonstrate an understanding of the procedures and techniques in cleaning, and sanitizing toilet and bathroom	The learners independently clean and sanitizes toilet and bathroom according to standard operating procedure	LO 4. Clean bathroom 4.1 demonstrate cleaning of toilet and bathroom accessories according to prescribed procedures 4.2 classify bathroom supplies according to types and functions 4.3 perform maintenance and storage of cleaning tools and supplies according to prescribed procedures 4.4 explain the concepts of sanitation	TLE_HEHS9-12CK-IIId-h-4

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			and sanitizers 4.5 perform waste disposal and management	
Cleaning the kitchen 1. Types of kitchen appliance and fixture 2. Cleaning, care, and maintenance of kitchen appliances and fixtures	The learners demonstrate an understanding of the procedures and techniques in cleaning a kitchen	The learners independently clean the kitchen according to standard operating procedure	LO 5. Clean kitchen 5.1 explain the types of kitchen appliances and fixtures 5.2 perform cleaning, care, and maintenance of kitchen appliances and fixtures in accordance with relevant safety procedures	TLE_HEHS9-12CK-III-j-5
QUARTER 3				
LESSON 2: WASH CLOTHES, LINEN, AND FABRIC (WI)				
1. Types of fabric 2. Repairing defective clothing, linen, and fabrics	The learners demonstrate an understanding of the procedures and techniques in washing clothes, linens, and fabrics	The learners independently wash clothes, linens, and fabrics according to standard operating procedure	LO 1. Check and sort clothes, linens, and fabrics 1.1 identify the different types, characteristics, uses, and proper care of fibers and fabrics 1.2 demonstrate repairing and sewing defective clothing, linen, and fabric based on prescribed procedures	TLE_HEHS9WI-IIIa-j-6
3. Types of fabric stains and removal technique			LO 2. Remove stains 2.1 explain the types of fabric stains 2.2 demonstrate fabric-stain removal and treatment according to prescribed procedures	TLE_HEHS9-12WI-IIIa-j-7
4. Laundry supplies and equipment			LO 3. Prepare washing equipment and supplies 3.1 check and prepare laundry supplies and equipment according to standard operating procedure	TLE_HEHS9-12WI-IIIa-j-8
5. Step-by-step procedure in performing laundry			LO 4. Perform laundry 4.1 perform a laundry job in accordance with standard operating procedures	TLE_HEHS9-12WI-IIIa-j-9

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
QUARTER 4				
IRONING CLOTHES, LINENS, AND FABRICS (IC)				
<ol style="list-style-type: none"> 1. Supplies, materials, and equipment needed in ironing clothes, linen, and fabrics 2. Ironing clothes, linens, and fabrics 3. Steps/procedure in ironing clothes, linens and fabrics 	The learners demonstrate an understanding of the procedures and techniques in ironing clothes, linens, and fabrics	The learners independently iron clothes, linens, and fabrics according to standard operating procedure	LO 5. Iron clothes, linens, and fabrics <ol style="list-style-type: none"> 5.1 enumerate different supplies, materials, and equipment needed in ironing clothes, linen, and fabrics 5.2 check and prepare ironing supplies and equipment according to standard operating procedures 5.3 perform an ironing job in accordance with standard operating procedure 	TLE_HEHS9-12IC-IVa-j-11

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HOME ECONOMICS – HOUSEHOLD SERVICES
(160 hours)

Course Description:

This curriculum guide on **Household Services (HS)** leads to National Certificate Level II (NCII). This course is designed for a high school student who ought to develop the knowledge, skills, and attitudes related to HS tasks. It covers two core competencies, namely: 1) preparing hot and cold meals/food, and 2) providing food and beverage service.

CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
Introduction 1. Core concepts in Household Services (HS) 2. Relevance of the course 3. Career opportunities	<i>The learners demonstrate an understanding of:</i> core concepts and principles in HS	The learners independently demonstrate competencies in HS as prescribed in the TESDA Training Regulation	<i>The learners:</i> a. explain core HS concepts b. discuss the relevance of the course c. explore career opportunities for HS	
PERSONAL ENTREPRENEURIAL COMPETENCIES - PECs (PC)				
1. Assessment of Personal Competencies and Skills (PECs) vis-à-vis a practicing entrepreneur in the locality 1.1 Characteristics 1.2 Traits 1.3 Lifestyle 1.4 Skills 2. Analysis of PECs in relation to a practitioner 3. Application of PECs to the chosen business/career	The learners demonstrate an understanding of one's PECs in HS	The learners independently create a plan of action that develops/strengthens one's PECs in HS	LO 1. Develop and strengthen PECs needed in Household Services 1.1 identify areas of improvement, development, and growth 1.2 use one's PECs toward a business or career choice 1.3 create an action plan to ensure success in the business or career choice	TLE_9-12PECS-I0-1
ENVIRONMENT AND MARKET (EM)				
1. Product development 2. Key concepts in developing a product 3. Finding value for the product 4. Innovation 5. Unique Selling Proposition (USP)	The learners demonstrate an understanding of the environment and market for HS in one's locality	The learners independently create a business vicinity map that reflects the potential of an HS market in the locality	LO 1. Develop an HS product/service 1.1 explain what makes a product unique and competitive 1.2 identify what is of "value" to the customer 1.3 apply creativity and Innovative techniques to develop a marketable product 1.4 ensure that the product/service has a USP	TLE_9-12EM-I0-1

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
<ol style="list-style-type: none"> 1. Selecting business idea 2. Key concepts of selecting a business idea <ol style="list-style-type: none"> 2.1 Criteria 2.2 Techniques 			LO 2. Select a business idea <ol style="list-style-type: none"> 2.1 enumerate various criteria and steps in selecting a business idea 2.2 analyze a business idea based on the criteria/techniques set 2.3 apply the criteria/steps in selecting a viable business idea 	TLE_9-12EM-I0-2
<ol style="list-style-type: none"> 1. Branding 			LO 3. Develop a brand for the product <ol style="list-style-type: none"> 3.1 identify the benefits of having a good brand 3.2 enumerate the criteria in developing a brand 3.3 create a unique product brand 	TLE_9-12EM-I0-3
QUARTERS 1 AND 2				
LESSON 1: PREPARE HOT AND COLD MEALS/FOOD (HC)				
<ol style="list-style-type: none"> 1. Purchasing <ol style="list-style-type: none"> 1.1 Effective purchasing steps and procedures 1.2 Determining food quantity and the right food prices 2. Dish and ingredients preparation <ol style="list-style-type: none"> 2.1 Food safety handling 2.2 Using recipes correctly 2.3 Standardizing and quantifying recipes 2.4 Important temperatures in food preparation 	The learners demonstrate an understanding of the concepts, principles, and techniques in preparing and cooking hot and cold meals	The learners independently prepare and cook quality hot and cold meals according to recipe	LO 1. Prepare ingredients according to recipe <ol style="list-style-type: none"> 1.1 explain the characteristics of effective purchasing steps and procedures 1.2 determine the food quantity with the right price of goods 1.3 develop skills in purchasing goods and products 1.4 demonstrate safety handling procedures 1.5 show correct and proper use of recipe 1.6 standardize and quantify recipes 1.7 list important temperatures in food preparation 	TLE_HEHS9-12HC-Ia-b-1

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
1. Basic Cooking Techniques and Procedures 1.1 Moist-heat preparation 1.2 Dry-heat preparation 1.3 Combination method			LO 2. Cook meals and dishes according to recipe 2.1 explain different basic cooking techniques and their procedures 2.2 identify some samples of food using basic cooking techniques and their procedures	TLE_HEHS9-12HC-Ic-d-2
1. Dining room operations and procedures 2. Dining room equipment 3. <i>Mise en place</i> techniques 4. Types of dishes 4.1. Soups 4.2. Vegetable dishes 4.3. Meat and poultry dishes 4.4. Fish and seafood dishes 4.5. Egg dishes 4.6. Pasta grain and farinaceous dishes 5. Food serving 5.1. Types of meal service 5.2. Serving etiquette			LO 3. Present cooked dishes 3.1 provide basic principles of dining room operations and procedures 3.2 demonstrate use of dining room equipment 3.3 demonstrate proper <i>mise en place</i> techniques 3.4 enumerate the different types of dishes according to their recipes 3.5 demonstrate serving of quality cooked vegetable, poultry, and seafood dishes according to recipe 3.6 serve cooked meat dishes with different culinary methods 3.7 serve pasta grain and farinaceous dishes per standard operating procedure 3.8 enumerate and explain types of meal service 3.9 demonstrate etiquette in serving food	TLE_HEHS9-12HC-Ie-i-3
1. Tools, materials, and recipes in preparing: 1.1. Sauces 1.2. Dressings and garnishes			LO 4. Prepare sauces, dressings and garnishes 4.1 identify tools, materials, and recipes in preparing sauces,	TLE_HEHS9-12HC-I.IIi-j-4

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
2. Seasoning principles in sauce preparation 3. Sauce preparation techniques 3.1. Deglazing 3.2. Reduction 3.3. Starch thickness 3.4. Starch less thickness 4. Sauces varieties 4.1. Bechamel 4.2. Espangole 4.3. Hollandaise 4.4. Tomato 4.5. Velote 5. Dressing 5.1. Kinds of dressing and their ingredients			dressings, and garnishes 4.2 explain seasoning principles in sauce preparation 4.3 apply techniques in sauce preparation 4.4 prepare five "mother sauces" and their variations 4.5 utilize proper ingredients in preparing dressing for a recipe 4.6 correctly prepare kinds of dressing for certain recipes	
1. Tools and materials used in preparing appetizers 2. Some commonly served kinds of appetizers 2.1. hors d'oeuvres 2.2. canapés 2.3. finger foods			LO 5. Prepare appetizers 5.1 identify the commonly used tools and materials in preparing appetizers 5.2 produce some basic appetizers based on clients' need in accordance with procedures	TLE_HEHS9-12HC-IIb-c-5
1. Commonly served desserts for occasions 1.1. Sherbet, ice, and ice cream 1.2. Fruit desserts 1.3. Bread and pastry 1.4. Mousse 1.5. Cold and molded salads 2. Salads 2.1. Salad component 2.2. Classification of salad			LO 6. Prepare desserts and salads 6.1 use appropriate tools, materials, and equipment in preparing desserts per standard operating procedure 6.2 prepare sherbets, ices, and ice cream following respective procedures 6.3 present fruit and pastry desserts per procedure 6.4 prepare cold and molded salads per procedure	TLE_HEHS9-12HC-IIId-e-6

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
1. Sandwiches 1.1 Hot sandwiches 1.2 Cold dressings 1.3 Hot and cold sauces			LO 7. Prepare sandwiches 7.1 prepare hot sandwiches and its cold dressings accordingly 7.2 make hot and cold sauces following standard procedure	TLE_HEHS9-12HC-IIf-g-7
1. Excess and unconsumed foods and ingredients 1.1 Step-by-step procedures 1.2 Storing of dry and wet foods 1.3 Packing and wrapping procedures	The learners demonstrate an understanding of procedures and techniques in serving hot and cold meals, and storing excess and unconsumed foods and ingredients properly	The learners independently prepare and serve cooked hot and cold meals according to standard procedure, and store excess and unconsumed foods and ingredients accordingly	LO 8. Store excess foods and ingredients 8.1 follow proper procedures in storing excess ingredients and unconsumed cooked food 8.2 follow proper storage of dry and wet food/ingredients in accordance with standard procedure. 8.3 convert unconsumed cooked food into a new dish 8.4 demonstrate how to pack /wrap food in proper procedures	TLE_HEHS9-12HC-IIh-j8
QUARTERS 3 & 4				
LESSON 2: PROVIDE FOOD AND BEVERAGE SERVICE				
1. Dining Area 1.1 Furniture setup 1.2 Tables and table settings 1.3 Dining equipment as per standard operating procedure	The learners demonstrate an understanding of the knowledge, skills, and attitudes required in the food and beverage service	The learners independently provide food and beverage service according to standard procedure	LO 1. Prepare Dining Area 1.1 show furniture setup correctly following standard 1.2 demonstrate table and table settings correctly 1.3 properly use dining equipment per standard procedure	TLE_HEHS9-12HC-IIIa-e-9
1. Dining Area 1.1 Tablecloth 1.2 Table appointments 1.3 Napkin folding 1.4 Table centerpiece 2. How to set up table			LO 2. Set up Table 2.1 lay out different types of tablecloth 2.2 set up table appointments according to standards 2.3 demonstrate basic napkin	TLE_HE HS9-12HC-III-f-j -10

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CONTENT	CONTENT STANDARD	PERFORMANCE STANDARD	LEARNING COMPETENCIES	CODE
			folding 2.4 design a creative table centerpiece	
1. Table service procedures and techniques 2. Rules to observe in table service 2.1 Order of service 2.2 Loading trays 2.3 Beverage 2.4 Serving with garnishing 2.5 Refilling water 3. Washing and handling fresh fruits	The learners demonstrate an understanding of the knowledge, skills, and attitudes required in serving and clearing in the food and beverage service	The learners independently serve and clear the food and beverage in the table	LO 3. Serve food and beverage 3.1 demonstrate correct table service procedures and techniques 3.2 describe the procedure for serving food at the table 3.3 have a working knowledge of the rules in table service with regard to order of service, loading trays, and clearing dishes 3.4 serve beverage with garnishing in accordance with standard procedure	TLE_HEHS9-12HC-IVa-h-11
1. Clearing the table 2. Cleaning the table and changing used ashtrays 3. Table manners and etiquette			LO 4. Clear the table 4.1 have a working knowledge of rules and regulations in clearing the table 4.2 demonstrate clearing of table following standard procedure 4.3 perform cleaning the table and changing used ashtrays 4.4 observe table manners and etiquette	TLE_HEHS9-12HC-IVi-j-12

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GLOSSARY

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 Code Book Legend**

Sample: TLE_HEHS9-12HC-IIb-c-5

LEGEND		SAMPLE		DOMAIN/ COMPONENT	CODE
First Entry	Learning Area and Strand/ Subject or Specialization	Technology and Livelihood Education_Home Economics Household Services	TLE_HE HS 9-12	Personal Entrepreneurial Competencies	PC
	Grade Level	Grade 9/10/11/12		Environment And Market	EM
Uppercase Letter/s	Domain/Content/ Component/ Topic	Prepare Hot And Cold Meals/Food	HC	Use And Maintain Cleaning Materials, Tools, And Equipment	UT
				Perform Mensuration And Calculation	MC
			-	Interpret Diagrams, Layouts, and Plans	ID
Roman Numeral <i>*Zero if no specific quarter</i>	Quarter	Second Quarter	II	Practice Occupational Health and Safety Procedures	OS
Lowercase Letter/s <i>*Put a hyphen (-) in between letters to indicate more than a specific week</i>	Week	Week Two to Three	b-c	Participate in Workplace Communication	PW
			-	Work in Team Environment	WT
Arabic Number	Competency	Prepare appetizers	5	Clean Living Room, Dining Room, Bedrooms, Bathroom, and Kitchen	CK
				Wash Clothes, Linen, and Fabrics	WI
			-	Ironing Clothes, Linen, and Fabrics	IC
			-	Prepare Hot and Cold Meals/Food	HC

Technology-Livelihood Education and Technical-Vocational Track specializations may be taken between Grades 9 to 12.

Schools may offer specializations from the four strands as long as the minimum number of hours for each specialization is met.

Please refer to the sample Curriculum Map on the next page for the number of semesters per Home Economics specialization and those that have pre-requisites. Curriculum Maps may be modified according to specializations offered by a school.

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 SAMPLE HOME ECONOMICS CURRICULUM MAP**

No.	Grade 7/8	Grade 9	Grade 10	Grade 11	Grade 12	
1	EXPLORATORY	*Beauty/Nail Care (NC II) 2 sems	Wellness Massage (NC II) 2 sems		Hairdressing (NC II) 4 sems	
2						
3						
4			*Caregiving (NC II) 8 sems			
5			*Dressmaking (NC II) 4 sems		Tailoring (NC II) 4 sems	
6						
7			*Front Office Services (NC II) 2 sems	Travel Services (NC II) 2 sems	Tour Guiding Services (NC II) 2 sems	Tourism Promotion Services (NC II) 2 sems
8						
9						
10						
11			*Cookery (NC II) 4 sems		Bread and Pastry Production (NC II) 2 sems	Food and Beverage Services (NC II) 2 sems
12						
13						
14			*Household Services (NC II) 4 sems		Housekeeping (NC II) 2 sems	Attractions and Theme Parks (NC II) 2 sems
15						
16						
17			Handicraft (Non-NC) Needlecraft 2 sems	Handicraft (Non-NC) Fashion Accessories, Paper Craft 2 sems	Handicraft (Non-NC) Basketry, Macrame 2 sems	Handicraft (Non-NC) Woodcraft, Leathercraft 2 sems

* Students cannot take a specialization if they have not taken 40 hours of the subject in Grades 7 or 8.