

Home Technology

Grand Prior's Award Scheme

updated June 2016

Practical life skills and dealing with everyday situations are essential for cadets as an independent adult. This badge focuses on a variety of abilities to help prepare cadets in supporting themselves in the outside world. Cadets will be exposed to a range of skills such as cooking, household maintenance, finances, flatting, and day to day planning.

Specific Skills

- Safe preparation and food handling
- Household management (washing, ironing, cleaning..)
- General house maintenance (gardening, minor repairs..)
- Understanding finances (value for money, budgeting, interest..)
- Specific legalities (bonds, insurance..)
- Other useful skills (basic car maintenance, basic sewing..)

Cross Curricular Links

- Accident Prevention
- Community Awareness
- Fire Safety

First Aid Integration

- Trauma
- Electrocutation
- Poisoning
- Choking

Safety Considerations

- Leaders must follow all requirements of the St John Child and Youth Protection Policy at all times, specifically for any offsite visits and activities with potentially dangerous tools
- Any tasks set for cadets to complete at home should also advise them of the importance of performing these with appropriate safety equipment and adequate supervision

Gold Level Assessors

- Depending on the various skills being demonstrated, this could be assessed by parents, trades people, technology teachers, and guest speakers.

Reviewed by: Justine Wright



Home Technology Badge Objectives

Green Level		<i>cadets will be able to...</i>
Household Tasks Performing household tasks and general maintenance outdoors (gardening, washing windows..)	<ul style="list-style-type: none"> Perform a variety of gardening tasks using a range of tools for a total of 1 hour (weeding, planting, watering, mowing..) Assist with at least 3 household tasks for 1 week (dusting, vacuuming, washing dishes..) Complete a basic sewing task 	
Money Matters How to use a bank, looking after money and basic budgeting skills	<ul style="list-style-type: none"> Allocate a set amount of money for two weeks worth of grocery shopping (identify needs, compare prices, brands..) Demonstrate the role of a bank, how they look after money and different methods of purchasing items 	
Food Preparation Basic cooking skills and awareness of how to store and prepare food safely	<ul style="list-style-type: none"> Explain basic food storage and preparation (freezing, airtight containers defrosting, expiry dates, preparing food..) Create two different small dishes for another person (entrée, snack, dessert..) 	
Blue Level		<i>cadets will be able to...</i>
Household Maintenance Awareness of important parts of a house that cater for our everyday needs (power, electricity, gas, heating..)	<ul style="list-style-type: none"> Identify important parts of your house and what they do (fuse box, water meter, gas cylinder, drains, hot water cylinder..) Assist with the household laundry for 2 weeks (sorting, washing, drying, basic ironing, sewing on badges..) 	
Purchasing Expensive Items Using alternative methods of paying for things and understanding the actual cost of items (debt, contracts, loans..)	<ul style="list-style-type: none"> Explain the benefits and disadvantages of saving through a bank (comparing different accounts, interest rates, bank fees..) Illustrate two methods of purchasing an expensive item and the difference including interest (lay-by, finance, bank loans..) 	
Preparing Meals Understanding what the core ingredients in a kitchen do and using a variety of utensils to create a healthy main course	<ul style="list-style-type: none"> Explain the uses of the core ingredients and utensils used in a kitchen (cornflour, baking powder, peeler, frypan, spatula..) Prepare a healthy main course for at least 2 people 	
Gold Level		<i>cadets will be able to...</i>
Household and General Tasks The skills in performing minor repairs, and when to call in help with repairs and renovations	<ul style="list-style-type: none"> Demonstrate how to perform minor repairs around the home (painting, sanding, varnishing, plastering..) Identify various people to contact for fixing or renovating different parts of a home (plumber, electrician, carpet cleaner..) Demonstrate basic maintenance of Youth uniform (washing, ironing, shoe cleaning etc) Undertake basic car servicing (oil, water, refuel, change a tyre) 	
Household Finances Understanding how to budget and manage finances, while having enough to save and spend sensibly	<ul style="list-style-type: none"> Explain to a group how to use money sensibly (credit cards, insurance, bank fees, saving, interest..) Budget the living expenses of an imaginary household for 4 weeks (rent, power, insurance, bond, rates..) 	
Entertaining Guests Creating affordable and nutritious meals for a small group of people	<ul style="list-style-type: none"> Create a nutritional menu for one week that includes variety and is cost effective (reading labels on products, brands..) Entertain a small group of people to a three course meal (food preparation, setting a table, presentation of meals..) 	

Suggested Delivery

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE	WEEK SIX	WEEK SEVEN	WEEK EIGHT
GREEN								
At division	Inside the House Learning about the basic indoor household tasks	Outside the House Basic outdoor household tasks and gardening tools	Grocery Shopping Role play buying items at a supermarket (needs, brands..)	Home Safety Storing chemicals, appropriate clothing for household tasks..	Money Matters What a bank does, how to pay for things, using it wisely..	Food Storage Food storage and tools (freezing, cover, utensils, containers..)	In the Kitchen Preparing fruit and vegetables safely (washing, cutting..)	Divisional Cafe Families come along for a meal at division (2 small dishes)
Set tasks	Setting Goals "What I hope to learn and achieve.."	Helping Out Task Cadets perform tasks in their home over the course of 1 week		Weekend Activity At a St John venue or Leader's house to give it a makeover			Practise Cooking Opportunity for cadets to get recipes and practise cooking	Self Evaluation "What I have achieved and where to next.."
BLUE								
At division	Inside the House Identifying important parts of your house and how they work	Outside the House Identifying various trades people for particular jobs	Time Management Multi-tasking, setting time aside for various things to do	Needs of a House Listing the needs and costs of basic needs (power, water, gas..)	Financing Plans Different types of finance (layby, loans, credit cards..)	Food Hygiene Correct food storage, handling and cooking procedures	Preparing Meals Basic skills and planning the healthy meal for next week	Divisional Roast Families come along for a meal (main course for 2 people)
Set tasks	Setting Goals "What I hope to learn and achieve.."	The Yellow Pages List the trades people in the community and what they specialise in	Time Record Task Keep a log of time well spent / wasted over 1 week	Weekend Activity At a St John venue or Leader's house to give it a makeover	Informative Poster "2 ways of purchasing an expensive item and the risks.."		Practise Cooking Opportunity for cadets to get recipes and practise cooking	Self Evaluation "What I have achieved and where to next.."
GOLD								
At division	Moving Out Signing up for a flat, expenses, power, phone, etc.	Finances Budgeting, insurance, interest, saving.. (guest speaker)	Household Repairs Household repairs, maintenance, and renovations (painting, sanding, varnishing, plastering, fixing broken furniture..)		Kitchen Tools Utensils, reading recipes and core ingredients (flour..)	Cooking Meals Practical cooking to develop skills, timing.. (guest speaker)	Entertaining Guests Formal dining (setting a table, presentation, order of meals..)	Gold Class Dining Families come along for a meal (waiters, entertainment, meals..)
Set tasks	Setting Goals "What I hope to learn and achieve.."		Money Machine Task Creating goals, laying out expenses, savings..	Weekend Activity Repairs at a venue	Division Restaurant Preparation Finding a cost-effective and nutritious menu for week 8		Self Evaluation "What I have achieved and where to next.."	
	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR	WEEK FIVE	WEEK SIX	WEEK SEVEN	WEEK EIGHT

Ideas Bank

Possible Activities

Note: These activities can be used for any level so long as difficulty is modified to ensure it is both achievable and challenging.

Divisional Recipe Book

Set a task for cadets to get creative in the kitchen and create their own nutritious drink, sandwich, meal or dessert. Compile these into a recipe book for cadets and families.

Family Dinner

Hold an evening for families to dine and be entertained while cadets practise what they have learnt (table setting, food safety, preparation and presentation..)

DIY Challenge

In teams, cadets go through stations of a range of home maintenance tasks. Safety and supervision is crucial, especially with any tools that might be used.

Super Invention

Create a super tool that completes a range of tasks around the home. There should be a detailed diagram that explains all the uses.

Money Matters

Provide a situation in which cadets look after an imaginary amount of money:

- Grocery shopping
- Saving for your retirement
- Budget of a division
- Give groups \$100 to set up an idea and business plan to sell their product
- Fundraising for items (divisional t-shirt, new resources, customised kits..)

Flating Problems

Term task where groups take care of finances (shopping, bills..) for a flat of 4 people. Each week they receive a new situation that arises (water leak, flatmate leaving..) to deal with and discuss how to solve the problems.

St John Resources Available

- St John Youth Website
- Badge information cards and book inserts
- Resource packs and assessment sheets
- Regional and District Assessors Lists

Outside Sources

Venues

- Food (restaurants, cafés, supermarkets..)
- Tools (hardware and homeware stores)

People / Organisations

- Budget and banking advisors
- Tradespeople and related franchises
- Food preparation (dietician, chef, caterer..)

Potential Resources

Websites

- www.nhf.org.nz
- www.kidshealth.org
- www.hometips.com
- www.everybody.co.nz
- www.doityourself.com
- www.getsorted.org.nz
- www.tradefinder.co.nz
- www.diabetes.org.nz/food
- www.eatwell.gov.uk/foodlabels
- www.tki.org.nz/r/hot_topics/foodsafety_e.php
- www.hometime.com/Howto/projects/prevent.htm
- various banking websites

Audio-Visual

- Various cooking, home maintenance and repair DVDs and videos

Pamphlets / Books

- Bank pamphlets, application forms..
- Local libraries have a large supply of cooking and home maintenance books.

Note: all 'Idea Banks' are updated regularly on the St John Youth Website. Please assist other leaders by sharing your great ideas!