

# Home Economics

When we hear the term, 'Home Economics' most of us think about cooking and food. Home Economics is about much more than food however. Home Economics combines aspects of science, nutrition, cooking, parenting skills and finance. Students learn about the inter-relationships between diet, health, family, home and choice and the management of resources.

In Coláiste na Mí, we empower students to reach their full potential. We do this by teaching life skills of nutrition and health. We teach how to be a savvy and sustainable shopper. We encourage students to develop creativity in their craftwork and design. Home Economics is a subject which teaches life skills for all through its practical and theory classes. We pride ourselves in applying the skills learned in class in initiatives such as; Great CNM Bake Off, creating Christmas jumpers, themed baking, guest chefs, School tours such as Butlers Chocolate Factory and many more to come.

