

201 Life Skills They Used to Teach in Home Ec and Shop

In the not-so-distant past, home economics and shop classes were a staple of education in the United States. These classes taught students essential life skills that they would need to know to be successful adults.



The Useful Book: 201 Life Skills They Used to Teach in Home Ec and Shop by David Bowers

★★★★☆ 4.6 out of 5

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Word Wise	: Enabled
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However, these classes have become less common in recent years, and many students are now missing out on the valuable knowledge they once provided.

In this article, we will take a look at 201 life skills that used to be taught in home economics and shop classes. These skills are as important as ever, and we hope that this article will help to revive interest in these essential courses.

Cooking Skills

1. How to make a roux
2. How to braise meat
3. How to poach an egg
4. How to make a pie crust
5. How to bake bread
6. How to can and preserve food
7. How to make a budget-friendly meal
8. How to cook healthy meals
9. How to follow a recipe
10. How to use a knife safely
11. How to clean up after cooking

Sewing Skills

11. How to sew a button
12. How to hem a pair of pants
13. How to make a simple garment
14. How to use a sewing machine
15. How to read a sewing pattern
16. How to choose the right fabric
17. How to repair a torn garment

18. How to iron a shirt
19. How to darn a sock
20. How to make a quilt
21. How to embroider

Woodworking Skills

22. How to use a saw
23. How to use a hammer
24. How to use a drill
25. How to build a simple piece of furniture
26. How to finish wood
27. How to repair a broken piece of furniture
28. How to sharpen a saw
29. How to use a lathe
30. How to make a cutting board
31. How to build a bookshelf
32. How to build a birdhouse

Metalworking Skills

33. How to use a soldering iron
34. How to use a welding torch
35. How to make a simple metal object

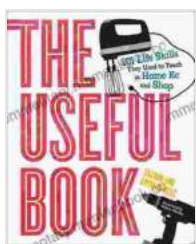
36. How to finish metal
37. How to repair a broken metal object
38. How to sharpen a metal cutting tool
39. How to use a grinder
40. How to make a metal sculpture
41. How to make a metal jewelry piece
42. How to make a metal tool
43. How to make a metal machine part

Other Essential Life Skills

44. How to change a tire
45. How to jumpstart a car
46. How to do laundry
47. How to iron a shirt
48. How to clean a house
49. How to do basic first aid
50. How to sew on a button
51. How to budget your money
52. How to manage your time
53. How to set goals
54. How to work as a team

These are just a few of the many life skills that used to be taught in home economics and shop classes. These skills are essential for success in life, and we hope that this article will help to revive interest in these essential courses.

We encourage you to contact your local school district and ask about the availability of home economics and shop classes. If these classes are not offered, we urge you to advocate for their reinstatement. Our children need to learn these essential life skills.

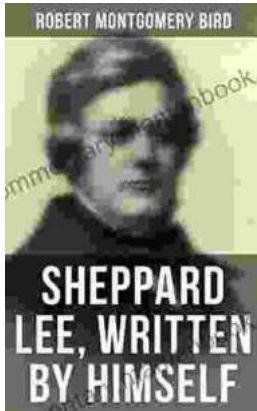


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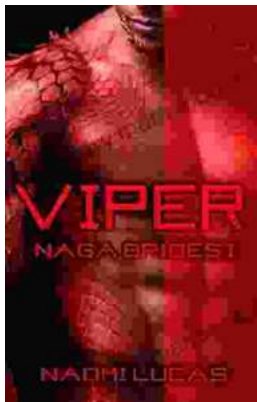
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