

SEAI Junior Cycle Resources

This document sets out the **Home Economics** learning outcomes for each of the activities in the section **What is Energy**.

Exploring Energy Generation	2.8 describe sustainable everyday practices in the home to include energy efficiency, waste management and water conservation
Energy and Food	1.9 recognise the importance of nutrition and diet in contributing to health and wellbeing 1.10 explain the role of the nutrients in contributing to a healthy balanced diet