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ENTREPRENEURSHIP IN HOME ECONOMICS EDUCATION IBRAHIM, FOLAKE FATIMAT

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ENTREPRENEURSHIP IN HOME ECONOMICS EDUCATION

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DEDICATION

This book is dedicated to the Almighty God who has given me the strength and ability to complete the text book with his immeasurable mercies.

PREFACE

This book is primarily written for National Certificate in Education students (NCE) in the department of Home Economics who are being trained to become teachers and entrepreneurs through the acquisition of entrepreneurial skills acquired in their practical experiences at the various levels of their education.

The book emphasized on the objective of the Federal Government of Nigeria for every student of vocation to be able to perform to a standard required for graduation in their area of specialization. In view of this, the writer has worked asidously to provide information (subject content) sufficient enough to teach Home Economics entrepreneurial skills for Nigeria Certificate in Education holders.

The book is suitable for NCE three students. It is also useful for students of other higher education of learning who have opted for a course of study in entrepreneurship.

Beginners in entrepreneurship education would find the book useful especially in the aspect of establishment of business ventures and ways of expanding it.

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CHAPTER ONE

Introduction

Entrepreneurship is an individual's ability to turn ideas into action. It includes creativity, innovation, and risk-taking, as well as the ability to plan and manage projects in order to achieve objectives. Ayoade and Gawu (2016) opined that entrepreneurship is seen as vital to promoting innovation, competitiveness and economic growth. Chua (2018) asserted that entrepreneurial skills provide benefits regardless of whether a person sees their future as starting a business or fostering entrepreneurial spirits that supports the creation of new forms and basic growth. However, entrepreneurship which is one of the most powerful economic force known to human kind is empowering individuals to seek opportunity where others found intractable problems. Home Economics is a unique course of study that focuses on improvement of the welfare of the individuals, families and nations that will solve the most pressing problems of the present as well as the future (Uwameiye 2019). It is a field of study that deals with economics and management of the home and the community. The formal studies include such areas as consumer education, interior and exterior decorations, clothing and textiles, food and nutrition, child development, money management and family relations.

Home Economics is a skill-oriented course and as a vocational subject has the privilege and mandate to equip students with relevant knowledge and skills for gainful employment, self employment and self-reliance. (Ayoade & Gawu 2016, Chua, 2018) Some entrepreneurial skills in Home Economics include catering services, cake making, food service delivery, tailoring, fashion designing, soap making, bead making, pattern drafting, preparation and sales of drinks, snacks, smoothies, (youghourt, ice cream and other fast foods, dyeing, dry cleaning and laundry services, beauty care and hair dressing, institutional house keeping, day care, interior decorations etc.

Entrepreneurship in Home Economics is the pursuit of opportunity beyond resources that are available. It enables the students to create something out of nothing, turn waste to wealth and

also leverage on their creative abilities in order to make profits, create jobs and also bring about improvement in the socio-economic well being of not only the individuals but his employees, business partners and the community.(Abanobi, 2017) . It enables the entrepreneur to commercialize his innovation in order to reap financial benefits.(Uwameiye, 2019, Abas, 2020).

CONDUCTING PILOT,FEASIBILITY STUDIES AND REPORT WRITING

A pilot study is a trial study carried out before a research in evaluating the potential for a future, and full scale project. It can reveal deficiencies in the design of a business outfit and this can help to improve the quality of the business. Fraser (2018). It deals with:

- (i) Selecting a few number of people for a study. This saves time and money, it identify any problem.
- (ii) At times it may be successful or not based on the performances of the researcher.
- (iii) It enables the researcher to predict, budget and the study may be improved upon before the large study.
- (iv) It carried out on individuals who are very similar to the target population.

The importance of pilot study include:

- 1. It increased the quality of the research
- 2. It helps to assess the reality and feasibility of the real study
- 3. It tests the effectiveness of the research
- 4. It assists to identify and address the weakness and the logistics
- 5. It aids in collecting data needed initially
- 6. It estimates the time input and costs needed for the project.
- 7. It gives updates on the resources needed for the study

The disadvantages of pilot study:

- a. It needs extra money, time and resources
- b. It does not make the real study to be a success
- c. There may be misleading data from the participants

Feasibility Study

A feasibility study looks at the viability of a business idea with emphasis on identifying problems and attempts to answer one main question (will the business idea work? and should you proceed with it?). Feasibility study addresses things like where and how the business will operate. They provide in-depth details about the business to determine if and how it can succeed, and serve as a valuable tool for developing a winning business plan. It aims to provide an independent assessment that examines the technical, economic, legal, financial and environmental factors that are in the proposed project. (Osmond & Cohn 2015)

Before you begin to write a business plan, you need to identify how, where and to whom you intend to sell a good or service. There is also the need to assess competition and figure out how much money is needed to start the business and keep it running.

The Importance of Business Feasibility Study

1. It is estimated that only one in fifty business ideas are actually commercially viable. Therefore, a business way to save cost.
2. It can contain clear supporting evidence for its recommended actions. The strength of the recommendation can be weighed against the study ability to demonstrate the continuity that exists between the research analysis and the proposed business model.
3. It helps to determine the amount of capital required to start the business and also help in establishing the budget plan, working capital, and cash flow projections of the business.
4. To assess the financial viability of a developed and to know whether it will be a success or failure
5. It helps to understand the opportunity and limitations to a development

Business Feasibility Studies and Dimensions of Business Viability

Business feasibility findings will be assessed by potential investors and shareholders, regarding their credibility and depth of argument. The business feasibility studies place the findings of the

dimensions of the business viability model assessment into a formal business report. It also aligns the findings with functional process of an enterprise which an audience can easily understand.

Structure of a Business Feasibility Study

- Market viability
- Technical viability
- Business model viability
- Economic and financial model viability
- Exit strategy viability

Putting together a business plan is a significant investment of time and money. The entrepreneur should ensure that there are no major road blocks on their business success. The business feasibility study will assist in identifying such obstacle and determine the true viability of the business concept. The following represent a structural outline for a business feasibility study.

- Cover sheet
- Executive summary
- Table of content (introduction, production or services)
- Technology
- Market environmental
- Completion
- Industry
- Business model
- Marketing and sale strategies
- Production operating requirement
- Intellectual property
- Regulation and environmental issues
- Critical risk factors

FINANCIAL PROJECTION

- Balance sheet projections
- Income statement projection
- Cash flow projection
- Break even analysis
- Capital requirement and strategy

- Recommendation and findings
- Conclusion

EXECUTIVE SUMMARY

This is a summary of all key sections of the business feasibility study and stand alone document. Interested parties will read this section first in conjunction with a glance at the financial session when deciding weather or not they read the rest of the key points to remember includes;

- Write the document after the content section of feasibility study is completed
- Although the executive summary is written last is represented
- Although the executive summary is written last is represented
- The executive summary should be not more than one page long

PRODUCT AND SERVICES

- Describe the enterprise product or service in simple language
- Describe how customers would use and buy the product service. Give enough details to help the reader judge the effectiveness of your marketing and positioning plans.
- Describe key component on raw materials will scarce these and how available they are
- Describe plans to test the products to ensure it works as planned and its sufficient, durable, secured etc

WRITING REPORT FOR PILOT STUDY

The major steps to consider while writing a pilot study are:

1. Introduction
2. Background for the main study
3. State the reason for performing the pilot study performing the pilot study should be clearly spelt out.
4. The method section should include categories for assessing the validity of the criteria and procedures which will late be applied in the main study. This should be well defined.
5. The criteria to establish the validity of the study must be indicated and established writing report for a feasibility study.

Writing a feasibility study involves the following steps:

- a. Give the topic and described the project
- b. State clearly the potential solutions resulting from the project
- c. List out the criteria for evaluating the solutions mentioned above
- d. State the most feasible solution for the project
- e. Give a conclusion statement the steps stated above is usually done when the feasibility study is completed, this is done to determine if the project is realistic or not.

CHAPTER TWO

USES OF COSMETICS AND DEODORANTS

Cosmetics are substances and mixtures of chemical compounds gotten from natural sources or synthetically created ones. Cosmetics have many purposes, some are used for personal care and skin care which are usually used to cleanse or protect the body or skin. Cosmetics are designed to enhance or alter a person's appearance, this is regarded as make up. (Hardik & Nikunji 2021) It can also be used to conceal pimples blemishes and it enhances the natural features of the user. For example, the use of eyebrows and eye lashes). It adds glow and colour to the user's face or even change the appearance of the face to look like a different person, creature or object. It also sometimes designed to add fragrance to the user's body.

USES AND TYPES OF COSMETICS

There are various types of cosmetics used for a variety of different purposes. All cosmetics are used externally: for the face

1. Eyebrows
2. Lipsticks
3. Eye blushers
4. Face bronzer
5. Face foundation
6. Face powder
7. Primer
8. Powder setting lotion
9. Blush
10. Dispersion

ON THE SKIN

1. Creams
2. Lotions
3. Scrubs

This is intended to alter the appearance of wearer.

- Care cosmetics – this is designed for skin care and personal care.

Cosmetics are usually applied with the use of brushes, foam and sponges but sometimes with finger tips.(Berson,2015)

Some decorative cosmetics are:

1. Primers
2. Concealers
3. Foundation
4. Rouge / blusher
5. Highlighter
6. Contour
7. Eyebrow pencils
8. Gels
9. Waxes
10. Eye shadow
11. Eye liner
12. Mascara
13. False eye lashes
14. Lip products e.g. balm, Lip stick, Lip gloss, Lip Linner.
15. Setting powder
16. Nail polish

SKIN CARE AND CLEANSING

Cleansing is an important step in an important step in skin care routines. The following are the cosmetics used for cleansing:

1. Cleanser i.e. cleansing oil, mild gel, milk or cream and alcohol cleansers.
2. Toners
3. Skin perfection treatment: Kojic acid soap, Cream and lotion and serum oils.
4. Facial masks i.e. Charcoal, Clay, Peel, Sheet, exfoliants, moisturizer and sun screen

HAIR CARE

Hair is very important in human body and its care is dependent on the appearance. Here are the cosmetic products used to improve the appearance of the hair:

1. Shampoo
2. Styling products i.e. Mouse, setting lotion
3. Hair conditioners

ORGANIC SKIN CARE

The organic skin care refers to ingredients that are strictly farmed without pesticides, chemicals or artificial fertilizers and it is non GMO. It can be made in form of cream, lotion or soap. The most important aspect of it is that the organic product must be at least 95% of the product is produced from organic ingredient.

An example of the recipe for an organic soap:

Ingredient

- | | | |
|------------------------|---|---------------|
| 1. Nigerian black soap | - | 1kg |
| 2. Lime | - | 4 |
| 3. Snail slime | - | 1 cup |
| 4. Cam wood (osun) | - | 4 balls |
| 5. Palm oil | - | 2 tablespoons |
| 6. Coconut oil | - | 2 tablespoons |
| 7. Olive oil | - | 2 tablespoons |
| 8. Cucumber | - | 1 |
| 9. Carrots | - | 4 sticks |
| 10. Rice water | - | 1 cup |
| 11. Sulphur | - | a little |

Method / steps

1. Blend cucumber and carrot to extract the juice.
2. Boil rice (1 cup) to obtain the rice water
3. Squeeze out the juice of lime
4. Put the black soap in a metal
5. Add all the ingredients and pound together to make a blended mixture.
6. Double boil in a pan to melt well together
7. Pack in jars ready for use.

Deodorants

Deodorants are substances supplied to the body to affect body odour caused by bacterial growth and the smell associated. There are men's deodorant and women's deodorant, some deodorants are in form of roll on and sticks, body spray and anti-perpran. Two types of products are used to curb body odour;

1. Deodorants helps to cover up the smell of the body odour and they are mostly with fragrances.
2. Antiperspirants: they stop or dry up perspiration. This is because they temporarily block the sweat pores.

Perfumes

Perfumes may be in form of fragrance, spray perfume or liquid perfume. They are used to produce a long lasting smell. Perfumes are created by using mixtures of many compound together. There are different groups and types of perfumes. They are categorized according to their composition as follows:

1. Eau de toilette
2. Eau de parfum
3. Parfum
4. Eau de fraiche

DIFFERENCES BETWEEN DEODORANT AND PERFUME BODY ODOUR

1. Help to stop sweat whereas perfumes
2. Help to mask body odour
3. It can not prevent sweats
4. It needs to be applied to strategic points of the body i.e armpits, pulse points, neck and wrist

COSMETIC PRODUCTION

1. Hair pomade home-made recipe
 - a. 2-3 tablespoon shea butter
 - b. 1-2 tbsp coconut oil
 - c. Lavender (little)
 - d. Pepper mint oil (little)

Method

1. Put all in electric mixer and mix well until it is like a cake frosting consistency
2. Put in jars and refrigerate for an hour to hard up
3. It is good for moisturizing twisting and plaiting

Home-made Hair Cream 2 (Method)

Melt shea butter on the stove

Add coconut oil, glycerine, aloe vera gel, garlic oil

Mix together with a hand mixer until fluffy

Ingredients

Shea Butter

Aloe vera gels

Garlic oil

2tbsp coconut oil

Glycerine

Lemon or essential oil

Put in a jar ready for use

Body Lotion

Ingredients

1. 1 cup (240ml) Coconut oil
2. 2 table spoons (30ml) glycerin
3. 2 table spoons (30ml) vitamin E oil
4. 60 ml (4 table spoons) olive oil
5. Shea butter 1 cup

Method

1. Put Shea butter in a bowl
2. Add coconut oil to the bowl
3. Add glycerine and Vitamin E
4. Add olive oil
5. Transfer to a blender and blend thoroughly
6. Transfer it to a jar and cover

HOME-MADE BALM

Ingredients

1. Bees wax
2. Shea butter
3. Coconut oil
4. Menthol crystals
5. Peppermint and tea tree oil

Method

1. Create a double boiler over a low heat. Melt the bees wax, coconut oil and shea butter
2. Remove from heat and stir in the menthol crystals and essential oils. Combine them thoroughly
3. Pour into small jars or tins
4. Allow it to cool and it is ready for use

HOME MADE DEODORANTS

Ingredients

1. 1/3 cup coconut oilcoconut oil
2. 1/4 cup cornstarch (or arrow root powder for sensitive skin)
3. 1/4 cup baking soda
4. 6-10 drops of essential oil
5. Lavender, lemon grass, sandal wood essential oils.

Method

1. Melt the coconut oil
2. Mix in the essential oils
3. Add cornstarch and baking soda then mix until smooth
4. Transfer the mixture to a small jar and store in a refrigerator
5. Apply with your hands or transfer with a spatula to an empty deodorant tube for clean application?

CHAPTER THREE

HAIR DRESSING AND PLAITING

Hair dressing is the process of washing, cutting, curling or arranging the hair. It is the preparation for growing and styling the hair. Most times hair dressers work on shampooing, colouring hair, and dreadlocks, while hair stylists work on styles such as curls, perming etc

SKILLS NEEDED FOR HAIR DRESSING

1. Saloon environment
2. Professionalism
3. Honesty
4. Be a good listener
5. Passion and energy
6. Decision making and ideas

STYLISTS

A stylist help the hair dresser, they can help the customers to decide on the look the customer wants and create the perfect hair do for a special occasion. They also provide colouring, chemical hair treatments and styling in addition to shampoos and hair cuts. They ser both male and female customers. They are beauty service professionals who specialize in the fashioning and treatment of hair. Their duty include the following:

1. Cleaning
2. Cutting hair
3. Hair care and treatment
4. Hair styling
5. Consultation
6. Recommending hair products

PLAITING AND BRAIDING

Plaiting is a form of hair do formed by braiding or twisting the hair. A brand or plaited hair is achieved when hair is woven and twisted hair into strands together to create a chosen style e.g Ghana

weaving, Ghana didi, corn rows, bob marly, twisting e.t.c Many of the plaits are beautiful and they suit occasions and festive seasons. They keep the hair neat and makes the persons more beautiful.

CHAPTER FOUR

WRITING A BUSINESS PROPOSAL

Writing a business proposal is important in establishing a business venture. Business proposal gives guide lines to the entrepreneur on how to go about the establishment of the business with maximum profits and at minimum rate of risks.(Abas, 2020, Ahmed, 2018)

The followings are the steps in writing a business proposal.

1. Title page
2. Create a table of content
3. Explain your “why” with an executive summary
4. State the need
5. Propose a solution
6. Share your qualifications
7. Include pricing
8. Write the conclusion

CONDITIONS FOR ESTABLISHING A BUSINESS

1. Good idea
2. Capital /Funding
3. The business plan
4. Legal documentation/ registration
5. Passion
6. Vision
7. Acquisition of the equipment
8. Identification of possible problems and proper solutions.

FIVE TYPES OF ENTREPRENEURS

1. Social entrepreneurs

The social entrepreneurs's process of starting up the business , developing it and getting the funds needed for addressing social issues. A social entrepreneur explores the business opportunity around him to give positive impact on their community.

2. Scalable start up Entrepreneurship.

A scalable start up aim at becoming highly expanded with profits. This requires a lot of capital and risk in order to create room for demand and expansion in the nearest future.

3. Small business Entrepreneurship

This is an idea of establishing a business without expansion. The business is in a single location, no branches at all. Examples are restaurant, grocery , supermarket etc.

4. Large company entrepreneur

This is a type of Entrepreneurship meant for advanced professionals who have the technical advancement in innovations to sustain the company. This is because they produce new products and services based on consumer needs to meet up with the market demands.

5. Innovation Entrepreneurship

This is the practice of creating new products or business ideas with the intention to make more profits, help their host community and accomplish their goals. They try at all cost to improve their products for competitiveness in the market.

FUNCTIONS OF THE ENTREPRENEURS

1. Creating ideas for the business activities.
2. Job description for employees/duties.
3. Thinking ahead of the changes in the business.
4. Creating jobs.
5. Identifying business opportunities and ideas.
6. Creating wealth.
7. Improving the standard of living.
8. Risks taking and management.

CHARACTERISTICS OF AN ENTREPRENEUR

An entrepreneur needs to be vast in the following traits namely :

1. Motivation
2. Vision
3. Passion

4. Creativity
5. Good communication
6. Good decision making
7. Self confidence
8. Resourcefulness
9. Good organising skills
10. Risk taker
11. Technologically informed
12. Curiosity
13. Integrity
14. Tolerance.

ENTREPRENEURIAL SKILLS AND COMPETENCIES

This involves a set of skills and behaviours needed to create, develop, manage and grow a business enterprise. It also involves the ability to handle the risks that follow the smooth running of a business venture. Here are some Entrepreneurial competencies :

1. Opportunity seeking.
2. Risk taking.
3. Efficiency and quality
4. Goal setting/goal seeking.
5. Information seeking
6. Self confidence.
7. Good networking.
8. Commitment
9. Perseverance
10. Sales.

IDENTIFYING BUSINESS OPPORTUNITIES AND EXPLOITATIONS

There are three ways in identifying business opportunities. These are:

1. Identify what the potential market needs are.
2. Conduct market survey
3. Ask questions

There are four components of business opportunity.

1. Market planning
2. Territory plan / pattern

3. Customer section.
4. Marketing.

BUSINESS EXPLOITATION

This involves all the activities done in business to benefit commercially from the product and services. Here are some exploitation strategies :

1. Explore new innovations and technologies
2. Make use of modern business models.
3. Use customers specifications
4. Expand the business to new customers.
5. Implore customer's devotion.

TYPES OF RISKS AND THEIR MANAGEMENT

There are different kinds of risks that Entrepreneurs encounter a the start up of the business. These include :

1. Founder risk
2. Product risk
3. Market risk.
4. Competition risk.
5. Sales execution
6. Technology
7. Financial risk
8. Reputational risk
9. Inflation
10. Liquidity risk
11. Opportunity risk
12. Tax
13. Longitivity risk
14. Interest rate risk.
15. Government policy risk.

However, all risks can be managed to give good out come and financial benefits to the business owner.

RISK MANAGEMENT

This is a strategy to recognize and prepare for risks with the fund, functioning and the objectives of the organization. Business sections is formed to avert or reduce risks with different activities in order to attain the business objectives. Here are some of the processes of risk management:

1. Hazard identification
2. Risk identification
3. Risk control
4. Documentation of the process.
5. Monitor and review periodically.

CHAPTER FIVE

HOME CONSUMABLES

Food

1. Yam
2. Beans
3. Rice
4. Guinea corn
5. Maize
6. Millet
7. Irish potatoes
8. Sweet potatoes
9. Groundnut oil
10. Palm oil
11. Cassava
12. Meats
13. Milk
14. Honey
15. Sugar
16. Wheat
17. Semovita
18. Semovita
19. Fruits and vegetables. Etc.

PROCESSING OF FOODS

Example 1. (Yam flour).

Ingredients

1. Fresh yams
2. Water
3. Pot (big)

Method

1. Peel the yams
2. Cut into small pieces
3. Wash
4. Put in a pot filled with water
5. Simmer until it bring out foam over a very low heat

6. Remove the source of fire
7. Cover till the next day
8. Dry in hot sun
9. When it is dried, grind into powder and keep ready for use (Amala)

PROCESSING OF BEANS

Example 2 (beans flour)

Ingredients

1. Beans
2. Water

Method

1. Wash the beans and remove the shaft
2. Sun dry properly
3. Grind into powder
4. Keep into covered containers
5. It is ready for use (moinmoin, akara, gbehirie.t.c)

FOODS, ESTABLISHING RESTAURANT/ SNACKS AND DRINKS SHOPS.

RESTAURANT is a retail establishment that serves prepared food to customers. Service is generally for eating on premises. It can be defined as well as an establishment where refreshments or meals may be obtained. Adeniyi (2017) opined that it is an establishment that serves food and drinks to customer in return for money, either paid before meal or after the meal. Meals are generally served; eaten on premises but many restaurants also offer take out and food delivery services. It varies greatly in appearance and offerings of the chef's cuisines.

TYPES OF RESTAURANTS

- Cafeterias or coffee shops
- Fast food restaurants
- Casual restaurants
- Pub
- Ethnic restaurants

- Bistros
- Brasserie

FACTORS TO CONSIDER WHEN ESTABLISHING A RESTAURANT

1. Location
2. Capital
3. Personnel
4. Source
5. Scarce of purchasing food and drinks

LOCATION OF RESTAURANTS

The diverse of the types of operation and wide range of market segments served make it difficult to be precise about the criteria for selecting a restaurant site. In addition, legislation and planning restrictions on the development and of the business premises for catering purposes often mean that food service operation have a limited choice as to where to locate their outlets especially in town.

There are two ways in which an operator can go about selecting a site for a restaurant. The first way is to identify a location and develop the right kind of restaurant for the site while the second way is to define the appropriate market demographics.

THE TWO TYPES OF APPROACH

1. **The Preselected Location Approach;** The first is to carry out an analysis of the secondary data available with the respect to the chosen location. The primary and secondary data enables the specification of life cycle categories and trends from which it is possible to draw up specification of market segments. These segments are usually defined by age, income and family structure. From this specification, a customer is drawn up which enables a restaurant concept to be defined
2. **The Preselected Concept Approach;** The operator starts with a well defined concept and identifies the customer profile, defines the segmentation, collect secondary data on

services not initial areas, carries on primary research are likely suitable location and then select the most appropriate market area.

Whichever of these two approaches is adopted the operator need data on a number of key characteristics in order to determine the suitability of the location in general, and the specific site for restaurant. Location selection criteria includes factors such as population density, economic characteristics, geographic features, employment characteristics, levels of competition, site selection criteria which includes traffic flow, visibility access, utility and traffic pattern.

OPERATIONAL FEATURES

- Family service
- Buffet service
- Rate service
- Silver service

RUNNING OF GUEST HOUSE IN THE COLLEGE

Owned guest house and hotel continues to dominate the accommodation sector. Definition of their activities includes- hotels and other residential establishment, along with motel, holiday camps, boarding house, hostel and other similar establishments, providing furnished accommodation with food and service for a monetary fee. In general, the classification is governed by the fire precaution which covers premise sleeping more than six person (i.e. three bed rooms) including both guest and staffs.

Customers care and guest service are emphasized in these facilities as follows

- ONE DIAMOND — Clean and comfortable accommodation, providing breakfast and a helpful service
- TWO DIAMOND — An increased level of quality and comfort with greater emphasis on guest care
- THREE DIAMOND — Well maintained with practical decor, a good choice of breakfast dished and a higher degree e.g. customer care.
- FOUR DIAMOND — An even higher level of customer,

- comfort and quality
- FIVE DIMOND — Excellent level of customer care

The high promotion of a guest house business in accommodation sector has been traditionally explained by a number of factors.

- RELATIVE CARE OF ENTRY — The capital investment required is lower than in many other industries, specialist knowledge and qualification are desirable but not a pre-requisite, there is no impulsion to join made professional association or similar organization which have code of practices such as consumer protects schemes
- MARKET DEMAND HIGHLY DEVERSE — Market demand is highly segmented, it doesn't lend satisfaction by standardize corporate properties. Offering a wide location, quality ranges, physical facilities and special interest on activities to niche markets
- CONSUMER SATISFACTION — The nature of accommodation provision in the small establishment may be better suitable to respond quickly to customer needs and expectations, in a highly personalized and flexible environment
- RISK FACTOR
- OWNERSHIP
- ECONOMICS VIABILITY
- SIZE
- EMPLOYMENT
- TURNOVER AND PROFIT EARNING

There are size priority segments for the guest house sectors

- Promoted directly to the customer, by passing the travel made
- Special interest and activity
- Holiday, travelling independently and to a lesser extent travel operators
- Families are durable segment which need is nurtured by devoting more effort to provide children's menus, meal time, baby sitting service, entertainment and activities and appropriate pricing policies

- Visiting friend and relatives will be recommended to use local guesthouse of sound establishment with reasonable as a substitute of staying with friends and families

LOCATION OF A GUEST HOUSE

When selecting a location for a guest house, decisions are influenced by like of personal and business factor. Personal factors would include the likes of the guest and to get on well with the locals can pursue spent enjoyed the area during previous holiday and pleasant environment for the children to grow. The business factors focuses on demand actual tourist attractions in the area proximity of competition, capital investment requirement, length of season profit earning capacity, potential for future growth or diversification eligibility for public sector with financial growth and projected return on investment.

However, the personal factors override the business which may not bode well for a sound commercial future. The ideal components of a core product of guest house consist of;

- A warm welcome
- Comfortable facilities
- Attractive location
- Satisfaction of perception of value for money
- Availability of special interest and activities programme
- Easy to purchase, attractive package of all the components needed for a tourism experience
- Efficient friendly staff mirroring the attitude of mine host tailoring customer service to individual guest needs
- Caring represented by the owner taking a personal interest in their guests.

CHAPTER SIX

PRODUCTION OF CONFESSIONARIES

Confectionary is the process of making confections which are foods that are very rich in sugar and carbohydrates. These includes candies or sweets, candied nuts, chocolates, ice cream etc. There are many confectionaries that are made by various companies but they can also be made at home for family use or on commercial bases if the producer satisfy the National Agency for food and Drug Administration and Control (NAFDAC) specifications.

CONFECTIONARY BUSINESS

Confectionary business is the art of making and selling of sweets foods. It is divided into three broad categories, e.g flour confections, sugar confections and chocolate confections. Baker is confectionary deal with flour to make foods such as sweet pastries, cakes, scones, croitons etc. A person who makes confectionary is called a confectioner.(Tammy, 2021).

DIFFERENCES BETWEEN BAKERY AND CONFECTIONERY

A bakery is an establishment that produces and sells baked products produces from flour. Oven is used to produce such products. Examples are bread, pies, cakes and pastries. (Radhika,2018).

Confectionery is the process of making confections which are food items that are very rich in sugar and carbohydrates.

BAKING

Baking is a process of cooking using dry heat. Baking products include bread, rolls, pastries, pies muffins or queen cakes, biscuits and cookies. The major ingredients used in baking are flour, sugar, yeast, water, baking powder, banking soda, eggs and fat. These ingredients are responsible for the characteristic appearance, texture and the flavor of all the bakery products. (Gahina, e'tal 2015).

HOME MADE BREAD

Ingredients

1. Flour 4 cups
2. Sugar $1\frac{1}{2}$ teaspoon
3. Salt 3 pinches
4. Yeast 2 teaspoon
5. Margarine
6. $\frac{1}{3}$ cup of warm milk (optional) water
7. 1 egg

Method

1. Mix warm water and milk together
2. Add the yeast and sugar to it
3. Leave it to prove for ten minutes. After ten minutes it will start to bubble.
4. Add the egg and salt into the mixture
5. Add the flour and knead mildly to

Incorporate all the ingredients together

5. Turn the dough out on to a floured table, knead it and roll it into a ball
6. put the dough back into a big bowl, cover with a nylon or kitchen towel. Leave it for rise to double its size.
7. After the dough has risen, knead again, cut and shape and put in the bread pans to rise again.
8. When it doubles in the pans bake the loaves at 350 degree for 20 minutes or for 25-30 if the dough is large.
9. Remove them from the oven, and from the pan, put margarine on top of softening the crusts.

SNACKS

Snacks are a little amount of food eaten between meals. many people eat Snacks to sustain their satiety before the next meal. Therefore, a snack is usually defined as any food eaten between the main meals. Snacks can be categorized into sweet snacks and savoury snacks examples of sweet cookies, sweet biscuits, pea nuts, puff puff, chin-chin etc. while examples of savoury snacks are meat-pies, different types of pies with out sugar, Fish rolls, Sausage rolls, Samosa, Spring rolls, Fish fritters, etc. (Gizem &Pelin 2020).

Examples of sweet snacks Production.(Yeast doughnuts).

Ingredients

1. 2 Cups of Luke warm water
2. 1 Tablespoon level of yeast
3. 4 Cups of flour
4. 3/4 Cup sugar
5. Nutmeg 1/2 teaspoon
6. 1/2 Teaspoon salt
7. Vegetable oil for deep frying 1 litre

Method

1. Add the yeast, sugar and a little flour to the Luke warm water
2. Leave to bubble for 10 minutes
3. Add the Nutmeg, salt and the remaining sugar to the flour.
4. Mix all together until fluffy
5. Leave to rise to double the size
6. Begin to fry making it into balls.

CHIN-CHIN

Ingredients

1. 3 Cups of Flour
2. 1/2 Teaspoon baking powder
3. A pinch of salt
4. A pinch of nutmeg
5. 1/2 Cup of sugar
6. 1/2 Cup of margarine
7. 2/3 Liquid milk or water
8. 1 Egg
9. Groundnut oil for frying

Method

1. Combine flour, baking powder and sugar in a bowl, put the margarine. work it in and make it into crumbs
2. Add the egg
3. Add water gradually until stiff and doughy
4. Roll the dough out on a floured table and cut on a the desired shapes and sizes.
5. Put the oil on fire on a medium heat, fry in batches.

EXAMPLES OF SAVOURY SNACK PRODUCTION(Meat pies)

Meat pies are delicious pastries usually filled with meat, chicken carrots, potatoes etc. The pastry is flaky and soft.

Meat Pie Pastry Ingredients

1. 4 Cups of flour
2. 200g or 2 Cups margarine
3. 2 Eggs
4. 1 Teaspoon salt
5. 1 Teaspoon baking powder
6. 1/4 Cup of very cold water

Filling Ingredients

1. Beef or chicken (Fleshy) 3/4Kg
2. Peeled Irish Potatoes 1
3. Onions 1 large Chopped
4. Carrots 1 (diced)
5. Salt to Taste
6. Thyme 1 teaspoon
7. 2 Tablespoon flour
8. 2 tablespoon oil
9. 1 Egg for glazing the pies.

Method (TO MAKE THE PASTRY)

In a big bowl mix together flour, salt, baking powder and rub in the flour to get a crumbly texture

Use cold water to bring the mixture together to form a dough.

Cover it and keep aside

Method (TO MAKE THE FILLINGS)

1. Heat the oil
2. Add onions, add sliced Carrots Potatoes and Meat
3. Put thyme, Salt, Flour, stir and cook for two minutes.
4. Simmer on low heat till it thickens.
5. Pre-heat the oven to 175⁰c
6. Roll out the dough, cut into round shape, add the fillings
7. Close it up using water to seal it, use fork to secure the fillings

- Glaze the tops
8. Bake for 25 to 30 minutes

SAMOSA

Samosa is a baked pastry with a Savory filling includes ingredients such as spiced potatoes, onions and peas. It is usually shaped like triangle, cones, half moon etc.
ingredients (Samosa dough for cones)

1. Flour 2 cup
2. Salt pinch
3. Water 1 cup
4. oil 1 tablespoon
5. Vegetable oil to fry

Method

- 1.Mix all the ingredients above
- 2.Knead very well
- 3.Add little water at a time
- 4.Make a firm dough but soft
- 5.Cover for 30minutes
- 6.Roll out in bits to form a round shape, cut into two.
- 7.Shape to form Semi circle or cone shape
- 8.Fill it with the fillings close it up tightly.
- 9.Heat the oil and deep fry

Samosa Fillings

- 1.Beef 200g
- 2.Green peas 100g
- 3.onions 1 ball
- 4.Spring onions 1 long stick
- 5.Irish Potatoes 1
- 6.Ginger to taste, garlic to taste
- 7.Salt to taste

Method

- 1.Cut the onions
- 2.Wash, peel and cut potatoes into small dices
- 3.Put oil on fire (2 tablespoon)
- 4.Fry the onions, garlic, ginger

5. Add seasoning and stir fry for five minutes
6. Add the raw minced meat, stir fry until cooked
7. Add salt and cool. set aside
8. Fill in the cones and fry till golden brown. it must be deep flying

SWEETS AND DESERTS

Sweets are made mostly of sugars, and they are empty calories, they contain vitamins and minerals. Although they do not bad to eat because they contain fats, oils, energy that are needed for the body. Examples of sweets are jellies, candies, chewing gums, syrups, jams, soft drinks, etc.

Deserts are mostly consumed after meals as the third or last course. Example of deserts are Cake, Ice cream, Egg, Custard, Pudding and fruit Pies. Deserts are more nutritious and needed in every meal to complete the three - course meal for a balanced diet.

Deserts may be fried, frozen, baked or steamed depending on the type, ingredients and purpose.

PRODUCTION OF DRINKS

A drink is a beverage used to refresh thirst. it is a liquid used for human consumption. It is a very important part of human existence. There are many types of drinks and they are named according to the fruits or ingredients used to produce them. example of drinks are water, milk, juices, smooth, minerals and carbonated drinks, soda and even yoghurt.

some drinks are acidic because of their alkaline level e.g. carbonated water, coca-cola, biggie, Lacacera etc. whole milk is also slightly acidic while bottle water is neutral to alkaline there are locally made refreshing drink. Examples are 'Kunu' (Fermented corn drink), Zobo drink, Soya Milk, 'Fura da Nono' (Fermented millet and milk).

KUNU

Kunu is a drink commonly made in the northern part of Nigeria. They are made with cereals such as millet, guinea corn, coconut, dates, ground nuts, ginger, there three types, Kunu Aya (Tiger nut) Kunu ayada (Ground nut) and Kunuzaki

KunuAya

1. Tiger nuts (fresh) 1kg
2. Tiger nuts (dried) 1/2 kg
3. Dates 500g
4. Coconut 2 whole
5. Dried ginger 200g
6. Cloves 100g
7. Pepper (Optional) 50g
8. Sugar (Optional)
9. Method
10. Wash the fresh and dried tiger nuts and soak for 3 hours put the coconut after dehusting it.
11. Put the coconut after dehusting it.
12. Add the dates
13. Add the cloves and gingers
14. Soak for one hour.
15. Grind all together
16. Add sugar but optional
17. Sieve the drink and refrigerate.
18. Pineapple Drink
19. Pineapple 1 large
20. Sugar according to taste
21. Water 2 litres
22. Method
23. Wash the Pineapple and peel
24. Boil the peel and keep aside
25. Blend the pineapple pulp and sieve
26. Make sugar syrup by boiling water on fire and cool it after it is dissolved
27. Add all together and sieve
28. Put in bottles for refrigerate it. (Ogueri e'tal 2020).

ZOBO DRINK

1. Zobo flowers
2. Sugar
3. Pineapple Peels

4. Clovers
5. Ginger

Method

1. Wash the zobo leaves quickly and put in a pot
2. Add the pineapple peel, ginger and cloves.
3. When it is boiled, add sugar and leave it to cool
4. Sieve it and bottle
5. Refrigerate
6. Smoothies
7. Smoothies are beverages made by blending ingredients together to make a pure. it usually have liquid base like cream etc. fruits and vegetables may be added to it.

Strawberry smoothie.

Ingredients

1. strawberries 500g
2. Yoghurt 1 litre
3. Ice cubes 200g

Method

1. Blend strawberries
2. Add Yoghurt
3. Add Ice cubes
4. Blend properly until smooth and put in a cup, ready to drink

HOME MADE YOGHURT PRODUCTION

1. Ingredient
2. powdered milk 1 kg
3. culture (yoghurt 5g)
4. sugar 800g
5. emulsifier 2 table spoon
6. preservative 2 table spoon
7. water 2 liter hot
8. 4 liter cold water and additional 5 liters after incubation

Method

1. Boil 2 liters of water
2. Put the hot water in a black bucket
3. Add 4 liter of cold water
4. Stir it together, Add the milk
5. Add the emulsifier and preservative
6. Incubate it for 24 hours cover the bucket tightly wrap with buckets and keep in the darkest part of the kitchen
7. After 24 hours, stir the yoghurt add 5 liter of water, sieve, bottle and freeze

CHAPTER SEVEN

PREPARING NUTRITIONAL/DIETS FOODS FOR DIFFERENT HEALTH CONDITIONS

There are various health conditions that needs special diets to control. the dietary management in some health conditions and life styles help the patients to heal faster and recover quickly. (Awuchi e'tal, 2020)There are some diseases caused by nutritional deficiencies:

OSTEOMALACIA

These are caused by the deficiency of vitamin D, calcium or phosphate. Osteomalacia occur in adults while rickets occur in children. it causes soft weak bones, pains and muscle weakness at time the diseases may ability to absorb calcium they can also occur if the patients are not getting enough Vitamin D, especially with people who are not exposed to the sunlight.

Dietary Treatment best diet rich naturally with vitamin D e.g. oily fish like sardines, marked and salmon

Egg Yolk

Staying in the sun before 12 noon to harness the vitamin D from the sun naturally

Margarine

Cereals

Dairy products

Scurry

This is the deficiency of Vitamin C or ascorbic acid in the body. scurry inhibit the production of collagen in the body which is the structure protein that connects the tissues.

scurry may cause abnormal formations of teeth and bones, bleeding and cuts on the sides of the lips, delay and in ability to heal wounds.

Dietary Treatment

Eat citrus fruits i.e. Oranges, Lemon, Strawberry, grapes, blueberry etc.

Broccoli

Green leafy vegetables.

Natural juices e.g. Tomatoes, Pineapple

Cereals

Anaemia (iron deficiency) This disease is caused by iron deficiency in the body it is characterizing by the decrease in red blood cell count in the body. this results in fatigue, weakness, shortness of breath and paleness of the body.(Elvin&Liden 2021) This can be corrected with healthy diet.

1. Dietary Treatment
2. Soy beans cheese
3. Soy beans milk
4. Squashes
5. Liver
6. Pumpkin leaves (Ngwu)
7. Milk
8. Bean
9. Nuts
10. Meats
11. Poultry
12. Eggs etc.

KWASHIORKOR

This is the deficiency disease in children caused by lack of portion and energy in the body. the symptoms are lack of appetite, enlarged liver, irritability, unceratingdermatose. This is prone to famine struck areas and places with poor food supply

1. Dietary Treatment
2. Protein
3. Carbohydrates
4. Eggs
5. Fish
6. Rice
7. Lentils etc.

DIABETES

Diabetes is a chronic disease that affects the body when the body cannot turn food into energy. The pancreas makes a hormone called insulin which acts like a key to let the blood sugar into the body cells for use as energy. Diabetes occur if the body cannot produce enough insulin for use or the body cannot make use of the insulin produced by the body (Melina e'tal, 2015).

1. Dietary Treatment
2. Changes of types of food and life styles
3. Green leafy vegetables
4. Beans and beans products
5. Eggs
6. Offals
7. Chickens
8. Salads (Greens)
9. Cauliflower
10. Cabbage
11. Carrots
12. Broccoli etc.

HYPERTENSION

Hypertension is the disease of the heart and mostly the disease of the adult and elderly. It is caused by the narrowing of the artery carrying blood to the heart due to fats and plaques. Untreated hypertension can heart to stroke, kidney failure, Heart attack, Heart failure etc.(Micheal, 2015)

1. Dietary Treatment
2. Low sodium intake (salt)
3. Eat plenty of fruits and fruit juices
4. Exercises
5. Foods with oils
6. Eat vegetables to reduce weight and fibres

HEPATITIS

Hepatitis is a serious liver infection caused by the hepatitis B virus which is easily preventable by taking the vaccine

Hepatitis C is an infection caused by a virus that attack the liver and leads to inflammation

1. Dietary Treatment
2. Plenty of fruits and vegetables
3. Whole grains such as brown rice, oats, etc.
4. Lean protein such as fish skinless chicken, egg whites
5. Beans
6. Low fat or non fat dairy product
7. Healthy fats i.e. soy oil, canola cotton seed oil, sunflower oil, olive oil etc.
8. Avocades
9. Nuts

CHAPTER EIGHT

CLOTHING AND TEXTILES

Clothing and textiles is the study that is concerned with design, about fabrics, the design, manufacture and marketing of all textile materials, It is concerned about weaving, dyeing, pattern making, sewing, laundry (Gazzola, 2020)

The study of clothing and textiles enable everyone to understand the materials used to make the textiles and allows the owner to choose the best way to wash it. Good and proper care of the fabrics makes them to be durable and look better.

The differences between clothing and textiles are: garments are items of clothing, while textiles are the fabric from which the garment are made .Example of types of fabric used to make textiles are: cotton, rayon, polyester, silk and wool.

HOUSEHOLD CRAFTS

Household crafts are item or crafts than can be made for personal use for the home. Some of these maybe used for home and interior decoration they can be produced on a large scale for sales too making the producer an entrepreneur. These articles or household crafts may be done using crocheting, Knitting, Matting, Weaving, basket weaving, Bead work, Leather work, Bed sheets, Puffs, arm rest, Head rest, Tie and dye, Batik, Printing Patch work etc.

CROCHETING

Crocheting is a method of making cloth or clothing by using a needle that has a hook at the end to form and weave the loops in a yarn. it is an art used to create shawls, Dresses, Caps, Bonnet, Cardigans, Sweaters, socks etc. The process of crocheting to produce is by inter locking loops of yarn, threads using a hook.(Toni, 2013).

Crochet is different from knitting this is because crochet completes stitches and then proceed to the next whereas knitting have many stitches opened at a time. In crocheting, there are six standard crochet skill levees as follows:

1. Basic Stitches
2. Repetitive stitches

3. Patterns
4. Colour changes
5. Shaping
6. Finishing
7. Materials needed for crocheting
8. Yarns
9. Crochet hooks
10. Scissors
11. Measuring tapes
12. Stitches markers
13. Yarn needle

A person who engages in crocheting is called a crotchetier. Crocheting has patterns and all of these patterns are interpreted using abbreviations. here are some of the abbreviations and meaning

ABBREVIATIONS FOR BASIC CROCHET STITCHES

Abbreviation	Term/meaning
1. SC	Single crochet
2. DC	Double crochet
3. HDC	Half double crochet
4. TR or TRC	Treble crochet or Triple crochet
5. ALT	Alternative
6. LP	Loop
7. TOG	Together
8. YO	Yarn over
9. WS	Wrong side
10. YOH	Yarn over hook
11. RS	Right side
12. ST	Stitches
13. SLST	Slip Stitches
14. Sp	Space
15. REP	Repeat
16. REM	Remaining
17. PS/PUFF	Puff Stitches
18. PREV	Previous
19. PAT	Pattern

- | | |
|------------|-------------------------|
| 20. CH-SP | Chain Space |
| 21. EDC | Extended double crochet |
| 22. FOLL | Following |
| 23. HDC | Half double crochet |
| 24. PC | Popcorn stitch |
| 25. SK | Skip |
| 26. RND | Round |
| 27. PM | Place Marker |
| 28. MM (s) | Millimeters |
| 29. INC | Increase |
| 30. CONT | Continue |
31. DC (Double Crochet) practical:
 32. Wrap the yarn (YO) over the hook, insert the hook into specified ST
 33. YO the hook again, draw the yarn through the ST, now there 3 loops on the hook
 34. YO the hook again and draw through 2 loops now there two loops.
 35. YO the hook, draw it through the final loops
 36. Double Crochet 2 together (dc2tog)
 37. Yarn over, pick up a loop in next ST
 38. Yo draw the book through 2 loops
 39. Yo pick up a loop in next St
 40. Yo draw through three loops on hook.

KNITTING

Knitting is a method by which is woven to create a textile or a fabric Knitting is used to create many types of garments such as Dresses, Blouses, Trousers, Sweaters, Cardigans, Socks, Mufflers, Scarfs, Caps, Bonnets, Belts etc. Knitting may be done by hand using two pins or by machine called knitting machine. knitting creates stiches such as loops of the yarn in a row, either flat or in the round.(Kartus, 2016).

There are two basic types of Knits, it includes plain, rib, purl, pattern, and double knits and the warp knits which are tricot, raschel and milanese

The production of fabric by employing a continuous yarn or set of yarns to form a series of interlocking loops.

MATERIALS NEEDED FOR KNITTING

1. Knitting pins (2)
2. Measuring tape
3. Markers
4. Scissors
5. Tapestry needle
6. Double Pointed Needles
7. Yarn winder
8. Stitch holders
9. Stitch counter

ABBREVIATION FOR BASIC KNITTING

The common abbreviations in knitting are:

Abbreviation	Term/Meaning
1. Alt	Alternative
2. Appriox	Approximately
3. Bet	Between
4. Beg	Beginning
5. BO	Bind off
6. CO	Cast off
7. CN	Cable needle
8. DPN (s)	Double pointed needle
9. Pat	Pattern
10. Rem	Remaining
11. Rep	Repeat
12. Dec	Decrease
13. B&T	Break and tighter
14. ST	Stitches
15. GS	Gather stitch
16. Cont.	Continue
17. EON	End of needle
18. EOR	End of row
19. FC	Front cross

20. FL	Front loop
21. Foll	Follow
22. GRP	Group
23. INC	Increase
24. K	Knit
25. K ebl	Knit through back loop
26. KIB	Knit in row below
27. KFB	Knit into front and back stitch
28. KLL	Knit left loop
29. Krl	Knigh right loop
30. K ₂ tog	Knit together
31. K ₂ tog tbl	Knit two stitches together through back loops
32. KSP	Knit one stitch, slip the stitch, pass second stitch over the first stitch over the first stitch, return stitch to right needle.
33. Kwise	Knit wise
34. LC	Left cross
35. LH	Left hand
36. Lp	Loop
37. Lt	Left twist
38. PSSO	Pass slip over
39. Pnso	Pass next stitch over
40. P ₂ sso	Pass 2 slipped stitches over
41. Pu	Pick up stitches
42. Pwise	Purl wise
43. Rc	Row below
44. P-b	Purl stitch in the row below
45. P/f & b or pfb	Purl the font of the stitches then purl the back of the same stitches.
46. P ₂ tog	Purl together
47. Pm	Place marker
48. Won	Wool over needle
49. Wrn	Wool around the needle

50. Ws	Wrong side
51. W&T	Wrap and turn
52. Wyib	With yarn in back
53. Wyif	With yarn in front
54. Yb	Yarn to the back
55. Yf	Yarn forward
56. Yfon	Yarn forward and over needle
57. Yfrn	Yarn forward and round needle
58. Yo	Yarn over
59. Yo ₂	Yarn over twice
60. Yon	Yarn over needle
61. Yrn	Yarn round needle
62. * (asterisk)	Repeat the Instructions following the asterisk as needed.
63. **	Repeat instructions between asterisks as needed.
64. ()	Repeat instructions in parentheses as required.
65. []	Repeat instructions between brackets as required

COMMON STITCHES IN KNITTING.

1. MOSS Stitch
2. Knit Stitch
3. Purl Stitch
4. Rib Stitch
5. Slip Stitch
6. Garther Stitch

WEAVING

Weaving is the process of combining warp and left components to make a woven material the lengthwise yarn of a weaving is called warp, while the cross wise yarns are called weft

All waven fabrics with finished outer edges called selvelge.
Process of weaving

1. Winding
2. Warping
3. Sizing
4. Drawing - in
5. Weaving

Method of Weaving.

Weaving of cloths is done on a loom, this is a device that holds the warp thread in place and the filling threads in place and the filling threads are woven through them. (Adegbite&Aderemi 2011) The basic weaving operation steps are:

Shedding - This Involves the raising and lowering of warp yarns by means of the harnessing to form shed, opening between warp yarn through which weft yarn passes

Picking - inserting of weft yarn by the shuttle through the shed

Beating up: Packing the weft yarn into the cloth to make it compact.

THERE ARE THREE TYPES OF WEAVING

1. Plain weave
2. Satin weave
3. Twill weave

THE MOST COMMON TECHNIQUES OF WEAVING ARE:

1. Over weaving
2. Under weaving
3. Material need for weaving
4. Warp thread
5. Weft thread
6. Roving wool
7. Loom
8. Shuttles
9. Comb
10. Tapestry needle

BEAD WORK.

Bead work is the craft of attaching beads together using string or thread with a needle form neck laces, earnings, hand bands etc. they come in various sizes, shape and materials. Beads are used in fabrics for decoration. They are usually stitched to dresses or applied in thread lengths before being woven.

Bead work is usually used for social, cultural, religious practices in Nigeria these include rites of passage, decoration and ornamentation and also for political and leadership purposes.(Adiji, 2018).

Bead making is a uncreative business especially if the maker has a target market. it doesn't require much space and the training is minimal the beadier only needs to be creative

Materials needed for bead making

1. Variety of beads
2. Beading card
3. Beading needles
4. Clasps and toggles
5. Beading rubber
6. Bead studs & Closer
7. Ear wires
8. Crimp beads etc.
9. Beading tools
10. Chain
11. Nose pliers
12. Rand nose pliers
13. Crimping pliers
14. Flush cutters
15. Wire cutters
16. Embroiling scissors

LEATHER WORK

Leather craft is the way of making leather into craft object or work of arts shaping and coloring it to make it beautiful.(Fatou, 2021) The basics of leather work

1. A well lit area

2. Use in expensive kit at the beginning
3. Get a workplace that is smooth
4. Drawing and painting
5. Leather work includes:
6. Shoes / Boots
7. Slippers / Perm
8. Bags / Purses
9. Belts
10. Upholstery
11. Gloves
12. Boxes
13. Outer apparel
14. Toys
15. Hats
16. Wrist watch
17. Wraps

OTHER HOUSE HOLD CRAFTS

Other household crafts are:

1. Bed Sheet / Bed Spread
2. Throw Pillows
3. Arm rests
4. Head rests
5. Leg rests.

PATCHWORK

Patch work is the process of joining pieces of cloths of different shapes such as triangle, square, round, hexagons and other shapes together by using hand or machine stitches to make a large material. it is usually used for quilting. patch work is used to create designs.

Materials / Tools used for Patch work

1. Cutting table
2. Rotary cutter
3. Iron
4. Ironing board

5. Starch
6. Scissors
7. Sewing machine / thread
8. Pieces of materials

Tie and Dyeing

Tie - Dyeing is the method of dyeing by hand in which coloured patterns are produced in the fabric by gathering together many small portions of material and tying them tightly with string or threads before soaking the cloth in the dye bowl.(Gauzer e'tal 2015). The dye will not penetrate the places tied, there fore forming patterns on the fabric.

The process of tie dye includes:

1. Folding
2. Twisting
3. Pleating
4. Crumpling Fabric
5. Binding with thread or string
6. Apply dyes
7. Materials needed for Tie & dye
8. Tie dye kit
9. Water
10. Disposable or rubber gloves
11. 100% cotton material
12. Tarp
13. Steps to Tie dye
14. Pick the material
15. Mix your dye with warm water
16. Create a pattern using thread or string
17. Soak in water to prepare it for dyeing
18. Deep immersely in the dye bowl. Let it rest a few minutes
19. Raise it up with a stick,
20. Rinse out until water runs
21. Clear
22. Starch it and spread
23. When it is dried, iron and pack.

MAKING HOUSE HOLD ITEMS THROUGH KNITTING MACHINE AND CROCHETING

There are many household items that can be made with knitting and crocheting and these include:

1. Pillow covers
2. Wall hangings
3. Coasters
4. Place mats
5. Rugs
6. Pot holders
7. Tissue box cover
8. Market bags

FABRIC DESIGNS

Fabric design is concerned with the process of creating and preparing designs for fabric production. The designs can be painted or drawn, it can be designed using the computer with some design applications. It is the process of preparing and creating designs for fabric production. these designs can be of four types namely:

1. Product design
2. Interface design
3. Visual design
4. interrelations of types

BATIK

Batik is a method of producing coloured designs on materials that are pre waxed to the areas to be left undyed. There are four types of Batik

1. Batik block (Printing)
2. Batik Skrin (Screen printing)
3. Batik Lukis (hand drawn batik)
4. Tie Dye Batik

The materials used to make batik are cotton and rayon based materials.

MATERIALS / TOOLS FOR BATIK MAKING

1. Cantings
2. Waxes
3. Procion Dyes
4. Batik kits
5. Wooden Printing Blocks
6. Plain fabrics and scarves
7. Pencil and paper
8. Muslin
9. Newspaper
10. Scissors
11. Containers
12. Water
13. Gloves
14. Whicks or Sticks

STEPS IN MAKING BATIK

1. Gather materials and set the work place
2. Cut fabric and draw
3. Apply the first layer of wax
4. Add the dye
5. Apply the second layer of dye
6. Complete the crackle effect
7. Remove the wax by placing Newspaper on the dried fabric and iron the wax out.
8. Fold and ready for use

PRINTING

Printing is the process of applying colour to fabric in definite patterns or designs. The colour is usually bonded with the fibre and it resists washing and friction thereby making it more durable for the user.

Type of Printing Styles

1. Direct style
2. Resist Style

3. Block printing
4. Roller printing
5. Screen Printing
6. Heat transfer printing
7. Digital Printing

Methods of Textile Printing

1. Application of colour (thick paste)
2. Fixation (by steaming or heating)
3. Removal of excess colour by washing.

HAT MAKING

Hat making is also regarded as millinery. This refers to the art of hat making for women.

This include the design many facturing and sales. Hats area clothing accessories needed to cover the head especially in wearing corporate dresses for special occasions, church wears, dinner wears and the like. Hat fabrics include:

1. Polyester
2. Nylon
3. Cotton
4. Linen
5. Straw
6. Plastic
7. Animal skins
8. Leathers

There are many types of hats but the most popular are:

1. Beanie
2. Bucket
3. Newsboy caps
4. Fedora
5. Life guard
6. Panama
7. Base ball

The reason why people wear hats are:

1. For protection

2. Ceremonial
3. Religious reasons
4. Safety
5. Fashion
6. Accessory

Hat making is highly lucrative the materials are readily available and it is very creative. The art of hat making gives opportunity for self-employment and economics sustainability.

TOOLS FOR HAT MAKING

1. Steam Iron
2. Scissors
3. Sewing Tools
4. Hat stand

SEWING UNIFORMS FOR STUDENTS IN COLLEGES, NURSERY AND PRIMARY SCHOOLS

School uniforms are uniforms worn by students in schools and colleges for identification. They are used in nursery, primary and secondary schools in Nigeria. Uniforms have positive social effect on the wearer, it gives them self-esteem, a sense of belonging to a school or college, discipline, attendance e.t.c. They make students to be law abiding, less violence and decreased rate of crime is experienced in public schools in Nigeria. The school uniform is an outfit peculiar to particular schools and colleges. The dress code for every school is designated with colour and styles of sewing. This makes the students to dress smartly and are normally proud of their appearances. (David & Muthoni 2020).

STYLES

There are various styles of school uniforms ranging from shirts and shorts, trousers, ties, skirts and blouses, hats, berets, jackets e.t.c. Most fabrics used to sew school uniforms are cotton, nylon, acrylic, polyester e.t.c. But cotton is the most ideal for sewing uniforms.

THREE IMPORTANT ELEMENTS IN CHOOSING UNIFORMS

1. Neatness
2. Cleanliness
3. Safety

TAILORING SEWING OF CLOTHES FOR THE FAMILY

Tailoring is the art of cutting and sewing clothes. A tailor is a person who sews and alters clothing. He or She measures the customer, cut the cloths and sew to fits the wearer. There are three types of tailoring:

1. Made – to – measure
2. Bespoke
3. Ready to wear

SOME SKILLS NEEDED TO SEW FOR THE FAMILY

1. Pressing during sewing
2. Stay stitching
3. Chipping curves and corners
4. Seam finishes
5. Hems
6. Using rotary cutter
7. Fussing cutting
8. Bar tacks

BENEFITS OF SEWING FOR THE FAMILY

Sewing for the family could be a great fun and a better expression of one's creativity here are some of the benefits of sewing for the family:

1. It's good to be creative
2. It helps to express self confidence and your individual self
3. It saves a lot of money
4. It helps to reduce stress
6. It helps to coordinate the hand and eye
7. It helps brain growth and fights again dementia.
8. The person is happy doing something tangible.

SEWING TOOLS

1. Scissors
2. Rotary cutter
3. Ruler
4. Measuring tape
5. Needles
6. Sewing machines
7. Seam ripper
8. Sewing clips
9. Office pins
10. Tailor's chalk
11. Fabric markers
12. Pin cushion
13. Iron and ironing board
14. Thimble
15. Sewing/machine needles
16. Presser feet
17. Bodkins

TYPES OF SEWING MACHINE

1. Domestic Sewing Machine
 - a. Manual Sewing Machine
 - b. Threadle Sewing Machine
 - c. Electric Table Machine
2.
 - a. Computerized domestic
 - b. Embroidery Machine
 - c. Quilting Machine
3. Industrial Sewing Machine
 - a. Single needle lock stitch machine
 - b. double needle lock stitch machine

CHAPTER NINE

CHILD DEVELOPMENT

Child development is the changes that occur to children from birth to adulthood. It deals with the physical, emotional and social changes in a child. During this period, the parents, guardian, teachers have prominent roles to play in the progressive development of a child. They depend mostly on these people until they are matured enough to be independent.

THE STAGES OF CHILD DEVELOPMENT

There are six stages of child development. They are:

1. Neonate (0 to 3 Months)
2. Infant (3 to 12 Months)
3. Toddler (1 to 3 Years)
4. Pre School (3 to 4 Years)
5. School age (4 to 5 Years)
6. Middle childhood (6 to 12 Years)
7. Adolescent (12 to 18 Years)

ESTABLISHING NURSERY, PRIMARY SCHOOL/DAY CARE CENTERS

The nursery school is a place where young children of 0-2½ years and up to 5½ years are offered various education experiences and services to needs at these age levels. The children are guided and encouraged to learn and develop according to their individual needs. The schools offers programmes that help to develop the personal, social, sensory motor skill, cognitive and moral skills nursery schools usually provide programmes that are:

1. Costodial by providing the basic programmes ranging from warm caring, home like experience to informal learning with very little concern for the cognitive development.
2. Development- They provide an educational curriculum that stimulates social, physical emotional and intellectual development. These may include medical, nutritional

services and parent involvement in their care and development.

GOALS FOR EFFECTIVE NURSERY EDUCATION PROGRAMME

The followings are the goals for effective nursery education:
The child should be able to

1. Develop and maintain a positive feeling about himself and about his ability to create and to learn
2. Expand his awareness of his environment through many sensory experiences for example opportunity to see, hear, taste, feel and smell for developing concepts and solving problems
3. Develop language through Listening, Speaking and dramatic play activities. This helps to develop the basic for reading, writing and other communication skills
4. Develop maximum physical growth and health through sound motor activities and proper nutrition.
5. Express verbal and non-verbal feelings such as joy, happiness, fear and anger.
6. See himself as a human being who shows respect and concern for the rights and properties of others.
7. Develop a self respect for life
8. Ability to be independent by providing him with opportunities to explore, create and make choices.
9. Understand his strengths and limitations and be able to cope with success, failure and change.
10. It creates and offer holistic foundational education for the child.

TYPES OF NURSERY SCHOOL SETTING

There are many types of nursery school setting to meet the various needs of young children and their families. Here are some that have been found operating in Nigeria:

1. Day care centres
2. Crèches
3. Night care centers

4. Play group
5. Kindergarten
6. Play school
7. Nursery 1
8. Nursery 2

STEPS TO TAKE IN ESTABLISHING A NURSERY SCHOOL

There are many steps needed to be taken in establishing a nursery school or day care.

They are as follows:

1. Register the school with the state ministry the school with the state ministry of education.
2. Choose a location for the school
3. Choose a building
4. Acquire school equipment and facilities.
5. Choose a name for the school
6. Design a school uniform
7. Choose the academic curriculum.(Obweluzor, 2015).
8. Hire teaching and non-teaching staff.

HOW TO MANAGE A NURSERY SCHOOL EFFECTIVELY

Here are some things to do for proper management of the nursery schools:

1. Organize the class rooms
2. Provide comfort and assurance
3. Given them tools and toys to express their feelings
4. Make good plans for transition from one class to another
5. Follow them up in all their activities
6. Use child friendly styles to teach them
7. Create a conductive learning environment for the kids.

MAKING TOYS

Toys are objects that are used primarily to provide fun and entertainment. Simple example include toy block, dolls, board games e.t.c Toys are usually designed for the use of kids. There are many types of toys, they include:

1. Action figures

2. Animals
3. Cars
4. Creative toys
5. Dolls
6. Educational toys
7. Electric toys e.t.c.

HOW TO MAKE A DOLL

1. Gather the materials needed
2. Cut the fabric
3. Stitch the fabric
4. Roll batting
5. Create the legs, hands and head
6. Stuff the body with the batting
7. Create the hair and other features

Establishing children store establishing a baby store needs good planning here are some steps that are necessary in establishing one.

1. Plan the baby store
2. Form it into a legal entity
3. Register it under the government corporate body for taxes
4. Open a business bank account
5. Set up accounting for the store
6. Get the necessary permits and licenses for the baby store.
7. Get insurance for the store.

ESTABLISHING A TOY STORE

1. Plan a toy store
2. Form the toy store into a legal entity
3. Register the toy store for taxes
4. Open a business account
5. Set up accounting for the toy store
6. Obtain the necessary permits and licenses for the toy store.
7. Obtain the store insurance.

Purpose of a toy store a toy store is a store that specializes in selling toys. The business is profitable and it is a lucrative and good business.

CHARACTERISTICS OF A GOOD TOY

1. It must create fun
2. It must easy to store
3. It makes noise
4. It should be educational
5. It must be durable
6. It must be beautiful
7. It should be appropriate with the age
8. It should be safe for the children

CHAPTER TEN

HOME MANAGEMENT

Home management is the process of effectively running a house hold. It is the process of preserving protecting and maintaining the home. It involve budgeting which helps to balance the income and expenditure with a certain period of time. There are four steps in home management. They are as follows:

1. Planning
2. Organizing
3. Controlling
4. Evaluation

INTERIOR DECORATION

Interior decoration is the art of enhancing the interior of a building to achieve a healthier and beautiful environment that is pleasant to the owners. (Kasum & Singh , 2017).

PRINCIPLES OF INTERIOR DESIGN

There are seven main principle of interior design. They are:

1. Balance
2. Harmony
3. Rhythm
4. Proportion and scale
5. Emphasis
6. Contrast
7. Details

HALL DECORATION

Hall decoration for large party needs careful execution to achieve the desired results here are some important things to note while decorating a hall for an events:

1. The venue
2. The draping
3. Seating arrangement
4. Table setting

5. High table
6. Cake table
7. Lights for the event hall chair covers e.t.c

OFFICE DECORATION IDEAS

1. Hang large works of art
2. In out flowers
3. Add unique furniture
4. Add the brand colours of the office
5. Add artificial plants
6. Mirrors
7. Decorative boards

STEPS TO FOLLOW IN FUNERAL PARLOUR DECORATION

1. Brighten the parlour with more light
2. Brighten the curtain
3. Use matching colourful rugs
4. More decorative rugs
5. Use funeral flowers, wreaths e.t.c.
6. Use balloons lavishly
7. Use artificial flowers.

EVENT MANAGEMENT.

Event management is the application of project management to the creation and development of parties and events such as weddings, naming ceremony, parties, burial ceremony e.t.c there are five important stages to take in any event planning to make the whole event or ceremony a success. These are stipulated as follows:

- | | |
|---------|---|
| Stage 1 | Research and goal setting |
| Stage 2 | Need to design the event |
| Stage 3 | Brand the event |
| Stage 4 | Coordinate and plan for the day |
| Stage 5 | Evaluate the event and see whether it is a success. |

HOME MANAGEMENT; INTERIOR DECORATION (HALL DECORATION, OFFICE DECORATION, DECORATION OF FUNERAL PARLOUSE ETC)

Flowers have been used by man for centuries to provoke feelings of happiness, love, compassion and sadness. And as human have used the different flowers they found around them, so did the meaning and expression they convey being to develop. You an always find flowers in your area are roses, cotton, allamanda, zinnia, sunflower, portulaca, lily, harmattan lily, pride of barbadas, hibiscus, morning glory, bachelor's button, bougainvillaea etc.

DIFFERENT TYPES OF FLOWER ARRANGMENTS

- Triangular Arrangement (symmetrical)
- Circle Arrangement
- Vertical Arrangement
- Crescent Arrangement
- Horizontal Arrangement

PRINCIPLES UNDERLYING FLOWER ARRANGEMENT.

1. Study the place where the flower arrangement will be kept and consider the angle from which it will be viewed. It can be viewed from front side or all around
2. Determine the design or outline are
 - i. Long and Slender
 - ii. Wide and Flowing
 - iii. Triangular and crescent shaped outlines. The long outline is proper for a narrow space, while a large triangle arrangement is good for the centre of the table placed against a wall
3. Pick or buy flowers according to the settings where they are going to be placed and the arrangement outline selected for instance, a table decoration during a meal will differ that of the rooms
4. Select a suitable vase for the chosen arrangement outline
5. Handle flower carefully follow the procedure for the treatment of flower
6. Apply the principles of colour combination and balance (i.e element of art or design) when arranging flowers.

7. Make flower arrangement for simple but beautiful arrangement for big halls and stage should be large and vivid to be effective.

SELECTION AND PREPARATION OF FLOWER VASES OR CONTAINERS

Flower vases should be chosen to complement the flowers. They should be suitable in terms of colour and shapes. Vases can be improvised or bought and one doesn't need expensive and elaborate vases or container to make a good flower arrangement. Selection can be made from the following:

- Empty cans and bottles such as, beautiful wine bottle, empty bournvita can or milk containers can be painted or covered with colour cellophanes sheets
- Smoothed pieces of wood e.g. coconut shells and bamboo flower vase
- Large animal shell from the seaside or even snail shell
- Old ware such as dishes, mug, cup, jugs etc.
- Small baskets
- Glasses, metal or plastic dishes and trays
- Commercial flower vases. These can be made with glass, brass, plastics, porcelain etc. they are of different sizes, shapes and colours

FLOWER HOLDER'S

After selecting the vase, the arrangement for the flowers should be prepared by placing some materials which will hold the flower inside. Materials which can be used include:

- Plastic flowers-holder or floral foams. These can be brought from florists
- Crumpled wire netting or mesh wire can be place at bottom of the vase
- Pieces of paper can be soaked in water and used
- Sand can be place in the vast and used it to hold the flower
- Wood stands are made from wood and nails are shown below. They can be made into any shape and size.

- Saw dust from carpenters shed can be placed in the vases and use as flower holder

PROCEDURE FOR FLOWER ARRANGEMENT

- Choose a suitable flower vase
- Prepare the vase by placing a suitable flower holder inside, fill the vase with water
- Choose a suitable design based on the shape of the vase, the flowers available and the place where the arrangement is going to be placed
- Cut the flower stems to different lengths
- Sort them out in sizes and colours if possible
- Put the flowers in the vase, one at a time, bearing your design in mind. Choose a suitable length for each position; make your outline or shape of arrangement first with the longest, thinnest stems. Next strengthen the centre with the bigger flowers; finally in from outside to the centre with the medium size flowers.
- Try to leave a space at the back through with a small quantity of water could be added each day. Make your flower arrangement simple but beautiful.

CARE AND TREATMENT OF FRESH FLOWERS

Flowers are fragile; therefore, they should cut and handle with care.

- Always collect your flowers early in the morning
- Make use of a sharp knife or a pair of scissor of cutting the flowers, avoid bruising of flowers, cut the base of the stem diagonally or slanting, never straight across
- Strip of the flower leave or those that will go below the water-line, because they will only decay and dirty the water. Leaves will often take up the after which the flower needs; therefore they can always be inserted into the vase separately
- Split the stem ends of all wooded stemmed flowers such as roses and flowering shrubs before placing them in deep water.

HOME GARDENING

Home gardening is the cultivation of flowers, fruits, vegetables or decoration plants for personal use of the owners.

Some common garden plants are shrubs, succulents, trees, vegetable varieties of flowers. There are many advantages of growing a vegetable garden these are:

1. It saves cost
2. They are fresh without chemicals
3. It improves health
4. Effect way of exercising the body by tilling and keeping the garden.
5. Sources of food
6. It reduces waste
7. They are eco friendly.

Examples of vegetables that may be grown at home include Okro, Spinach, Cabbage, Cucumber, mint leave, chicory etc.

VEGETABLE PRODUCTION

Vegetable production is the farming of vegetables for home use. It ranges from crops to production of few vegetables for family use or marketing to a larger mechanized common in advanced countries.

HOLTICULTURE

Holticulture is the art of garden cultivation and management. It involved gardening crops, fruits, vegetables and ornamental plants. It is also concerned with growing plants that are used by people for food, for medical purpose and for aesthetic beauty. Other examples are lawn grasses, herbs etc.(Oladele e'tal 2020).

IMPORTANCE OF HOLTICULTURE.

1. It increase production of fruits
2. It beautifies the environment.
3. It gives room for managing and understanding of plant cultivation
4. Focus on plant use and gives good experience to the keeper

ANIMAL FARMING

Animal farming is a branch of agriculture that deals with animals that are reared for meat, fibre, milk etc. This involves every day care of the animals. Farm animals are the animals that are raised on a farm e.g. rams, pigs, chickens and goats, turkey, guinea fowls etc. Some animals are used for labour, clothing, eggs etc.

TYPES OF ANIMALS FOR FARMING

1. Duck/Chickens/Turkey
2. Rabbits
3. Grass Cutters
4. Cows
5. Dogs
6. Fish
7. Parrots.

BENEFITS OF ANIMAL PRODUCTION

1. It develops the individual
2. It improves standard of living
3. It reduces poverty
4. It provides more food
5. It improves nutrition
6. It is good for the environment
7. It is sustainable to the economy

CLASSES OF FARM ANIMAL

1. Monogastric animals e.g. Dogs
2. Ruminants e.g. Goats, Sheep, Cow
3. Pseudo-ruminant e.g. Camels

MANAGEMENT PRACTICE IN LIVESTOCK.

Livestock management refers to all the activities carried out by the farmer to rear farm animals from birth till when they are ready for the market and disposing the animals. It involves the provision and good maintenance of their housing, good feeding, medication and good hygiene. (Hernandez-Jover, 2019).

It is also referred to as the working methods and innovations

that managers use to improve the effectiveness of work systems which include empowering the workers, training, introducing various forms of innovations and technological advance in animal husbandry.

MAJOR PROBLEMS FACING LIVESTOCK PRODUCTION.

Livestock production can create problems for the farmer if it is not well managed. Here are some of the problems facing livestock management and production in Nigeria:

1. Inadequate feed supply.
2. Low or poor animal nutrition gives room for diseases and parasites.
3. Inadequate space.
4. Lack of infrastructure.
5. Lack of transportation.
6. Lack of government incentives.(Sachan, et al 2012).

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