



REPORT HOME ECONOMICS IN EUROPEAN PUBLIC SCHOOL CURRICULA



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INTRODUCTION

This report provides an overview of home economics education across European countries, with a particular focus on home economics education in public schools. The analysis was conducted in the spring and summer of 2025 and draws on a variety of documents, including curricula, syllabi, and educational laws, which were obtained by the researchers through online sources and local contacts. All the referenced sources are presented along with country-specific information.

At the beginning of the report, a summary map illustrates which countries include home economics lessons in public education. For each country, detailed information is provided, including the age of students and the topics covered in home economics education. We only indicate the possible grades in which the subject may be taught, not the number of lessons allocated, as comparable data is lacking. The analysis is grounded in the position statement issued by the International Federation of Home Economics (IFHE). The report concludes with an overview of the topics and insights into the main trends.

The report forms part of a study conducted within the European Union's Horizon SHAREE (*STE(A)M for Home Economics and Research Exchange*) project. More detailed findings will be published as scientific articles under the project.

Independent compulsory subject

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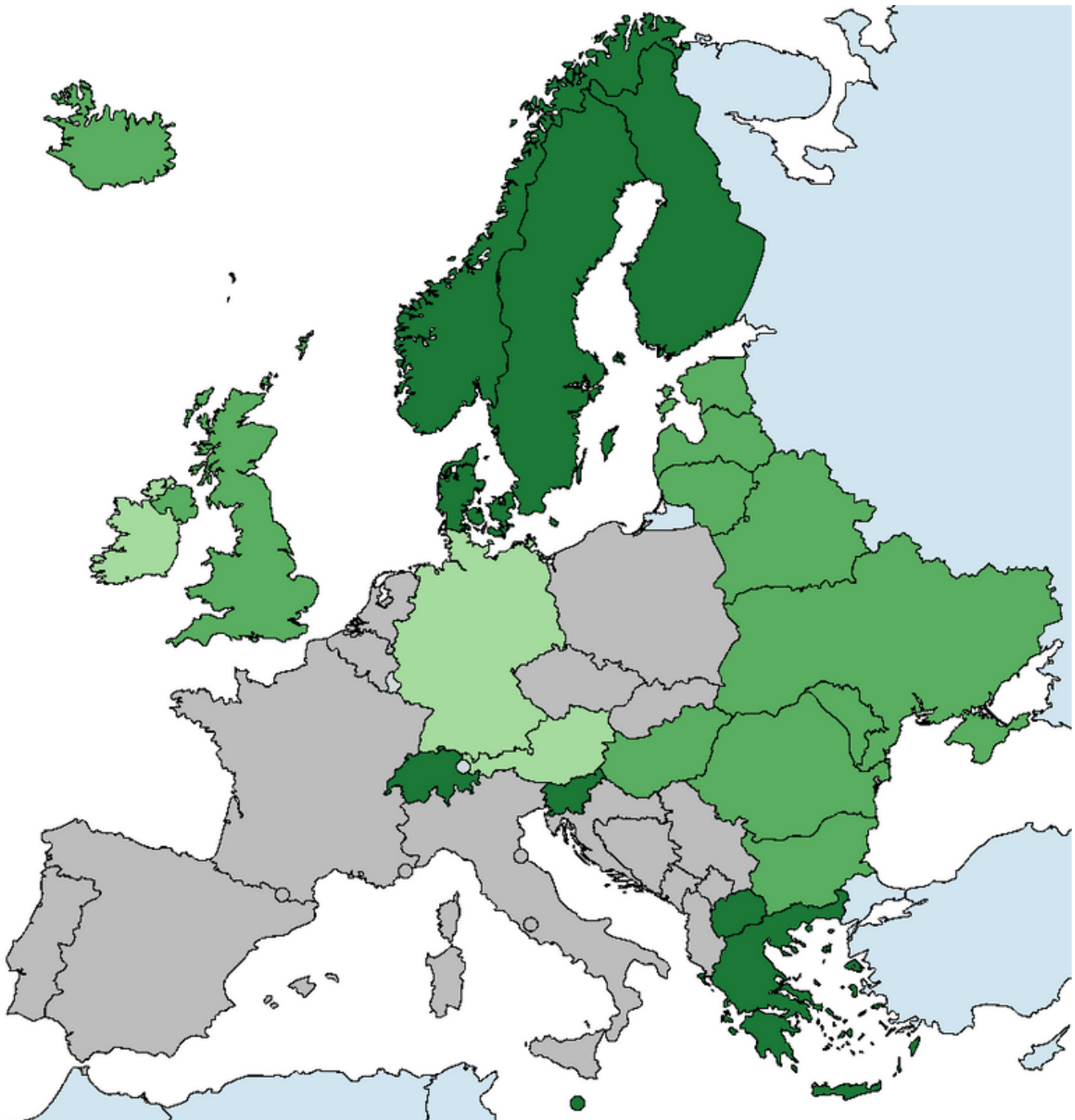
Limited compulsory subject

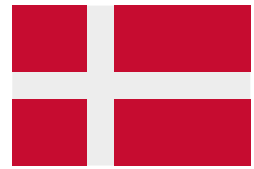
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No home economics

Albania
Andorra
Belgia
Bosnia and Herzegovina
Croatia
Czechia
France
Italy
Kosovo
Liechtenstein
Luxembourg
Monaco
Montenegro
Netherlands
Poland
Portugal
San Marino
Serbia
Slovakia
Spain
Vatican city

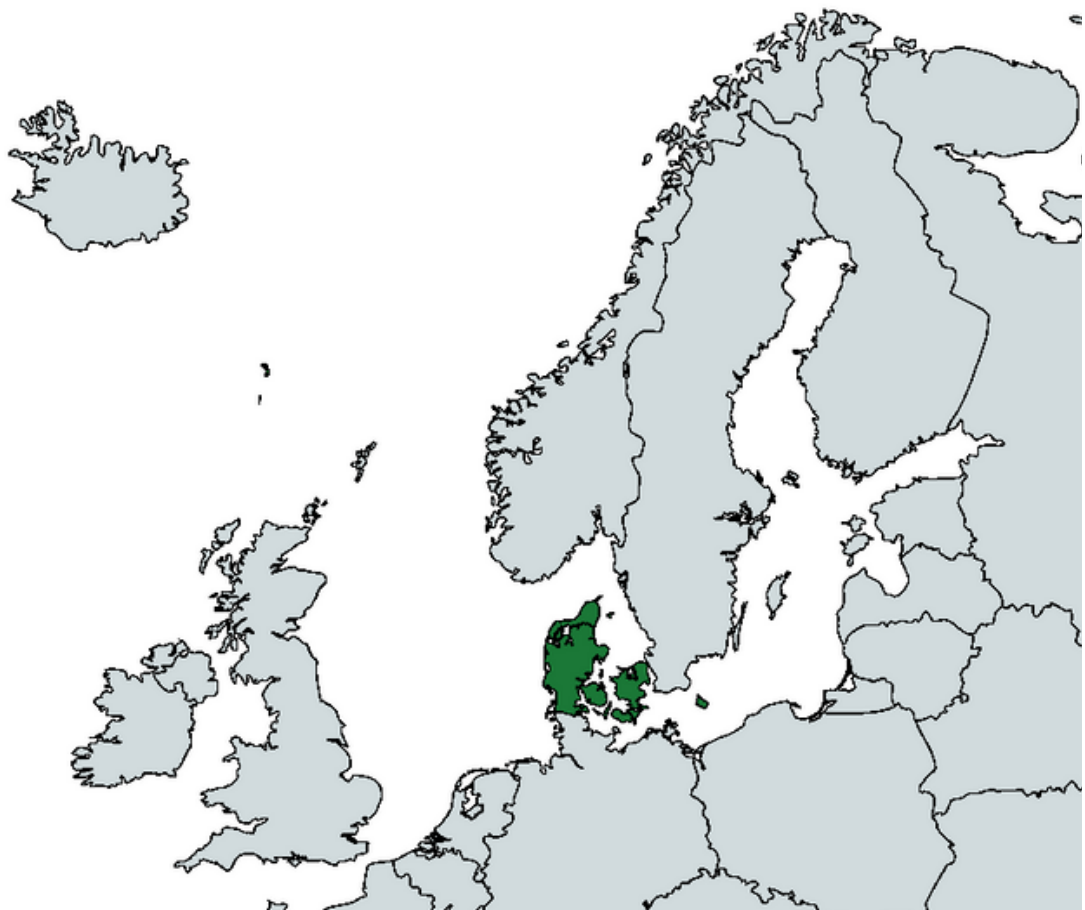
HOME ECONOMICS IN EUROPEAN CURRICULA





DENMARK

MADKUNDSKAB (Food Knowledge)



Børne- og Undervisningsministeriet. (2019). *Madkundskab. Faghæfte 2019*. Retrieved July 10, 2025, from https://emu.dk/sites/default/files/2020-10/GSK_Fagh%C3%A6fte_Madkundskab.pdf

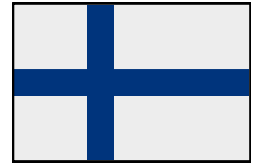
Børne- og Undervisningsministeriet. (2019). *Madkundskab (valgfag). Faghæfte 2019*. Retrieved July 10, 2025, from https://emu.dk/sites/default/files/2020-09/GSK_Fagh%C3%A6fte_Madkundskab_Valgfag.pdf

Compulsory home economics	11-12 yrs (grades 5-6)
Elective home economics	13-14 yrs (grades 7-8)

Topics covered:

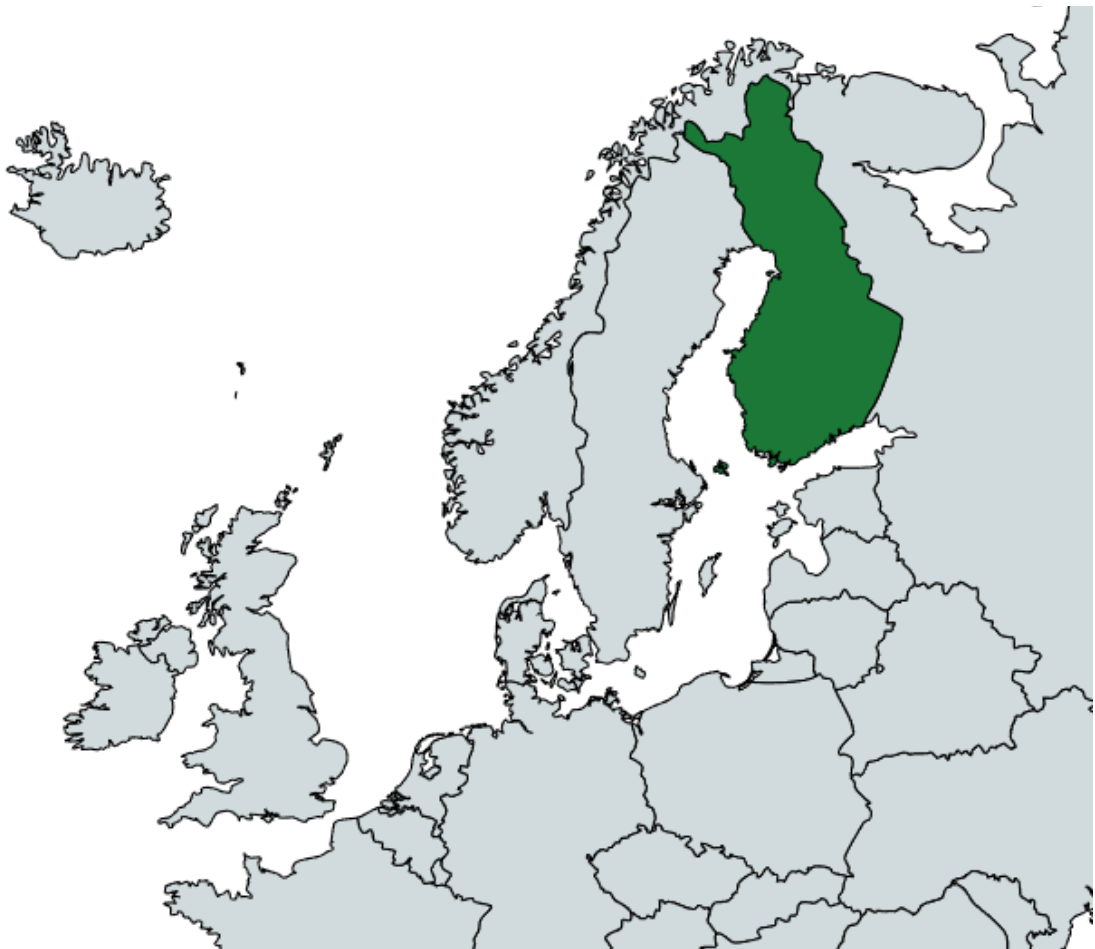
- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - ✓ **Food science**
 - Consumer studies and consumer sciences
 - Textiles and clothing
 - ✓ **Design and technology**
 - ✓ **Household management**
 - Housing and shelter
 - Human development and family studies
 - Community services
-

In Denmark, Home Economics is called *Madkundskab*, formerly *Hjemkundskab*. It is compulsory for all students in 5th and 6th grade and elective in 7th–8th grade. The curriculum emphasizes food, taste, health, cooking, and sustainability. Students develop practical cooking skills, experiment with recipes, and learn to make informed food choices based on seasonality, health, ethics, and production methods. The subject emphasizes the importance of the joy of cooking, a sense of community around meals, critical thinking, and cultural reflection. Digital competencies and innovative thinking are also integrated, with a strong focus on sustainability and student well-being.



FINLAND

KOTITALOUS (Home Economics)



Opetushallitus [Finnish National Board of Education]. (2014). *Perusopetuksen opetussuunnitelman perusteet. Määräykset ja ohjeet 2014:96* [Basic education curriculum principles. Regulations and instructions 2014:96]. Next Print Oy, Helsinki.

Compulsory home economics	13–14 yrs (grade 7)
Elective home economics	7–12 yrs (grades 1–6), 15–16 yrs (grades 8–9)

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - Food science
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
 - ✓ **Design and technology**
 - ✓ **Household management**
 - Housing and shelter
 - ✓ **Human development and family studies**
 - Community services
-

In Finland, *Kotitalous* is a compulsory subject in 7th grade and an elective in other grades (1–6 and 8–9). The subject focuses on everyday life skills, promoting well-being, sustainability, and responsible household management. Students learn food preparation, meal planning, and nutritional knowledge, while also developing skills in hygiene, textile care, and consumer awareness. Cultural aspects, like food traditions and celebrations, are part of the learning. The subject emphasizes practical skills, creativity, and aesthetic thinking. Key goals of home economics in Finland include critical use of media and technology, sustainable consumption, and preparing students to make informed choices at home and in society. The curriculum supports a balanced lifestyle, active citizenship, and readiness for independent everyday living.



GREECE

ΟΙΚΙΑΚΉΣ ΟΙΚΟΝΟΜΉΙΑΣ (Home Economics)



Η Υφυπουργός Παιδείας Και Θρησκευμάτων [The Deputy Minister of Education and Religion]. (2021). Πρόγραμμα Σπουδών του μαθήματος της Οικιακής Οικονομίας της Α΄ τάξης Γυμνασίου [Syllabus of the Home Economics course for the 1st grade of High School.]. *Εφημερίδα της κυβέρνησεως της ελληνικής Δημοκρατίας* [Government Gazette of the Hellenic Republic], Αρ. Φύλλου 5234 [No. 5234], 11 Νοεμβρίου 2021 [November 11, 2021].

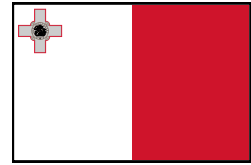
Compulsory home economics 10–11 yrs (grades 5–6)

Elective home economics –

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - (Food) culture and etiquette
 - Food science
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
 - Design and technology
 - Household management
 - ✓ **Housing and shelter**
 - ✓ **Human development and family studies**
 - ✓ **Community services**
-

In Greece, Home Economics is a compulsory subject in 5th and 6th grade. Its content focuses on nutrition education, healthy eating habits, basic food preparation and hygiene. Students learn about food categories, balanced diets and the role of nutrition in health, growth and disease prevention. Other key areas include textile knowledge, traditional Greek clothing, and aesthetic awareness. The subject also covers financial literacy, such as budgeting, understanding economic systems, and the role of the consumer. Home Economics in Greece promotes social responsibility, family roles and active citizenship. Students are encouraged to take part in community-based projects, supporting the development of life skills, well-being and civic engagement.



MALTA

HOME ECONOMICS



Department for Curriculum, Lifelong Learning and Employability. (2018). *Home Economics Syllabus. Year 7 & Year 8*. Retrieved July 10, 2025, from https://curriculum.gov.mt/wp-content/uploads/2024/04/Home_Economics_Yr07_Yr08_Syllabus_Sept_2018.pdf

The Department for Curriculum, Lifelong Learning, and Employability. Ministry of Education, Youth and Research. (n.d.). *Syllabi and Learning Outcomes*. Retrieved July 10, 2025, from <https://curriculum.gov.mt/resources/syllabi-and-learning-outcomes/>

Compulsory home economics	12–13 yrs (grades 7–8)
Elective home economics	14–16 yrs (grades 9–11)

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - ✓ **Food science**
 - ✓ **Consumer studies and consumer sciences**
 - Textiles and clothing
 - ✓ **Design and technology**
 - Household management
 - Housing and shelter
 - ✓ **Human development and family studies**
 - Community services
-

In Malta, Home Economics is a compulsory subject for students aged 12–13 in state schools and an elective for older students. The subject aims to acquire competencies to sustain a healthy lifestyle. Home Economics in Malta combines theory and practice to develop essential life skills. Students learn recipe reading, food preparation, food preservation, and safe handling of various food products, including traditional and modern methods. Nutrition education focuses on nutrient needs, healthy eating habits, and how culture and lifestyle influence diet. Lessons also include food science experiments. Students are taught financial literacy (e.g. budgeting, saving), table manners, and environmental awareness, including food waste, food miles, and waste separation. The syllabus promotes well-being, sustainability, and understanding the interconnectedness of health, family, and environment.



NORTH MACEDONIA

ВЕШШИНУ ЗА ЖУВЕЕЊЕ (Life Skills)



Биро за развој на образованието [Bureau for Educational Development]. (n.d.). *Основно образование. Деветгодишно образование [Primary education. Nine-year education]*. Retrieved July 21, 2025, from https://www.bro.gov.mk/%D0%BF%D0%BE%D0%B4%D0%BA%D0%B0%D1%82%D0%B5%D0%B3%D0%BE%D1%80%D0%B8%D0%B8/?idcat=50&customposttype=documents_category

Biro za razvoj na obrazovaniето [Office for Education Development]. (2008). *Nastavna programa. Osnovno obrazovanie. Izboren predmet: Veshtini za zhiveenje [Curriculum. Basic education. Selected subject: Life Skills]*. Ministerstvo za obrazovanie i nauka [Ministry of Education and Science]. Retrieved July 21, 2025, from https://www.bro.gov.mk/wp-content/uploads/2018/02/Nastavna_programa-Veshtini_za_zhiveenje-VII-IX_odd-mkd.pdf

Compulsory home economics	6-14 yrs (grades 1-9)
Elective home economics	14 yrs (grade 9)

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - ✓ **Food science**
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
 - Design and technology
 - Household management
 - Housing and shelter
 - ✓ **Human development and family studies**
 - Community services
-

In North Macedonia, Home Economics content is present under compulsory subject *Вештини за живеење* (Life Skills), taught from the 1st through the 9th grade, and is an elective in 9th grade. The subject Life skills emphasizes practical learning, including basics of cooking (peeling, cutting, measuring), preservation techniques (freezing, pasteurizing), and meal planning. Students learn about nutrients, nutrition, and healthy eating habits. Textile education includes learning about fiber types, knitting, weaving, and clothing care (like washing and ironing). Cultural aspects include role-playing games about etiquette, food serving, and food culture. Consumer education helps students understand spending, saving, and budgeting for pocket money through real examples and tasks.



NORWAY

MAT OG HELSE (Food and Health)



Norwegian Directorate for Education and Training. (n.d.). *Core curriculum – values and principles for primary and secondary education*. Ministry of Education and Research. Retrieved July 11, 2025, from <https://www.udir.no/lk20/overordnet-del/?lang=eng>

Norwegian Directorate for Education and Training. (2020). *Curriculum for Food and Health*. Ministry of Education and Research.

Compulsory home economics 6–16 yrs (grades 1–10)

Elective home economics –

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - Food science
 - ✓ **Consumer studies and consumer sciences**
 - Textiles and clothing
 - Design and technology
 - Household management
 - Housing and shelter
 - ✓ **Human development and family studies**
 - ✓ **Community services**
-

In Norway, Home Economics is more food-based, hence the name of the subject is *Mat og Helse* (Food and Health). It is a compulsory subject that may be given from the 1st grade up to the 10th grade. It emphasizes practical cooking, meal planning and understanding the connections between nutrition, health and sustainability. Students learn to use ingredients and leftovers efficiently, follow national dietary guidelines, and prepare food safely. The subject promotes self-esteem, cooperation and a sense of community through shared food experiences. Food cultures are also explored, including Norwegian, Sami and global traditions. Students reflect on consumer choices, advertising and ethical issues in food production and consumption. Sustainability is a core theme, focusing on reducing food waste, using local resources and making informed food choices. The subject supports students' physical, emotional and social well-being through everyday life skills.



SLOVENIA

GOSPODINJSTVO (Household Management)



Simčič, I., Koch, V. Gjerek, M., Mencigar, M., Nerad, A. & Veg, I. (2011). *Učni načrt. Program osnovna šola. Gospodinjstvo [Curriculum. Primary school program. Home Economics]*. Ljubljana: Ministrstvo za šolstvo in šport. Zavod Republike Slovenije za šolstvo [Ministry of Education and Sports].

Compulsory home economics 10–12 yrs (grades 5–6)

Elective home economics –

Topics covered:

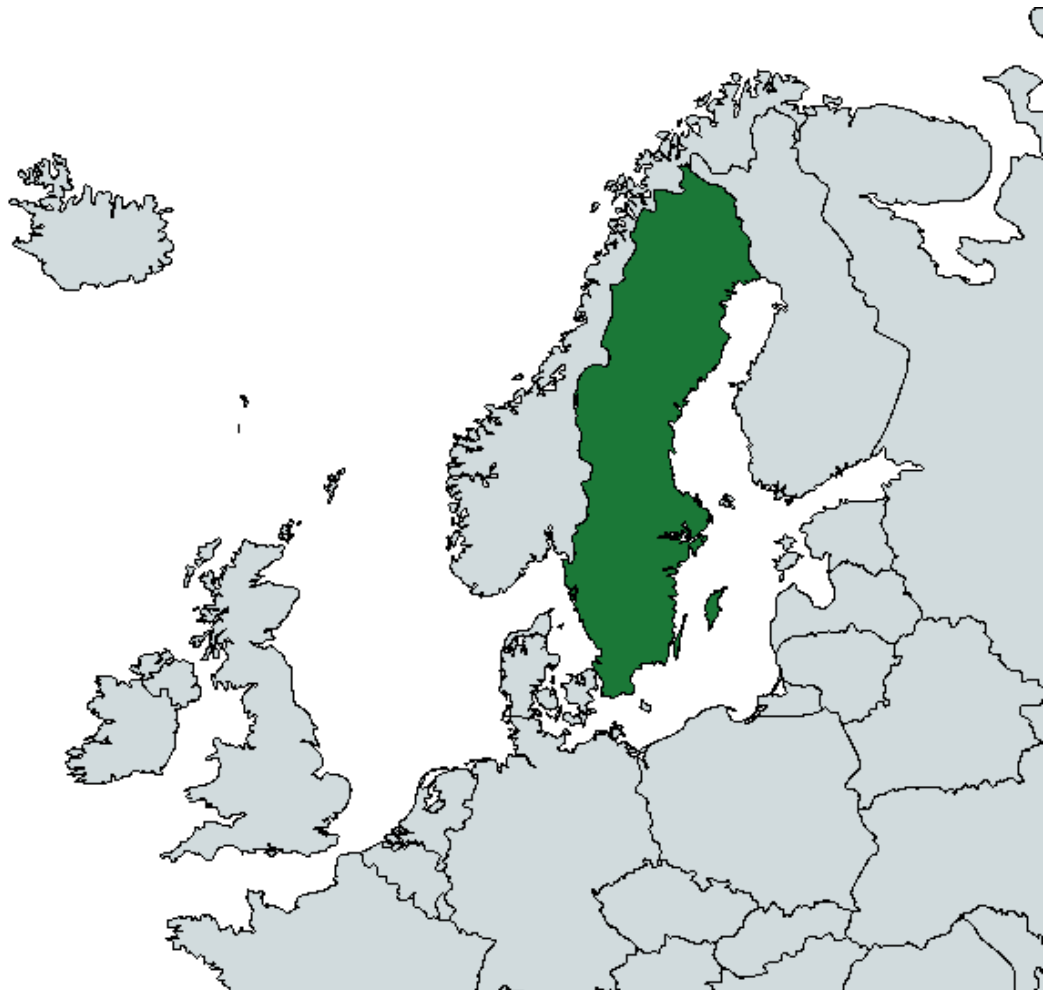
- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - ✓ **Food science**
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
 - ✓ **Design and technology**
 - ✓ **Household management**
 - Housing and shelter
 - ✓ **Human development and family studies**
 - Community services
-

In Slovenia, Home Economics (also referred to as Household Management – *Gospodinjstvo*) is a compulsory subject for students aged 10–12. It covers food, nutrition, textiles, consumer education, household management, and environmental awareness. Students learn safe food handling, nutritional needs, and healthy eating habits. They also explore textile materials, clothing care and selection for different occasions, linking aesthetics with sustainability and practical use. Consumer education includes budgeting, advertising awareness, shopping planning, and consumer rights. Students gain basic household skills, including cleaning, and understanding the impact of everyday choices on the environment. The subject promotes sustainable living, personal responsibility, and the role of healthy nutrition in well-being. It builds practical, social, and decision-making skills needed in everyday life.



SWEDEN

HEM- OCH KONSUMENTKUNSKAP (Home and Consumer Studies)



Skolverket. (2024). *Curriculum for Compulsory School, Preschool Class and School-Age Educare*. Retrieved July 11, 2025, from <https://www.skolverket.se/publikationer?id=13128>

Compulsory home economics	6–15 yrs (grades 1–9), mainly 12–15 yrs (grades 6–9)
Elective home economics	–

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - Food science
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
 - ✓ **Design and technology**
 - ✓ **Household management**
 - ✓ **Housing and shelter**
 - ✓ **Human development and family studies**
 - ✓ **Community services**
-

In Sweden, *Hem- och konsumentkunskap* is a compulsory subject, mainly taught from ages 12–15 but with some content starting as early as age 6. The subject combines food preparation, nutrition, household tasks, and consumer education. Students learn to plan and cook meals for different needs, follow cleaning and laundry routines, and understand how daily choices affect health, finances, and the environment. Core content includes meal planning and balanced nutrition, with an emphasis on social aspects of meals, gender equality in household work, and financial literacy (e.g., saving, budgeting, credit). Sustainability and well-being are central goals; students reflect on how household decisions impact the environment and shared resources, while also learning skills for independent living and personal responsibility.



SWITZERLAND

WIRTSCHAFT, ARBEIT, HAUSHALT (Economics, Work, Household)



Moser, F. & Schmocker, K. (2016). *Lehrplan 21 [Curriculum 21]*. Deutschschweizer Erziehungsdirektoren-Konferenz: Luzern.

Compulsory home economics 12-15 yrs (grades 7-9)

Elective home economics -

Topics covered:

- ✓ **Food preparation**
- ✓ **Nutrition and health**
- ✓ **(Food) culture and etiquette**
- ✓ **Food science**
- ✓ **Consumer studies and consumer sciences**
- ✓ **Textiles and clothing**

Design and technology

Household management

Housing and shelter

Human development and family studies

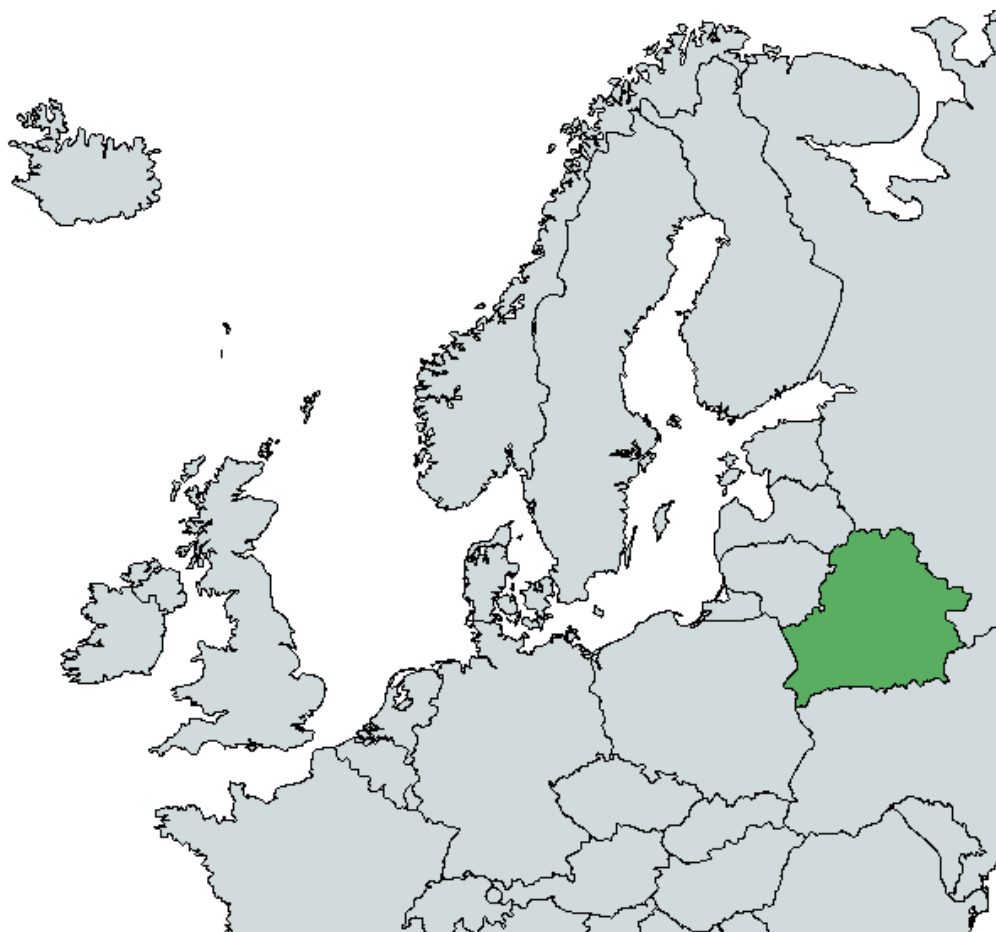
Community services

In Switzerland, Home Economics content is included in subject *Wirtschaft, Arbeit, Haushalt* (Economics, Work, Household), taught from the 7th grade to 9th grade. It integrates key aspects of home economics, education for everyday life, and economic understanding, providing students with essential life skills for daily living, active participation in society, and responsible and sustainable consumption. Students engage in practical food preparation, basic textile work, and meal planning with attention to nutrition, hygiene, and safety. They explore eating habits and table manners, learn to analyze advertising, and reflect on consumer decisions with a focus on sustainability.



BELARUS

ТРУДОВОЕ ОБУЧЕНИЕ. ОБСЛУЖИВАЮЩИЙ ТРУД (Labour Education. Maintenance Work)



National Legal Internet Portal of the Republic of Belarus. (2023). *Утверждено 07/18/2023 No. 196. Учебная программа по учебному предмету «Трудовое обучение. Обслуживающий труд» для V–IX классов учреждений бразования, реализующих образовательные программы общего среднего бразования с русским языком обучения и воспитания [Curriculum for the subject "Labor training. Maintenance work" for grades V–IX of educational institutions implementing educational programs of general secondary education with Russian language of instruction and upbringing]*. Ministry of Education of the Republic of Belarus. Retrieved July 15, 2025, from https://adu.by/images/2023/11/up-obslyzh-trud-5-9kl-rus.pdf?utm_source=chatgpt.com

	10–14 yrs (grades 5–9)
Elective home economics	–

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - Food science
 - Consumer studies and consumer sciences
 - ✓ **Textiles and clothing**
 - Design and technology
 - ✓ **Household management**
 - ✓ **Housing and shelter**
 - Human development and family studies
 - Community services
-

In Belarus, Home Economics content is part of the compulsory subject *Трудовое обучение: Обслуживающий труд* (Labour Education: Service Labour) from the 5th grade until the 9th grade. The share of home economics in the subject is about a third. It focuses on practical food preparation. Students learn the basics of healthy and rational nutrition, including general knowledge of vitamins and minerals. Textile education covers the fundamentals of sewing and textile care. Students are also introduced to food culture through table setting exercises and interior design by sketching room layouts. Household management is included via lessons on home hygiene.



BULGARIA

ТЕХНОЛОГИИ И ПРЕДПРИЕМАЧЕСТВО (Technology and Entrepreneurship)



Министерство на образованието и науката [Ministry of Education and Science]. (n.d.). *Учебни програми за общообразователна подготовка* [Curricula for general education]. Retrieved July 10, 2025, from <https://www.mon.bg/obshto-obrazovanie/uchebni-planove-i-programi-2/uchebni-programi/uchebni-programi-za-obshoobrazovatelna-podgotovka/>

Compulsory home economics 5–14 yrs (grades 1–9)

Elective home economics –

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - (Food) culture and etiquette
 - Food science
 - Consumer studies and consumer sciences
 - ✓ **Textiles and clothing**
 - ✓ **Design and technology**
 - ✓ **Household management**
 - Housing and shelter
 - Human development and family studies
 - ✓ **Community services**
-

In Bulgaria, home economics content is included in the compulsory subject *Технологии и предприемачество* (Technology and Entrepreneurship) for students aged 5–14. The curriculum emphasizes practical food preparation, including healthy nutrition, cooking techniques, and efficient use of both time and energy. Students assess food quality based on health indicators. Textile work involves both manual and machine techniques in creative projects. Household budgeting skills are taught, including planning income and expenses. The subject also integrates ecological awareness through topics like eco-lifestyles and zero-waste practices, supported by virtual eco-farm simulations. Participation in school markets and visits to vocational centers enriches real-life learning.



ESTONIA

KODUNDUS (Home Economics)



Government of Estonia. (2024). National curriculum for basic schools. *Riigi Teataja*. Retrieved July 10, 2025, from <https://www.riigiteataja.ee/en/eli/529042024002/consolide>

Government of Estonia. (2023). *Appendix 7. Subject field: Technology*. *Riigi Teataja*. Retrieved July 10, 2025, from <https://www.riigiteataja.ee/tolkelisa/5290/4202/4002/7.pdf#>

Compulsory home economics 10–16 yrs (grades 4–9)

Elective home economics –

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - Food science
 - ✓ **Consumer studies and consumer sciences**
 - Textiles and clothing
 - ✓ **Design and technology**
 - ✓ **Household management**
 - Housing and shelter
 - Human development and family studies
 - Community services
-

In Estonia, *Käsitöö ja kodundus* (Handicraft and Home Economics) is a compulsory subject in 4th to 9th grade. It belongs together with the Technology education and combines practical skills, creative activities and basics in crafts. Under Home Economics, students learn how to cook healthy meals, use tools safely, and make smart, sustainable choices, like reusing materials and sorting waste. The subject also focuses on Estonian food traditions, compares them with other cultures, and builds consumer awareness through food labels and packaging. The textiles and clothing topic is included in Handicraft lessons, which is also a compulsory part of this combined subject. Home economics aims to support independence, problem-solving, and help students reflect on their choices, linking learning to sustainability and well-being in relation to everyday life practices.



HUNGARY

TECHNIKA ÉS TERVEZÉS

(Technology and Design)



Oktatási hivatal [Education office]. (n.d.). A 2020-as Nemzeti alaptanterv-hoz illeszkedő tartalmi szabályozók [Content regulations aligned with the 2020 National Core Curriculum]. Retrieved July 11, 2025, from https://www.oktatas.hu/kozneveles/kerettantervek/2020_nat

Compulsory home economics 6–12 yrs (grades 1–7)

Elective home economics –

Topics covered:

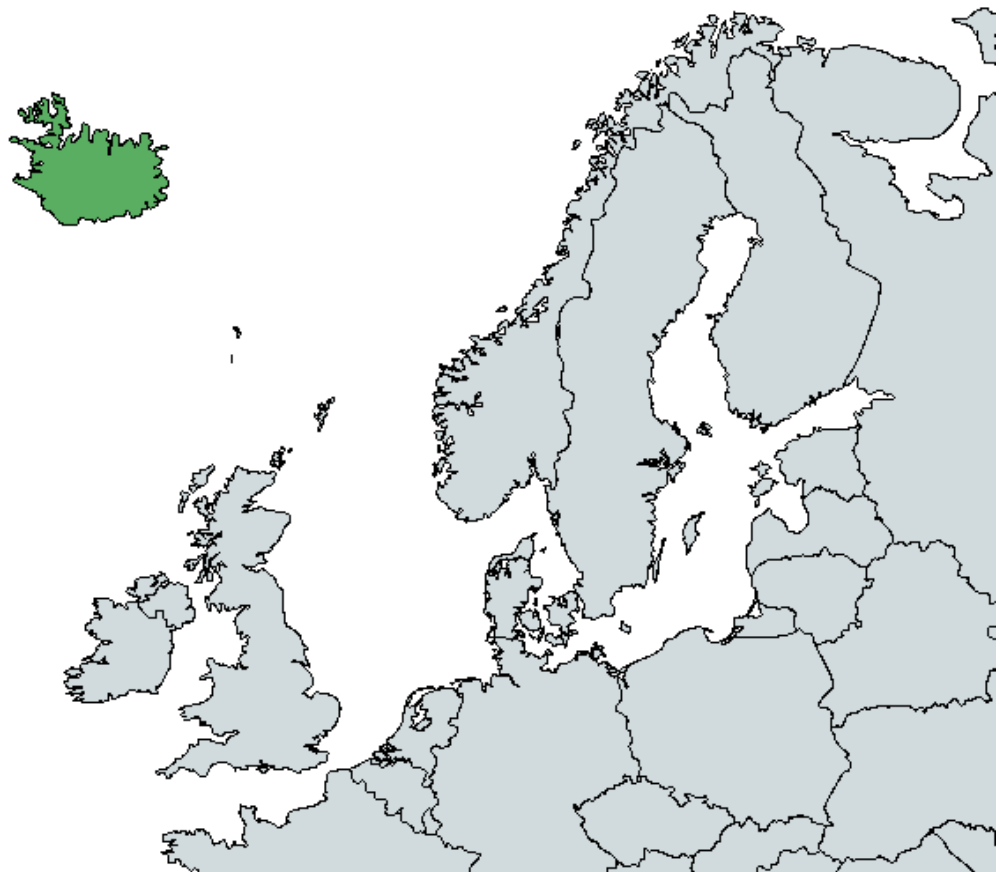
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 - ✓ **Housing and shelter**
Human development and family studies
 - ✓ **Community services**
-

In Hungary, Home Economics content is included in the compulsory subject *Technika és tervezés* (Technology and Design) for students aged 6–12. The syllabus emphasizes hands-on learning through activities like gardening, food preparation, textile work, DIY projects, and model-building. Food-related content of the subject covers healthy eating, food safety, preservation methods, and nutrition. Students engage with Hungarian food traditions and etiquette. Textile education includes traditional crafts, decoration, and material knowledge with a cultural focus. Students also explore home planning, energy use, and housing design, along with budgeting, product selection, and sustainable consumption. Household skills like home maintenance, resource management, and task organization are included in the program. In general, the subject promotes sustainability through waste reduction, composting, and eco-friendly design, linking personal choices to broader environmental responsibility.



ICELAND

HEIMILISFRÆÐI (Home Economics)



Ministry of Education, Science and Culture. (2014). *The Icelandic National Curriculum Guide for Compulsory Schools – With Subject Areas*. Plánetan. Retrieved July 31, 2025, from https://www.government.is/library/01-Ministries/Ministry-of-Education/Curriculum/adalnnsk_greinask_ens_2014.pdf

Compulsory home economics 6–16 yrs (grades 1–10)

Elective home economics –

Topics covered:

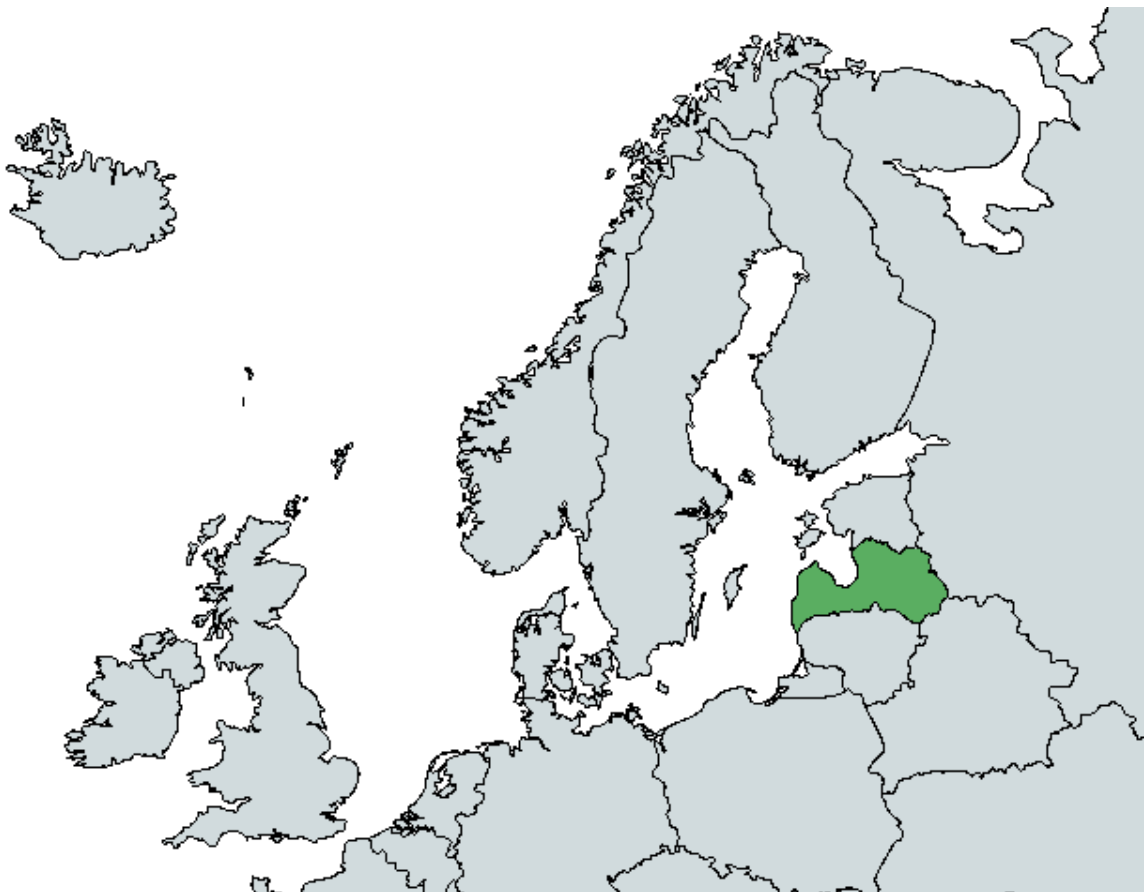
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 - Community services
-

The Icelandic *Heimilisfræði* (Home Economics) is taught as part of the *List- og Verkgreinarit* (Arts and Crafts) subject throughout the 1st to the 10th grade. This subject focuses on practical life skills, including cooking, nutrition, textiles and household chores. Students learn to prepare healthy meals, follow recipes independently and understand the basics of nutrition and food safety. Textile studies include decorative techniques, material selection and the use of patterns and measurements to create functional items. The curriculum introduces Icelandic food culture, consumer rights, budgeting and safe household practices. Students explore environmentally friendly materials, product labelling and are encouraged to make sustainable choices. Home Economics education focuses on people, their lives and living conditions, and their physical and mental needs. The subject aims to promote a healthy lifestyle, well-being, responsibility and independent decision-making.



LATVIA

DIZAINS UN TEHNOLOĢIJAS (Design and Technologies)



Izglītības un zinātnes ministrija [Ministry of Education and Science]. (2019). *Dizains un tehnoloģijas 1.–9. klasei. Mācību priekšmeta programmas paraugs [Design and Technology for Grades 1–9. Sample Subject Curriculum]*. Valsts izglītības satura centrs [State Education Content Center]: Rīga.

Compulsory home economics	7–15 yrs (grades 1–9)
Elective home economics	16–18 yrs (grades 10–12)

Topics covered:

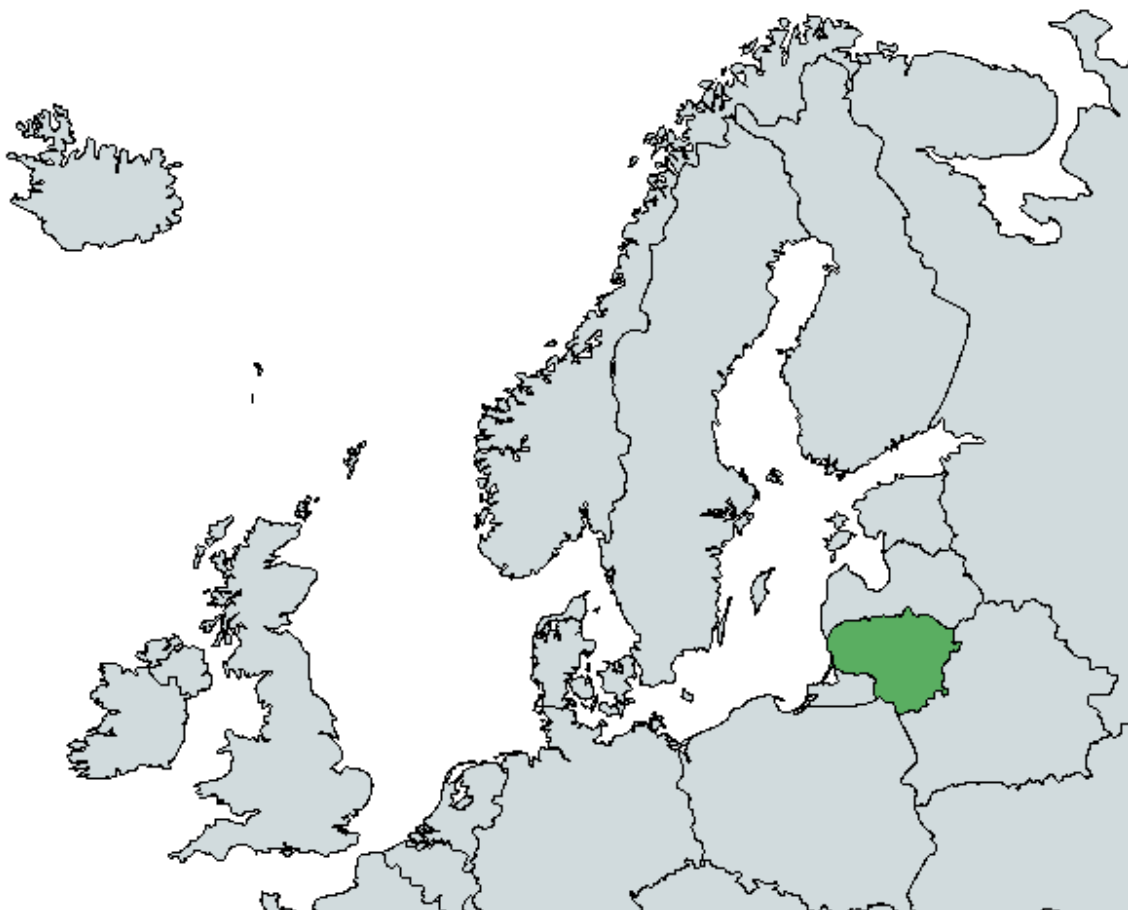
- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - ✓ **Food science**
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
 - ✓ **Design and technology**
 - Household management
 - Housing and shelter
 - Human development and family studies
 - ✓ **Community services**
-

In Latvia, Home Economics content is part of the compulsory subject *Dizains un tehnoloģijas* (Design and Technologies), taught from the 1st grade up until 9th grade, but is also available as an elective in the 10th to 12th grade. The subject emphasizes hands-on learning through projects with food, textiles, and materials, using different technologies. Food education begins in early grades and covers meal preparation, nutrition, hygiene, and sustainability. Textile work progresses from hand sewing to machine-based garment making, encouraging creativity and function. The subject also promotes entrepreneurship, consumer awareness, and digital skills. Sustainability is central, focusing on eco-friendly choices and waste reduction. Home Economics aims to develop transversal skills for problem-solving and creativity. Learning supports students' well-being through practical skills, teamwork, and creative expression.



LITHUANIA

TECHNOLOGIJOS (Technology)



Švietimo portalas [Education Portal]. (n.d.). *Visos bendrosios programos: Technologijos* [*All general programs: Technology*]. Retrieved July 10, 2025, from <https://emokykla.lt/bendrosios-programos/visos-bendrosios-programos/40?ct=5>

Compulsory home economics 6–16 yrs (grades 1–10)

Elective home economics –

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - ✓ **Food science**
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
 - ✓ **Design and technology**
 - Household management
 - Housing and shelter
 - Human development and family studies
 - ✓ **Community services**
-

In Lithuania, Home Economics education is part of the compulsory subject *Technologijos* (Technology) from the 1st to the 10th grade. The syllabus focuses on practical skills such as preparing healthy meals, choosing cooking methods, and presenting food. Students learn about nutrition, food safety, labeling, and health-promoting. Textile education includes natural fibers, textile care and creating personal textile products. The subject also introduces consumer education, including budgeting and responsible purchasing. Cultural aspects like food traditions and etiquette are explored, alongside modern approaches to table design. Sustainability is covered through discussions on food production, innovations, and environmental impacts. The subject supports well-being, creativity, and technological literacy, preparing students for responsible living in a changing world. STEM is strongly pointed out in the syllabus of Technology.



MOLDOVA

EDUCAȚIA TEHNOLOGICĂ (Technological Education)



Ministerul educației, culturii și cercetării al republicii moldova [Ministry of Education, Culture and Research of the Republic of Moldova]. (2018). *Curriculum national. Învățământul primar* [National Curriculum. Primary Education]. Chișinău. Retrieved July 15, 2025, from https://mecc.gov.md/sites/default/files/curriculum_primare_05.09.2018.pdf

Ministerul educației, culturii și cercetării al republicii Moldova [Ministry of Education, Culture and Research of the Republic of Moldova]. (2017). *Cadrul de referință al curriculumului national* [The National Curriculum Framework]. Chișinău : Lyceum. Retrieved July 15, 2025, from https://mec.gov.md/sites/default/files/cadrul_de_referinta_final_rom_tipar.pdf

Compulsory home economics	6–15 yrs (grades 1–9)
Elective home economics	7–10 yrs (grades 2–4)

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - ✓ **Food science**
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
 - ✓ **Design and technology**
 - ✓ **Household management**
 - Housing and shelter
 - Human development and family studies
 - Community services
-

In Moldova, Home Economics content is included in the compulsory subject *Educația tehnologică* (Technological Education) from the 1st grade up to the 9th grade, and as an elective subject *Arta culinară și sănătatea* (Culinary Arts and Health) in 2nd to 4th grade. In these subjects, students learn to prepare simple dishes, understand nutrition and healthy eating, and the basics of hygiene and food safety. They also practice table setting and manners, as well as engage in basic textile work through folk crafts and hand stitching. The curriculum introduces consumer awareness (e.g., food quality and storage), plant care, and household tasks. Students also work with creative materials, digital tools, and develop aesthetic and innovative thinking. Sustainability is promoted through creative recycling and environmental responsibility.



ROMANIA

EDUCAȚIE TEHNOLOGICĂ ȘI APLICAȚII PRACTICE

(Technological Education and Practical Applications)



Drăgan G. et al. (2017). *Anexa nr. 2. Programa școlară pentru disciplina Educație tehnologică și aplicații practice. Clasele a V-a – a VIII-a* [Annex 2. School Curriculum for the Subject Technological Education and Practical Applications, Grades 5–8]. Ministrul educației naționale [Ministry of National Education]. București

Compulsory home economics 11-14 yrs (grades 5-8)

Elective home economics -

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - ✓ **Food science**
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
Design and technology
 - ✓ **Household management**
 - ✓ **Housing and shelter**
Human development and family studies
Community services
-

In Romania, Home Economics education is integrated into *Educație tehnologică și aplicații practice* (Technological education and practical applications). The subject is compulsory in the 5th to the 8th grade. The subject has a strong focus on practical learning – food preparation, creating textile products and different creative practical projects. The syllabus also emphasizes consumer education and sustainability, promoting a technological environment that facilitates sustainable development. As part of the subject, students have the opportunity to participate in the maintenance, decoration, and improvement of their home, classroom, and school garden.



UKRAINE

ТЕХНОЛОГІЇ (Technologies)



Cabinet of Ministers of Ukraine. (2018). *State Standard (Curriculum) for Basic Secondary Education*. Ministry of Education and Science.

Compulsory home economics 10–14 yrs (grades 5–9)

Elective home economics –

Topics covered:

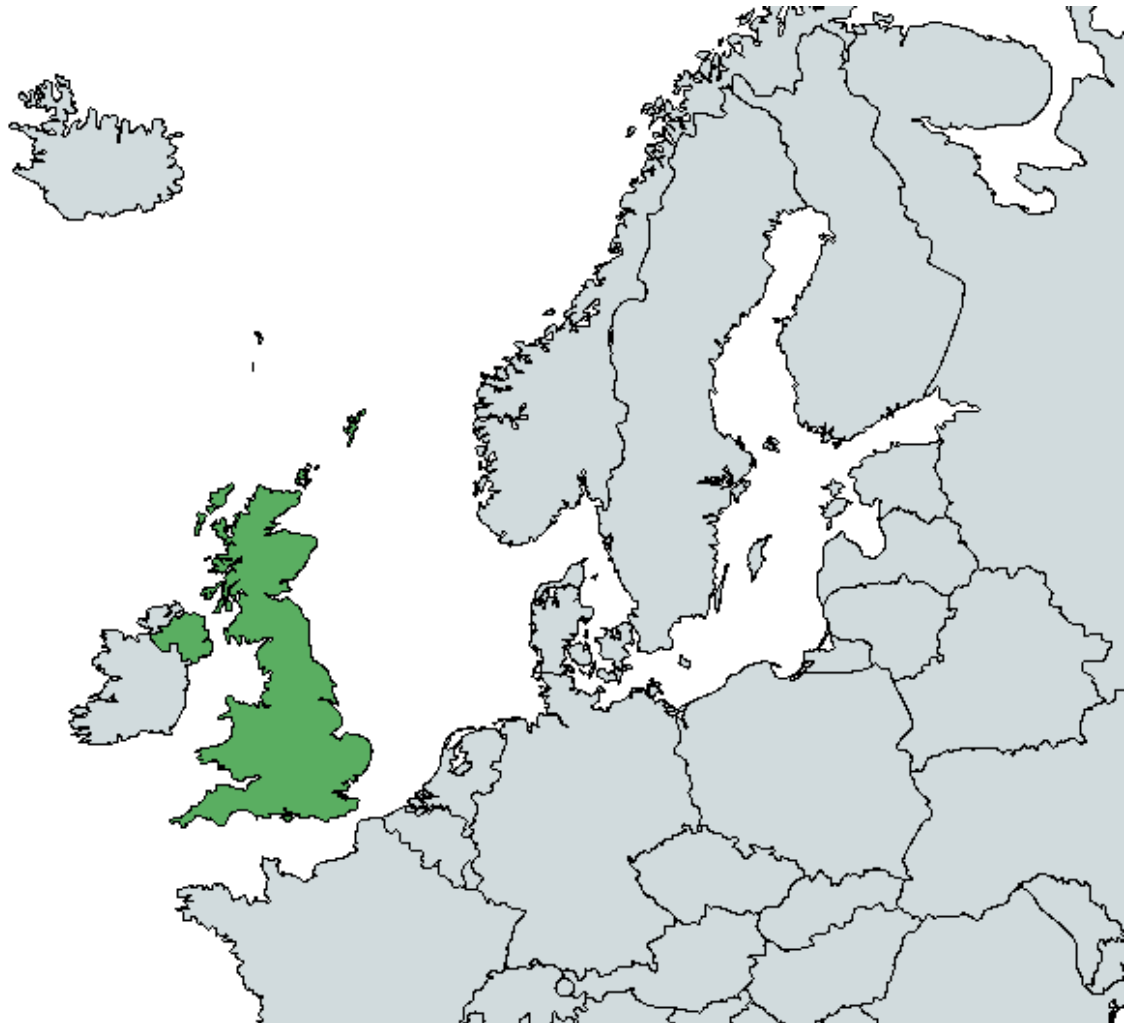
- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - Food science
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
 - ✓ **Design and technology**
 - ✓ **Household management**
 - ✓ **Housing and shelter**
 - Human development and family studies
 - ✓ **Community services**
-

In Ukraine, Home Economics content is part of the compulsory subject *Технології* (Technologies), specifically within the practical module *Обслуговуюча праця* (Household Labour) taught in the 5th grade up until the 9th grade. In that module, students develop practical life skills related to cooking, healthy eating, clothing care, and home management. They follow recipes, plan living spaces based on design principles, and practice self-service and problem-solving in everyday contexts. The syllabus promotes consumer awareness, resourcefulness, and aesthetic thinking in areas like clothing, food, and interiors. Students engage in design-based tasks to improve personal and shared environments. Sustainability content is addressed through environmental projects.



UNITED KINGDOM

DESIGN AND TECHNOLOGY



Department for Education. (2013). *The national curriculum in England. Key stages 1 and 2 framework document*. Government of the United Kingdom.

Department for Education. (2014). *The national curriculum in England Key stages 3 and 4 framework document*. Government of the United Kingdom.

Compulsory home economics	5-11 yrs (grades 1-6)
Elective home economics	11-16 yrs (grades 7-11)

Topics covered:

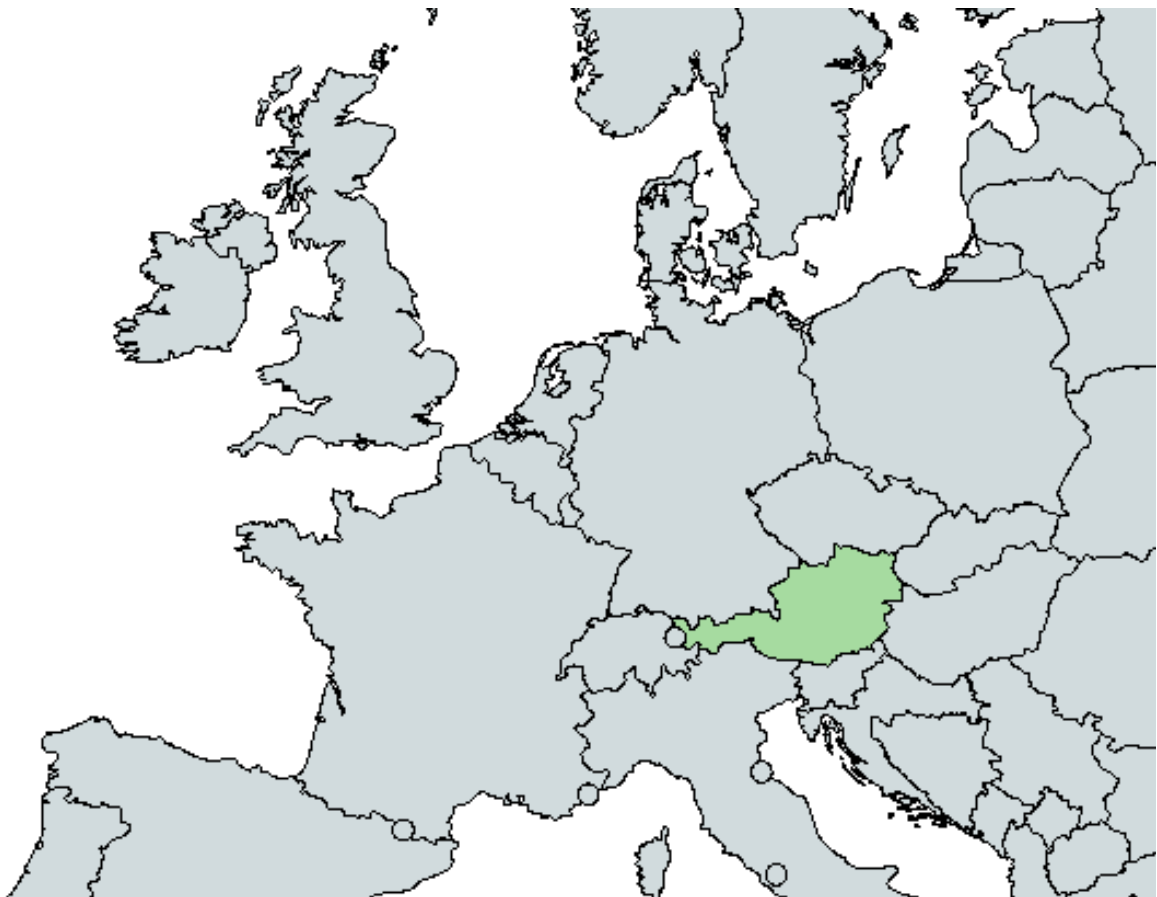
- ✓ **Food preparation**
 - ✓ **Nutrition and health**
(Food) culture and etiquette
 - ✓ **Food science**
Consumer studies and consumer sciences
 - ✓ **Textiles and clothing**
Design and technology
Household management
Housing and shelter
Human development and family studies
Community services
-

In the United Kingdom, Home Economics content is a small part of the Design and Technology subject. It is compulsory from the 1st grade until the 6th grade and an elective in the 7th to the 11th grade. Students learn to prepare and cook a variety of savoury dishes, understand cooking techniques, and apply the principles of nutrition and healthy eating. They also explore where and how food is produced, including farming, fishing, and processing. Textile work is included through material selection and design-based activities, with attention to functionality and aesthetics. While broader topics like consumer science or sustainability are not explicit, the curriculum emphasizes creativity, practical skills, and contributes to student well-being through practical learning.



AUSTRIA

ERNÄHRUNG UND HAUSHALT (Nutrition and Household)



Das Rechtsinformationssystem des Bundes [The Federal Legal Information System]. (2025). Lehrplan der Mittelschule [Middle school curriculum]. *Bundesgesetzblatt II [Federal Law Gazette]*, 178/2025.

Das Rechtsinformationssystem des Bundes [The Federal Legal Information System]. (2023). Lehrplan der allgemeinbildenden höheren Schule. Anlage A [Curriculum for general secondary schools. Appendix A]. *Bundesgesetzblatt II [Federal Law Gazette]*, 1/2023.

Compulsory home economics	10–14 yrs (grade 5–8) in NMS schools
Elective home economics	15–18 yrs (grades 9–12) in AHS schools

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - ✓ **Food science**
 - ✓ **Consumer studies and consumer sciences**
 - Textiles and clothing
 - ✓ **Design and technology**
 - ✓ **Household management**
 - ✓ **Housing and shelter**
 - Human development and family studies
 - Community services
-

In Austria, Home Economics content is limited to *Ernährung und Haushalt* (Nutrition and Household) and its learning is dependent on the school type. It is a compulsory subject for students aged 10–14 in new Secondary Schools (NMS-type of schools), but an elective for students aged 15–18 in the more academic Secondary Schools (AHS type of schools). The subject emphasizes practical learning: food preparation, analysis of eating habits, consumer education, and household management. It also addresses sustainability, health as a combination of physical, mental, and social well-being, and food culture. Digital skills, sensory experiences, and understanding environmental and social aspects are integral parts of the curriculum.



GERMANY

ERNÄHRUNG UND HAUSWIRTSCHAFT (Nutrition and Home Economics)



Leer, K. B., Burgdorf, K. C., Hannover, N. D., Friedeburg, H. E., Hannover, I. H., Sarstedt, I. O. & Haselünne, G. P. (2010). *Kerncurriculum für die Realschule. Hauswirtschaft* [Core Curriculum for Secondary Schools. Home Economics]. Hannover Niedersächsischen Kultusministerium [Lower Saxony Ministry of Culture].

Compulsory home economics	-
Elective home economics	10-16 yrs (grades 5-10)

Topics covered:

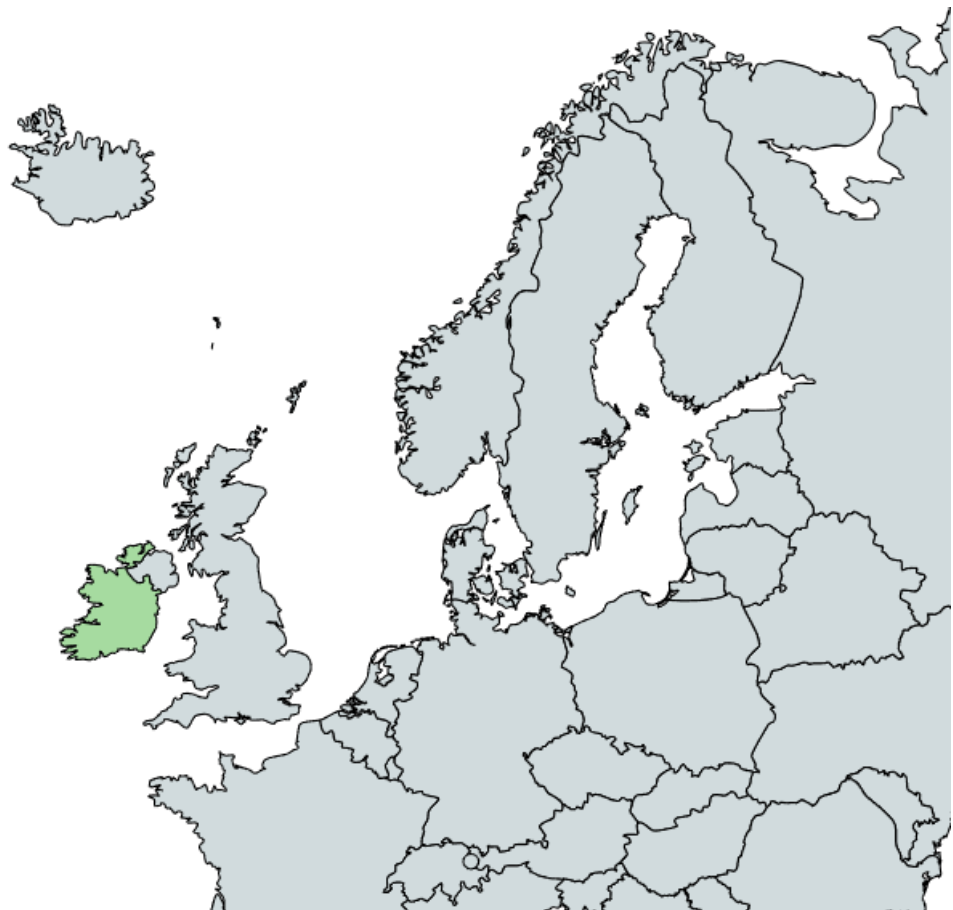
- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - ✓ **Food science**
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
 - ✓ **Design and technology**
 - ✓ **Household management**
 - ✓ **Housing and shelter**
 - ✓ **Human development and family studies**
- Community services
-

In Germany, Home Economics, commonly referred to as *Hauswirtschaft*, is organised differently across federal states. Depending on the state, it may be compulsory or an elective, typically taught in the 5th grade through 9th or 10th grade. In this study, the example of Lower-Saxony is included. In Lower-Saxony, Home Economics is rather practical, with activities in cooking, textile work, and household organization. Food-related learning includes meal preparation and preservation, hygiene and safety, nutrition and health, along with table manners, regional food cultures, and hospitality. Textile education covers selection, care, repair, and garment making. Students may also learn household management, including budgeting, time planning, cleaning and decorating living spaces, and safe use of appliances. Consumer education and sustainability are taught through resource-conscious use of food, water, and energy, and waste reduction. The syllabus aims to promote physical and mental well-being through a healthy lifestyle and prepare students for independent, responsible living.



IRELAND

HOME ECONOMICS– SCIENTIFIC AND SOCIAL



The Department of Education and Science. (2002). *Leaving Certificate. Home Economics Scientific and Social Syllabus. Ordinary Level and Higher Level. National Council for Curriculum and Assessment. The Stationery Office: Dublin*

Compulsory home economics	–
Elective home economics	12–18 yrs (grades 7–12)

Topics covered:

- ✓ **Food preparation**
 - ✓ **Nutrition and health**
 - ✓ **(Food) culture and etiquette**
 - Food science
 - ✓ **Consumer studies and consumer sciences**
 - ✓ **Textiles and clothing**
 - ✓ **Design and technology**
 - ✓ **Household management**
 - Housing and shelter
 - ✓ **Human development and family studies**
 - Community services
-

In Ireland, Home Economics – Scientific and Social is offered at both basic and higher school levels. Schools have flexibility in deciding how to provide a broad and balanced programme for their students. They will choose from a range of subjects and short courses in designing the junior cycle programme. Therefore, home economics lessons can be a compulsory part of the studies or an elective. Students may choose one of three electives – either Home Design and Management, Textiles, Fashion and Design, or Social Studies. The syllabus strongly emphasises practical learning, including meal planning, food preparation, and knowledge about nutrients. Students explore cooking methods, food chemistry, and healthy eating, with links to textile care and selection. Other key areas include household resource management, consumer rights, and financial planning. Technological literacy is developed through understanding and using household appliances effectively. The subject promotes sustainability awareness, focusing on informed consumer decision-making, environmental responsibility, and resource management.

Summary of the Analysis

Europe consists of 51 independent states.¹ This study includes 44 of them; transcontinental countries (Azerbaijan, Georgia, Kazakhstan, Russia, and Turkey) are excluded as well as those geographically located in West Asia (Armenia and Cyprus). The results show that home economics is a compulsory or an elective subject in public education in 23 European countries, although its role in the curriculum varies considerably. In some countries, such as Denmark, Finland, Greece, Malta, North Macedonia, Norway, Slovenia, Sweden, and Switzerland, home economics is offered as an independent compulsory subject. In others, including Belarus, Bulgaria, Estonia, Hungary, Iceland, Latvia, Lithuania, Moldova, Romania, Ukraine, and the United Kingdom, it is integrated into broader compulsory subjects, such as technology, design or arts and crafts. In Austria, Germany, and Ireland, home economics teaching is limited to some students as it is dependent on school type or the school's decisions. The scope and content of the subject also differ significantly between countries.

The International Federation of Home Economics (IFHE)² provides a broad framework for the subject, which may cover areas such as food, nutrition and health; food science and hospitality; consumer studies and consumer science; textiles and clothing; design and technology; household management; housing and shelter; human development and family studies; and community services. These themes served as a starting point for this analysis. While IFHE defines the general scope of the field, national curricula adapt the content to reflect local needs and historical traditions. In addition to the IFHE themes, the analysis of the curricula highlighted the inclusion of topics such as food culture and etiquette, which were therefore added to the thematic list. It is essential to acknowledge that curriculum development is the outcome of a long and complex process, with each country following its own trajectory. This study presents the current situation without underestimating or overlooking the choices made at the national level.

Based on the analysis, the topics focused on in contemporary home economics education in European countries are listed below, sequenced to reflect everyday life, from basic needs, such as food and health, to broader areas, such as family, community and citizenship.

Food, Nutrition and Health

As seen in the curricula, throughout Europe, food education is a key focus within home economics. It covers practical skills, such as learning how to prepare meals, follow hygiene and safety rules and understand balanced and healthy nutrition. All countries address this topic, although the depth varies. Some curricula strongly emphasise nutritional science and health promotion, while others focus more on practical cooking skills. As practical application is at the centre of home economics education, and the presence of food preparation in education was also a starting point for this study, the topic 'food' was named separately as 'food preparation' in the presentation of the results.

Food Culture and Etiquette

Food traditions and cultural heritage are integral parts of the subject in European curricula. National curricula often include local food cultures, seasonal eating practices, festive meals and the social aspects of dining. A focus on etiquette, table manners and shared meals promotes equality, cooperation and respect in both family and community contexts.

Food Science

Food science in home economics curricula focuses on the scientific processes behind food preparation and quality. Students learn about nutrients, how cooking changes food and how preservation methods keep food safe. The curricula of some countries include simple experiments, such as testing how different cooking methods affect taste or texture. While not every country emphasises food science, those that do connect it to broader issues, such as health, innovation in food technology and sustainability.

Consumerism and Consumer Science

The extent to which consumer-related topics are included in curricula across Europe varies among countries. In some countries, consumer education is emphasised more, with a focus on financial literacy, budgeting, consumer rights and the critical evaluation of advertising and media. In others, consumer education is more implicit and often integrated through a focus on food choices, textile use or sustainability projects. Where present, the overarching aim is to enable students to make informed, ethical and sustainable decisions in their everyday lives.

Textiles and Clothing

In many home economics curricula, textiles and clothing care are well represented, covering skills such as sewing, embroidery, garment making and textile care. Some curricula also integrate topics such as fashion design, garment sustainability and the critical analysis of global textile production. In other countries, textiles are only marginally included or are not included at all.

This may be related to the fact that similar topics are covered in other subjects, for example, in crafts education, reflecting different national priorities in home economics education.

Household Management

The household management theme in the studied curricula focuses on running a household effectively, including cleaning, organizing, budgeting, time management and the safe use of appliances. Some countries give this theme prominence, broadly treating household management as an essential life skill, while in others, it has been reduced to practical maintenance tasks or omitted altogether, reflecting different understandings of the role of housekeeping knowledge in contemporary education.

Housing and Shelter

Although less common, some curricula include lessons on planning living spaces (for example, interior decoration and ergonomics). This focus connects creative skills with well-being and sustainability, showing how physical environments affect quality of life. While it is not a dominant theme today, interest in sustainable housing and eco-friendly design could give this theme more prominence in the future.

Human Development and Family Studies

This area focuses on personal growth, family life and social relationships. Students may learn about equality in household chores, family roles or respectful communication. However, it is less directly represented in European home economics curricula compared with areas such as food and consumer education. This may be related to the fact that similar topics are covered in other, independent subjects, for example, in humanities, life skills or health education.

Community Services

Some countries extend home economics beyond the household into community life. Examples of focus areas include school gardens, local sustainability projects and student-run markets. This topic is underrepresented in European curricula; however, where present, it serves to connect personal skills with civic engagement.

Trends and Future Perspectives

The findings of this study highlight a varied landscape in home economics education across Europe, with countries often adopting different philosophical and practical approaches. Broadly speaking, in Nordic countries, such as Finland, Norway and Sweden, home economics education places strong emphasis on sustainability, well-being and civic education, while in Central Europe, particularly Germany and Austria, the focus leans more towards practical household and food-related skills. Elsewhere, for instance, in Ireland, Latvia and Lithuania, home economics is often combined with technology, design or food science, with a strong orientation towards practical cooking, creativity and food culture.

Despite these national variations, curricula across Europe consistently frame home economics as a subject that equips students with essential life skills that promote independence, responsibility and well-being. Beyond preparing learners for everyday household tasks, the subject cultivates students' ability to make informed, ethical and sustainable choices in relation to food, textiles, finance and the environment.

Several common trends emerge in the aims of home economics education across Europe. A consistent emphasis is placed on the relevance of topics to everyday life, linking theoretical knowledge to practical competencies in nutrition, health, consumer education and household management. This is closely tied to a strong focus on sustainability and well-being, preparing students to act responsibly in ecological, economic and social contexts. Curricula also highlight the development of transferable competencies, such as problem-solving, critical and creative thinking, collaboration and decision-making, through hands-on, action-oriented and project-based learning. The subject's multidisciplinary character, which integrates natural, social, human and cultural sciences, positions it as a bridge between theory and practice. Many curricula emphasise the role of home economics in fostering responsible, active citizenship by helping students develop personal responsibility, social awareness and self-reflection along with learning practical skills.

In some national contexts, curricula explicitly connect home economics with technological and entrepreneurial competencies, emphasising innovation, design processes and links to industries, such as food, textiles and tourism. Less frequently highlighted in European home economics curricula is the cultural dimension, which focuses on national culinary traditions while encouraging openness to global food cultures. In some contexts, such as Ireland, the subject carries a strong vocational orientation, preparing students directly for labour market opportunities. These differences illustrate that while European home

economics curricula share an interest in sustainability, well-being and life skills, the subject also reflects distinct cultural, economic and educational priorities in each country.

Sustainability and well-being are at the core of contemporary home economics education and are explicitly embedded in national curricula and reinforced in the IFHE Position Statement. Sustainability is framed as supporting optimal and sustainable living for individuals, families and communities while recognising the interconnectedness of various sectors at the local and global levels. With its interdisciplinary breadth, home economics has the unique potential to shape these systems and contribute to sustainable futures. Equally central is the emphasis on well-being, which addresses the everyday needs and concerns of individuals and families, highlighting their significance not only in immediate contexts but also within broader societal and global frameworks. By integrating sustainability and well-being, home economics education enhances its relevance and provides learners with tools to navigate in a rapidly evolving world. These themes already stand at the forefront of European home economics curricula and are expected to gain even greater prominence in the future.

Ultimately, the diversity within home economics, combined with its commitment to sustainable and optimal living, positions the subject to influence all sectors of society by addressing and transforming political, social, cultural, ecological, economic and technological systems at both the local and global levels.

References

¹ Countries of the World. (n.d.). List of countries in Europe. Retrieved September 12, 2025, from <https://www.countries-ofthe-world.com/>

² International Federation of Home Economics. (2008). Home economics in the 21st century. Position Statement. Retrieved September 12, 2025, from https://www.ifhe.org/index.php?eID=tx_nawsecuredl&u=0&g=0&t=1462459005&hash=1b61d92db6b8f2633f80bc451f6dad2873d0a4a2&file=fileadmin/userupload/redaktion/Publications/IFHE_Position_Statement_2008.pdf

A modern kitchen interior featuring a wicker pendant light, stainless steel pipes, and a wooden countertop. The background shows a kitchen with a wooden countertop, a yellow container with kitchen tools, and a red stand mixer on a shelf.

OVERVIEW

This study of 44 European curricula found that home economics is provided in 23 of them, either as a compulsory subject, an integrated part of broader areas, such as technology and design, or as a limited compulsory subject only in certain school types or when schools choose to include it. Despite national differences, the subject consistently aims to equip students with essential life skills while promoting independence, responsibility, sustainability and well-being. Curricula emphasise practical knowledge about nutrition, health, consumer education and household management while developing students' competencies in problem-solving, creativity and collaboration. Guided by the IFHE framework and adapted to local needs and traditions, home economics includes themes such as food culture and citizenship, demonstrates a unique ability to connect everyday life with broader ecological, economic and social priorities. This makes home economics particularly valuable in preparing learners to engage with today's complex societal challenges.