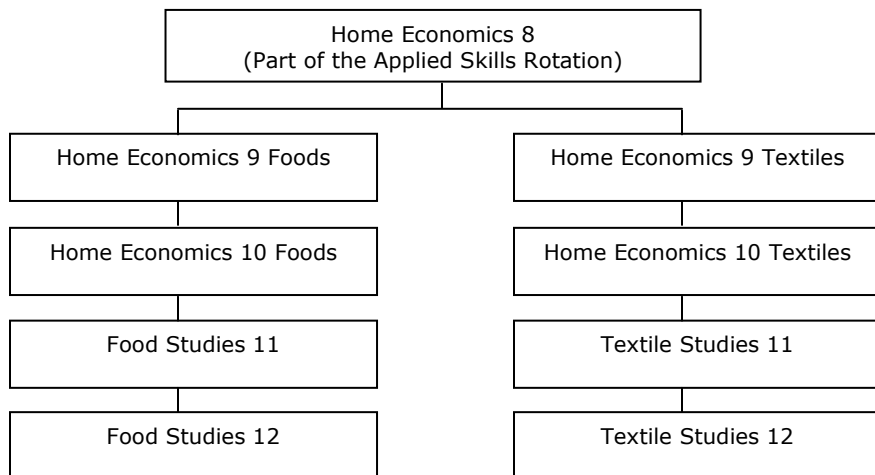


## HOME ECONOMICS

In Home Economics, we teach and encourage healthy food choices, and try to get the most for our food-buying dollar. Students travel the world through international cuisine. Food service industry skills for employment are also acquired. In Textile Studies, students learn how to construct clothing using up to date techniques currently used in the fashion world.



**Related Focus Areas: Fine Arts, Design, Media and Tourism, Hospitality and Foods**

## COURSES

### **HOME EC - Home Economics 9: Foods (FDN9)**

**Supplemental Fee: \$30**

Foods Studies 9 is designed to present basic knowledge and skills in the areas of food preparation and nutrition. Topics include kitchen safety and sanitation, nutrition, measuring techniques, reading and following a recipe, food preparation terms and lab procedures. Students are actively involved in the learning process through lab experiences that are coordinated with classroom discussions and lectures. The supplemental fee allows students to experience additional "hands-on" cooking labs for a much more in-depth understanding of their newly learned skills.

### **HOME EC - Home Economics 9: Textiles (TXT09)**

**Supplemental Fee: \$15**

This is an introductory course for Grade 9 students who have an interest in clothing, fashion trends, and learning how to sew. Fun and sewing fundamentals are emphasized throughout the year. Students will learn the correct care and use of sewing tools, the sewing machine, and pressing equipment. Students will complete a minimum of four garments during the year. Students purchase their own fabric and supplies. The supplemental fee is used to purchase supplies that enhance the regular curriculum.

### **HOME EC - Home Economics 10: Foods (FDN10)**

**Supplemental Fee: \$30**

Food Studies 10 is an introduction to basic techniques of food preparation and knowledge of nutrition. This enables students to make informed decisions in planning, cooking and serving food for the individual and the family. Students experience basic cooking skills from cookies to pies, fajitas, salads, and simple dinners. The supplemental fee allows students to experience additional "hands-on" cooking labs for a much more in-depth understanding of their newly learned skills. *Please note that Foods 9 is not a prerequisite for Foods 10.*

### **HOME EC - Home Economics 10: Textiles (TXT10)**

**Supplemental Fee: \$15**

This course is designed to continue to introduce clothing construction techniques to students interested in fashion. Students will add to their knowledge of sewing machines. They will create at least four garments throughout the year. Students purchase their own fabric and supplies. The supplemental fee is used to purchase supplies that enhance the regular curriculum. *Please note that Textiles 9 is not a prerequisite for Textiles 10.*

### **HOME EC - Food Studies 11 (FDN11)**

**Supplemental Fee: \$35**

This is a senior level Foods course where students are challenged to try more advanced techniques in food preparation and presentation. Aspects of healthy eating, budgeting and timing are taught as students prepare meals suitable for individuals and family. A wide variety of topics are covered including advanced yeast breads, gingerbread decorating, pasta, and others, depending on interest. There are also several labs using different cuts of meat. The supplemental fee is used to enhance the regular curriculum by allowing students to experience a wider variety of foods and techniques by way of additional "hands-on" lab experiences. *Please note that Foods 10 is not a prerequisite for Foods 11.*

## HOME ECONOMICS

### **HOME EC - Textile Studies 11 (TXT11)**

**Supplemental Fee: \$15**

Students will create a variety of textile items using commercial patterns. Advanced sewing techniques and the use of challenging fabrics are the focus of this course. The use of the serger is taught/reviewed and used on all projects. The supplemental fee is used to purchase supplies that enhance the regular curriculum. *Please note that Textiles 10 is not a prerequisite for Textiles 11.*

### **HOME EC - Food Studies 12 (FDN12)**

**Supplemental Fee: \$35**

Students will expand their culinary skills as they learn about foods and cultures from around the world as well as family favourite recipes. While learning about different cultures, and how they eat, students are using new cooking techniques and new presentations to add to their growing repertoire of cooking skills. Career opportunities will be explored as students prepare for the next stage of their life. The supplemental fee is used to enhance the regular curriculum by allowing the students to experience a wider variety of foods, techniques and additional cooking labs.

### **HOME EC - Textile Studies 12 (TXT12)**

**Supplemental Fee: \$15**

Students will continue adding difficult fabrics and advanced sewing skills to their repertoire of abilities. They will learn to apply the principles of design to plan a wardrobe that reflects their personality. Career opportunities will be explored. The supplemental fee is used to purchase supplies that enhance the regular curriculum.