

# Home Economics Course Descriptions

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## Grade 8

### Home Economics 8

Home Ec 8 is part of the grade 8 Applied Skills rotation. This is an introductory course to the wonderful world of Foods and Nutrition and Sewing and Textiles. The course is designed to provide you with some practical life skills. You will learn to prepare basic baked goods like muffins, cookies and even pizza. You will also learn how to safely use a sewing machine and complete a fun sewing project that is yours to keep and enjoy!! If you like to learn by doing and have an interest in cooking and sewing this course is for you! As this is a practical course, attendance is necessary for success but otherwise there is very little homework provided time is well managed in class. This is designed to be a fun course where students can learn independent skills in a relaxed and social atmosphere.

## Grade 9

### Clothing & Textiles 9

Learn to sew or expand your sewing knowledge in this multi-grade class. Students will learn to use a sewing machine and a serger to complete a variety of projects using basic to more advanced sewing techniques. Projects range from tote bags and Pajama pants to hoodies and skirts to jackets and pants. Students are encouraged to choose their own fabrics and for some levels, their patterns, at the local fabric stores within set criteria. There will also be free fabric and patterns provided. All projects are assigned based on years of experience, so students in higher grades that have never touched a sewing machine can be successful beginners at sewing by the end of the year.

### Food Studies 9

In this course, you'll explore the basics of food, nutrition, and healthy eating as part of a balanced lifestyle. You'll gain hands-on experience cooking a variety of dishes from breakfast to dinner and even desserts. You'll use your curiosity and creativity in recipe planning and design challenges, experimenting with new ideas in the kitchen. By the end of the year, you'll be more knowledgeable and confident as a cook, ready to prepare meals on your own!

## **Home Economics General 9**

Students will further explore areas of nutrition and textiles and continue to develop basic practical skills that were introduced in Home Ec 8. Students will gain experience in preparing quick breads, breakfasts, soups, pasta, and quick meals. Creative group labs will allow students to plan a meal together while demonstrating the cooking and baking skills they have learned. Students will learn basic sewing techniques to complete projects such as an apron, Pajama pants and a pullover hoodie on the sewing machine.

## **Grade 10**

### **Clothing & Textiles 10**

Learn to sew or expand your sewing knowledge in this multi-grade class. Students will learn to use a sewing machine and a serger to complete a variety of projects using basic to more advanced sewing techniques. Projects range from tote bags and Pajama pants to hoodies and skirts to jackets and pants. Students are encouraged to choose their own fabrics and for some levels, their patterns, at the local fabric stores within set criteria. There will also be free fabric and patterns provided. All projects are assigned based on years of experience, so students in higher grades that have never touched a sewing machine can be successful beginners at sewing by the end of the year.

### **Food Explorations 10**

You will have the chance to refine your culinary abilities and master the art of preparing diverse dishes. This program is affiliated with the Youth Explore Trades Skills Program through Skilled TradesBC, offering you the opportunity to delve into and hone a wide range of trade related skills. As you progress through the course, you will delve into global cuisines, enriching your understanding of a country's culinary traditions, geography, history, culture, and customs.

## **Grade 11**

### **Baking 11**

Love baking and pastry? Baking 11/12 is your chance to explore the science behind delicious creations while having fun in a collaborative, hands-on environment! You'll learn about ingredients, techniques, and trends that shape modern baking, all while developing essential skills like communication, time management, and safe food practices. From mastering recipes to understanding the "why" behind them, this course blends creativity with science – because baking isn't just an art, it's chemistry in action!

### **Catering 11: Culinary Arts**

Anyone who has previously taken either Foods 10 or 11 can take the catering course. Anyone who takes pride in producing delicious and visually appealing food will enjoy Catering. Whether you are an experienced cook looking to elevate your skills or a beginner eager to learn, this course offers opportunities for growth, creativity, and the development of lifelong culinary abilities. By the end of the

course, students will graduate with the practical skills to thrive in the food service industry, succeed in post-secondary life, and feed their future family and friends with confidence.

### **Clothing & Textiles 11**

Learn to sew or expand your sewing knowledge in this multi-grade class. Students will learn to use a sewing machine and a serger to complete a variety of projects using basic to more advanced sewing techniques. Projects range from tote bags and Pajama pants to hoodies and skirts to jackets and pants. Students are encouraged to choose their own fabrics and for some levels, their patterns, at the local fabric stores within set criteria. There will also be free fabric and patterns provided. All projects are assigned based on years of experience, so students in higher grades that have never touched a sewing machine can be successful beginners at sewing by the end of the year.

### **Food Studies 11**

This course focuses on building your confidence in the kitchen while developing a strong understanding and application of a wide range of cooking techniques, including flour mixtures, pan-frying, stir-frying, submersion cooking, shallow-frying, pasta making, and steaming. Alongside these practical skills, you will learn how to design balanced meals, explore food guides and labelling requirements, and consider how marketing influences food choices. The course also examines broader issues, such as food insecurity and food ethics, within our food system. With content that alternates each year, you can take this course in both Grade 11 and Grade 12 without repeating material, gaining fresh insights and experiences each time.

## **Grade 12**

### **Baking 12**

Love baking and pastry? Baking 11/12 is your chance to explore the science behind delicious creations while having fun in a collaborative, hands-on environment! You'll learn about ingredients, techniques, and trends that shape modern baking, all while developing essential skills like communication, time management, and safe food practices. From mastering recipes to understanding the “why” behind them, this course blends creativity with science – because baking isn't just an art, it's chemistry in action!

### **Catering 12: Culinary Arts**

Anyone who has previously taken either Foods 10 or 11 can take the catering course. Anyone who takes pride in producing delicious and visually appealing food will enjoy Catering. Whether you are an experienced cook looking to elevate your skills or a beginner eager to learn, this course offers opportunities for growth, creativity, and the development of lifelong culinary abilities. By the end of the course, students will graduate with the practical skills to thrive in the food service industry, succeed in post-secondary life, and feed their future family and friends with confidence.

### **Child Development & Caregiving 12**

This is a seminar-style course that will take students on a journey toward understanding children and their development. We will discuss the psychology of child development and how they influence policy,

and how that affects you! Through an active learning philosophy, students will be challenged to test their knowledge, confront common misconceptions, and relate the material to their own experiences through projects, reflections, and discussions. A unique aspect of this course will involve following a real-life case study of an infant from birth. Students will follow the infant's growth and development, while learning about caregiving practices, standard medical check-ups and interventions, nutrition, and other health considerations. We will also explore the governmental resources and supports available to parents and infants in Canada and British Columbia, as well as policies that impact families.

### **Clothing & Textiles 12**

Learn to sew or expand your sewing knowledge in this multi-grade class. Students will learn to use a sewing machine and a serger to complete a variety of projects using basic to more advanced sewing techniques. Projects range from tote bags and Pajama pants to hoodies and skirts to jackets and pants. Students are encouraged to choose their own fabrics and for some levels, their patterns, at the local fabric stores within set criteria. There will also be free fabric and patterns provided. All projects are assigned based on years of experience, so students in higher grades that have never touched a sewing machine can be successful beginners at sewing by the end of the year.

### **Food Studies 12**

This course focuses on building your confidence in the kitchen while developing a strong understanding and application of a wide range of cooking techniques, including flour mixtures, pan-frying, stir-frying, submersion cooking, shallow-frying, pasta making, and steaming. Alongside these practical skills, you will learn how to design balanced meals, explore food guides and labelling requirements, and consider how marketing influences food choices. The course also examines broader issues, such as food insecurity and food ethics, within our food system. With content that alternates each year, you can take this course in both Grade 11 and Grade 12 without repeating material, gaining fresh insights and experiences each time.